

#### Produce:

- Potatoes: 500 g
- Carrots: 15 (3 large, 4 regular, 4 large sticks, 4 regular)
- Onions: 11 regular
- Parsnips or parsley roots: 600 g
- Garlic: 11 cloves
- Thyme: 3.5 tsp
- Rye bread: 6 slices (5 slices, 1 pack)
- Mushrooms: 400 g
- Bell peppers: 3
- Ginger: 1 tbsp, grated
- Lime: 1
- Asparagus or broccoli: 1 bunch
- Cherry tomatoes or tomatoes: 250 g
- Spring onions: 1 bunch
- Cucumber: 2 (1 stick, 1 whole)
- Eggplants: 2
- Oregano: 2 tsp
- Rosemary: 1 tsp
- Chili or cayenne pepper: 0.5 tsp
- Lemon juice: 2 tbsp (optional for fish fillets, 2 tbsp for flatbread)
- Iceberg lettuce or similar: 0.5
- Tomatoes: 4
- Optional red onion

#### Meat:

- Chicken breast, inner fillet or thigh fillet: 400 g
- Minced chicken max 10% fat: 400 g
- Fish fillets: 500 g

#### Canned goods:

- Coconut milk: 400 ml
- Tomato paste: 3 tbsp (1 tbsp, 2 tbsp)

#### Eggs, milk, yogurt, sour cream:

- Low-fat cooking cream 4%: 5 dl (2.5 dl, 2.5 dl)
- Eggs: 5
- Low-fat sour cream 5% or low-fat natural yogurt: 4 tbsp + 1.5 dl + 2.5 dl
- Greek yogurt (optional for flatbread)

#### Cheese:

- Spicy cheese: 200 g

#### Nuts:

- Peanut butter: 1 tbsp

#### Spices:

- Bouillon cube chicken or vegetable: 1
- Bouillon cube: 2
- Salt and pepper
- Paprika: 3 tsp (2 tbsp, 1 tsp)
- Basil: 2 tsp
- Soy sauce: 2 tbsp