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

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| Veggies, Roots and Herbs | |
| 2 cups | Lentils |
| 6 | Carrots |
| 1/3 | Red capsicum |
| 3 cups | Button mushrooms |
| 6 | Field mushrooms |
| 1 | Spring onion |
| 3 1/3 | Onions |
| 1 | Zucchini |
| 3 | Garlic cloves |
| 1 tbsp | Coriander |
| 1 ½ cup (2 medium) | Tomato |
| 2/3 cup (1 medium) | Roma tomatoes |
| 1 cup | Pitted olives |
| 1 tbsp (1 small) | Ginger |
| ½ cup (1/2) | Sweet potato |
| 1 1/3 cup (1/2 small head) | Cauliflower |
| 2 cups | Chickpeas |
| ½ cup | Green beans |
| 4 ½ cups | Baby spinach |
| 2 cups | Spinach |
| ½ cup (1/2 medium) | Cucumber |
| ½ cup | Parsley |
| 4 tsp | Capers |
| 4 cups | Rocket |
| ½ cup | Baby corn |
| 5 cups (2 ½ medium heads) | Broccoli |
| 1 ½ cup (1 small head) | Bok choy |
| 1 cup | Mixed salad |
| 4 | Radishes |
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| Fruits and Fruit Juices | |
| 5 | Avocados |
| 4 | Pink lady or fuji apples |
| 4 | Bananas |
| 6 | Dates |
| ½ | Lemon |
| 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 |
| ½ cup | Coconut milk, reduced fat |
| ¼ cup | Feta |
| 1 cup | Light evaporated milk |
| ½ cup | Reduced fat cheese |
| ½ cup | Ricotta |
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| Grains, Bread, Noodles and Wraps | |
| 6 | Wholemeal or gluten free bread |
| 5 tbsp | Quinoa |
| 1 ½ cup | Rolled oats |
| ½ cup | Brown rice |
| 1 ½ tbsp | Wild rice |
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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 |
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| Nuts, Seeds and Spices | |
| ¾ cup | Chia seeds |
| ½ cup | Hazelnuts |
| 1 tsp | Cinnamon |
| 1 | Red chilli |
| 2 tbsp | Peanuts |
| 3 tsp | Hazelnuts |
| ¼ cup | Almonds |
| ½ tsp | Cumin |
| 1 tsp | Oregano |
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| Others | |
| ½ cup | Olive oil |
|  | Olive oil spray |
| 6 ½ tbsp | Almond butter |
| 3 tsp | Peanut butter |
| 2 tsp | Stevia |
| 3 tsp | Protein powder |
| 4 tsp | Honey |
| 3 tsp | Cacao powder |
| 1 ½ or 1 tsp | Vanilla bean pod or vanilla extract |
| 1 tbsp | Tamari sauce |
| 2 tbsp | Balsamic or red wine vinegar |
| 2 tbsp | Green curry paste |
| 2 tbsp | Tahini |