

Shopping List:

Produce:

- Celeriac: 500 g
- Onions (regular and red): 3 regular + 1 red
- Garlic cloves: 6
- Cucumber: 1
- Red bell pepper: 1
- White cabbage or pointed cabbage: 500 g
- Carrots: 4 large + 4 regular
- Potatoes: 2 kg
- Apple: 1
- Cherry tomatoes or tomatoes: 500 g
- Leeks: 2

Meat:

- Hot wings: 1 pack
- Fish mince: 400 g

Canned goods:

- Chickpeas: 1 can

Eggs, milk, yogurt, sour cream:

- Eggs: 9
- Sour cream 5%: 5.5 dl
- Skimmed milk: 3 dl

Cheese:

- Grated cheese: 50 g
- Cream cheese (e.g., Philadelphia or Buko): 150-200 g

Cold cuts:

- None

Nuts:

- None

Spices:

- Mustard: 2 tsp
- Curry: 1 tsp

Others:

- Breadcrumbs: 1 dl
- Oatmeal: 3 dl
- HP sauce or Worcestershire sauce: 1 tbsp
- Quinoa, white: 1 dl
- Oil: 3 tbsp
- Lemon juice: 4 tbsp
- Balsamic vinegar: 1 tbsp (optionally +1 tbsp)
- Whole grain baguettes or mini flutes: 2 packs
- Wheat flour: 4 tbsp
- Bouillon cube: 1
- Cooking cream 4%: 2.5 dl

- Butter or flavor-neutral oil: 15 g
- Potato water: 1 dl
- Light mayonnaise: 1 tbsp
- Rye bread: As needed