

#### Produce:

- Carrots:  $300\text{ g} + 4 = 304\text{ g}$
- Onions:  $2\text{ large} + 2 + 1\text{ regular} + 1\text{ regular} + 1\text{ large} + 2\text{ regular} = 9\text{ onions}$
- Garlic:  $3\text{ cloves} + 2\text{ cloves} + 3\text{ cloves} + 2\text{ cloves} = 10\text{ cloves}$
- Apples: 2
- Bell peppers:  $3 + 0.5 + 0.5 + 1 = 5$
- Red lentils:  $4\text{ dl} + 200\text{ g}$
- Broccoli:  $1 + 1\text{ large}$
- Spring onions: 1 bunch
- Zucchini: 1
- Potatoes: 500 g
- Cucumber: 0.5

#### Meat:

- Chicken breast/tenderloin/thigh fillet:  $400\text{ g} + 400\text{ g} = 800\text{ g}$

#### Canned goods:

- Chopped tomatoes:  $1\text{ can} + 2\text{ cans}$
- Black beans: 2 cans
- Tuna in water: 2 cans
- Tomato passata: 500 ml

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

- Eggs: 2
- Skim milk:  $5\text{ dl} + 2.5\text{ dl}$
- Fraiche 5%:  $2\text{ tbsp} + 1\text{ pack}$

#### Cheese:

- Grated cheese:  $100\text{ g} + 75\text{ g} + 75\text{ g}$

#### Nuts:

- (No items to list)

#### Spices:

- Ground chili: 0.5 tsp
- Cumin: 1 tbsp
- Coriander: 1 tsp
- Salt and pepper
- Ginger: 1 tsp (optional)
- Oregano: 1 tbsp
- Thyme: 1 tsp
- Bouillon cubes:  $1\text{ vegetable} + 2$
- Balsamic or HP sauce: 2 tbsp

#### Cold cuts:

- (No items to list)

#### Other:

- Red lentils:  $4\text{ dl} + 200\text{ g}$
- Light coconut milk: 400 ml
- Water:  $2\text{ dl} + 1\text{ liter}$
- Oil:  $1\text{ tbsp} + 1\text{ tbsp}$
- Naan bread: 1 pack

- Rice: 3 dl
- BBQ sauce: 2 tbsp
- Oatmeal: 6 tbsp
- Tomato paste: 1 tbsp + 140 g
- Whole grain spaghetti/pasta: 300 g + 300 g
- Corn: 3 tbsp
- Rye bread: 4 slices + (optional for croutons)
- Whole grain noodles: 250 g
- Honey: 75 g
- Vegetable bouillon cube: 1
- Cooking cream: 2.5 dl (if not using skim milk)