

## Shopping List:

### Produce:

- Onions: 5 regular + 1 optional red onion
- Garlic: 14 cloves
- Cauliflower: 1 whole + 350 g cauliflower rice
- Potatoes: 1.5 kg
- Carrots: 0.5 kg + 4 sticks + 3 large
- Parsley: 1 pot
- Bell peppers, red: 2 large
- Mixed fruit: 6 pieces
- Eggplants: 2
- Cucumber: 1
- Iceberg lettuce or similar: 0.5
- Tomatoes: 4
- Broccoli: 1
- Parsnips or parsley roots: 600 g

### Meat:

- Fish mince: 400 g
- Dinner meatballs: 500 g
- Whole chicken: 1

### Canned Goods:

- Chickpeas: 1 can
- Chopped tomatoes: 2 cans

### Eggs, Milk, Yogurt, Sour Cream:

- Semi-skimmed milk: 3 dl
- Sour cream 5%: 2.5 dl + 1 unspecified quantity
- Oma cooking cream 4%: 2 x 2.5 dl
- Cooking cream 4%: 2.5 dl

### Cheese:

- (No items to list)

### Cold Cuts:

- (No items to list)

### Nuts:

- (No items to list)

### Spices:

- Garam masala: 1 tbsp
- Cumin: 1 tsp
- Paprika: 2 tsp + 1 tbsp
- Ginger: 1 tsp
- Chili or cayenne pepper: to taste + 0.5 tsp
- Salt: multiple uses
- Pepper: multiple uses
- Oregano: 2 tsp
- Rosemary: 1 tsp
- Thyme: 3 tsp

- Bay leaves: 2

Others:

- Rice: 300 g + 300 g
- Wheat flour: 2 tbsp
- Lemon juice: 2 tbsp + 2 tbsp
- Chili sauce, strong: 2 tbsp
- Wheat buns: 2 packs (8-12 pcs)
- Butter: 15 g or flavor-neutral oil
- Oil: for frying + 1 tbsp + 1 tbsp + 1 tbsp + 1 tbsp
- Naan breads: 2
- Potato water: 1 dl
- Water: 1 liter + 3 dl
- Bouillon cube chicken or vegetable: 1
- Rye bread: 5 slices
- Flatbread: 1 portion (recipe not provided)
- Food coloring: unspecified quantity