**Food & Mood Week 4 Vegetarian Shopping List**

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| Veggies, Roots and Herbs | |
| 32 | Cherry tomatoes |
| 7 cups | Rocket |
| 1 cup | Cannellini beans |
| 1 ¼ cup | Basil |
| 8 cups | Spinach |
| 1 1/3 cup | Baby spinach |
| 1 cup | Mixed salad |
| 4 | Tomatoes |
| 1 cup (1 medium) | Cucumber |
| 1 | Red onion |
| 1 ½ | Brown onion |
| 10 | Kalamata olives |
| 2 cups (1 medium heads) | Cauliflower |
| 4 tsp | Coriander |
| 3 | Red capsicums |
| ½ | Green capsicum |
| 4 ½ cups | Button mushrooms |
| 3 ½ | Zucchinis |
| 1 ½ tbsp (1 small) | Shallots |
| 2 ½ cups | Chickpeas |
| ¾ cup | Parsley |
| 5 | Garlic cloves |
| ½ cup | Lentils |
| 2/3 cup | French lentils |
| 4 | Radishes |
| 1 cup (1/2 small head) | Cauliflower |
| 2 | Carrots |
| 4 cups (1 ½) | Eggplant |
| ¼ cup | Four bean mix |
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| Fruits and Fruit Juices | |
| 4 | Banana |
| 1 ½ | Avocado |
| 1 | Lemon |
| 2 tbsp | Lemon juice |
| 12 | Dates |
| 1 ½ cup | Pineapple |
| 2 ½ cups | Mixed berries |
| 2 tbsp | Desiccated coconut |
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| Milk and dairy products | |
| 3 1/8 cups | Non-fat plain yoghurt |
| 2 ¼ cup | Greek yoghurt |
| 3 cups | Almond milk |
| 1 ½ cup | Skim milk |
| 1 ½ cup | Reduced fat feta |
| 1 cup | Low fat cottage cheese |
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| Grains, Bread, Noodles and Wraps | |
| ½ cup | Amaranth |
| 1 cup | Quinoa |
| 1 ¼ cups | Rolled oats |
| 4 slices | Grainy or gluten free bread |
| 6 tbsp | Brown rice |
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| Proteins (Meat, Poultry, Fish, seafood, tofu, etc.) | |
| 13 | Egg whites |
| 1 cup (250g) | Silken tofu |
| ½ cup (100g | Firm tofu |
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| Nuts, Seeds and Spices | |
| 1 ¼ tsp | Cinnamon |
| 1 ¼ tsp | Nutmeg |
| 2/3 cup | Hazelnuts |
| 1/3 cup | Mixed seeds |
| 2 ¼ tbsp | Chia seeds |
| 1 tsp | Paprika |
| ½ tsp | Cumin |
| 4 tbsp | Almonds |
| 2 tsp | Mustard |
| ½ tsp | Thyme |
| ½ tsp | Oregano |
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| Others | |
| 3 tbsp | Olive oil |
|  | Olive oil spray |
| 2 tbsp | Honey |
| ¼ tbsp | Coconut flour |
| 6 tbsp | Protein powder |
| 4 tbsp | Psyllium husks |
| 4 tsp | Vanilla beans |
| 4 tbsp | Coconut chips |
| ½ cup | Tzatziki |
| 1 tbsp | Tamari sauce |
| 2 tbsp | Balsamic vinegar |
| 2 tbsp | Tahini |
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