

Shopping List:

Produce:

- Onions (regular): 5
- Romaine lettuce: 2 pcs
- Broccoli: 1
- Bell pepper: 3
- Pineapple chunks (canned): 1 can
- Baby corn (canned): 1 can
- Garlic: 9 cloves
- Spinach (fresh): 125 g
- Cherry tomatoes: 250 g
- Tomatoes: 8-10 (6 ripe, 2-3 sliced)
- Carrots: 7 large
- Cucumber: 0.5
- Pointed cabbage or white cabbage: 500 g

Meat:

- Minced chicken (max 10% fat): 400 g
- Chicken breast (tenderloin or thigh fillet): 400 g

Canned Goods:

- Tomato passata: 500 g
- Tomato paste: 70 g
- Peeled tomatoes: 2 cans

Eggs, Milk, Yogurt, Sour Cream:

- Eggs: 11
- Sour cream 5%: 2 dl
- Cooking cream: 750 ml (500 g tomato passata + 250 ml omelette cooking cream 4%)

Cheese:

- Grated cheese: 100 g

Nuts:

- (No items to list)

Spices:

- Salt: (multiple uses, ensure sufficient quantity)
- Pepper: (multiple uses, ensure sufficient quantity)
- Balsamic vinegar: 4 tbsp
- Honey: 2 tbsp
- Thyme: 2 tsp
- Mustard: 1 tsp
- Paprika: 3 tsp
- Garam masala: 1 tbsp
- Cumin: 2 tbsp
- Ginger: 1 tsp
- Coriander: 1 tsp
- Chili or cayenne pepper: to taste
- Sugar: 3 tsp
- Basil: 1 tbsp
- Oregano: 2 tsp

- Bouillon cubes: 2

Grains & Bread:

- Graham flour: 150 g
- Rolled oats: 3 dl (100 g + 3 dl for patties)
- Wheat flour: 4 tbsp
- Breadcrumbs: 3 tbsp
- Rice: 600 g
- Whole grain spaghetti: 300 g
- Rye bread: (quantity not specified)
- Whole grain pita bread: 4 pcs
- Whole grain baguettes: 2 pcs
- Cauliflower rice: 350 g
- Naan bread: (optional)

Oils:

- Oil: (for frying and dressing, ensure sufficient quantity)
- Rapeseed or olive oil: 1 tbsp
- Lemon juice: 5 tbsp

Note: Quantities for some items like rye bread, naan bread, and oil for frying are not specified, so purchase according to usual consumption patterns or expected needs.