**Food & Mood Week 5 Standard Shopping List**

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| Veggies, Roots and Herbs | |
| 2 cups | Chickpeas |
| 1 ½ cup | Baby spinach |
| 3 cups | Spinach |
| 1 ½ cup (1 ½ large) | Red capsicum |
| 1 ½ cup (1 ½ large) | Green capsicum |
| 10 | Garlic cloves |
| 40 | Cherry tomatoes |
| 3 ½ cups (4 medium) | Tomatoes |
| 1 1/3 cup | Sundried tomatoes |
| 4 cups | Rocket |
| 2/3 cup | Cannellini beans |
| 1/3 cup | Basil |
| 4 cups (2 medium) | Red onion |
| 1 (1/2 medium) | Brown onion |
| 3 cups | Kale |
| 3 cups (1 head) | Romaine lettuce |
| ¾ cups | Black or green olives |
| 2 ½ cups (3 medium) | Cucumber |
| 2 ¼ cups | Lentils |
| 4 ½ cups (8 to 9) | Carrots |
| 2 stalks | Celery |
| 2 cups | Mushrooms |
| 2 | Zucchinis |
| 1 tbsp | Parsley |
| 1 cup | Green beans |
| 1 ½ cup (1 small head) | Broccoli |
| 1 ½ cup | Snow peas |
| 1 | Eggplant |
| 3 tsp (1 small) | Ginger |
| Fruits and Fruit Juices | |
| 2 ¾ | Avocados |
| ½ | Lemon |
| 1 | Lime |
| 8 | Dates |
| ¼ cup | Raspberries |
| 5 2/3 cups | Blueberries |
| ¾ cup | Strawberries |
| 2 ¾ cups | Pineapple |
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| Milk and dairy products | |
| 3 cups | Unsweetened almond milk |
| 10 ½ tbsp | Low fat ricotta |
| 1 1/3 cup | Low fat milk |
| 2 cups | Greek yoghurt |
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| Grains, Bread, Noodles and Wraps | |
| 10 tbsp | Quinoa |
| ½ cup | Brown rice |
| 3 slices | Wholegrain or gluten free bread |
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| Proteins (Meat, Poultry, Fish, seafood, tofu, etc.) | |
| 15 | Eggs |
| ½ cup (125g) | Firm tofu |
| 2 cans | Canned tuna |
| 2 (150g each) | Fresh blue Grenadier |
| 6 tbsp (60g) | Chicken breast |
| ½ cup (115g) | Lean beef mince |
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| Nuts, Seeds and Spices | |
| 8 | Almonds |
| 14 | Walnuts |
| 2 tbsp | Hazelnuts |
| 10 tbsp | Chia seeds |
| 2 tbsp | Thyme |
| 2 tbsp | Dried oregano |
| 1 tsp | Chilli flakes |
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| Others | |
| 11 tbsp | Olive oil |
|  | Olive oil spray |
| 2 tbsp | Cacao powder |
| 5 tbsp | Protein powder |
| 1 tsp | Vanilla extract |
| 3 tsp | Peanut butter |
| 2 ½ tbsp | Balsamic vinegar |
| 3 cups | Vegetable stock |
| ¼ cup | Beef stock |
| 1/3 cup | Tomato paste |
| 1 ½ tsp | Honey |