**Food & Mood Week 6 Standard Shopping List**

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| Veggies, Roots and Herbs | |
| 1 1/3 cup | Lentils |
| 2 | Carrots |
| 1/3 | Red capsicum |
| 3 cups | Button mushrooms |
| ¾ cup | Spring onion |
| 4 | Onions |
| 1 | Zucchini |
| 5 ½ | Garlic cloves |
| 1 tbsp | Coriander |
| 2 ½ cups (3 medium) | Tomato |
| 1 ½ cup | Canned tomatoes |
| 1 ¼ tbsp (1 small) | Ginger |
| ½ cup (1/2 medium) | Sweet potato |
| 1/3 cup (1/4 small head) | Cauliflower |
| 1 cup | Chickpeas |
| ½ cup | Green beans |
| 1 1/3 cup | Baby green beans |
| 1 ½ cup | Broad beans |
| 4 ½ cups | Baby spinach |
| ¾ cup (1 medium) | Cucumber |
| 2 cups (4 medium stalks) | Celery |
| 4 cups | Kale |
| 6 tbsp | Chives |
| 2 cups (4 small) | Baby beetroots |
| 1 ½ cup | Baby potatoes |
| ¼ cup | Snow peas |
| 1 tsp | Dill |
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| Fruits and Fruit Juices | |
| 5 1/3 | Avocados |
| 4 | Pink lady or fuji apples |
| 4 | Bananas |
| 6 | Dates |
| 1 ½ | Lemons |
| 2 tbsp | Lemon zest |
| 2 tsp | Lemon juice |
| 1/3 | Lime |
| 18 | Strawberries |
| 3 tbsp | Desiccated coconut |
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| Milk and dairy products | |
| 2 ¼ cups | Low fat cottage cheese |
| 2 cups | Almond milk |
| 3 cups | Non-fat milk |
| 1 ½ cup | Non-fat plain yoghurt |
| 1 1/8 cup | Greek yoghurt |
| ½ cup | Coconut milk, reduced fat |
| 1/3 cup | Feta |
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| Grains, Bread, Noodles and Wraps | |
| 6 | Wholemeal or gluten free bread |
| 10 ½ tbsp | Quinoa |
| 1 ½ cup | Rolled oats |
| ½ cup | Brown rice |
| 1 ½ tbsp | Wild rice |
| 4 slices | Pumpernickel bread |
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| Proteins (Meat, Poultry, Fish, seafood, tofu, etc.) | |
| 4 | Egg whites |
| ½ cup (125g) | Firm tofu |
| 1/3 cup (85g) | Soft tofu |
| 1 cup (130g) | Chicken breast |
| 2 (150g each) | Skinless and boneless salmon |
| 1 cup (225g) | Beef eye fillet |
| 2 (90g each) | Salmon |
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| Nuts, Seeds and Spices | |
| ¾ cup | Chia seeds |
| ½ cup | Hazelnuts |
| 1 tsp | Cinnamon |
| 1 ½ | Red chilli |
| ½ tsp | Chilli flakes |
| 2 tbsp | Peanuts |
| 3 tsp | Hazelnuts |
| ½ tsp | Cumin |
| 1 ½ tsp | Oregano |
| 1 ½ tbsp | Rosemary |
| 2 tsp | Wholegrain mustard |
| 1 tsp | Fennel seeds |
| ½ tsp | Paprika |
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| Others | |
| 10 tbsp | Olive oil |
|  | Olive oil spray |
| 6 ½ tbsp | Almond butter |
| 3 tsp | Peanut butter |
| 2 tsp | Stevia |
| 3 tsp | Protein powder |
| 1 ½ tbsp | Honey |
| 3 tsp | Cacao powder |
| 1 ½ or 1 tsp | Vanilla bean pod or vanilla extract |
| 5 tbsp | Tamari sauce |
| 5 tbsp | Balsamic or red wine vinegar |
| 2 tsp | White wine vinegar |
| 1 tsp | Tabasco sauce |