

Shopping list:

Produce:

- Onions (regular): 7
- Garlic cloves: 14
- Bell peppers: 3
- Potatoes: 500 g
- Carrots: 4 sticks
- Cucumber: 1 stick
- Mushrooms: 1 pack
- Spring onions: 1 bunch
- Romaine lettuce: 2 pieces
- Cauliflower rice: 350 g
- Cherry tomatoes or tomatoes: 250 g
- Iceberg lettuce or cabbage: 250 g
- Lemons: for 1 tbsp juice
- Plums
- Banana

Meat:

- Chicken thigh fillet or breast/tenderloin: 800 g
- Cod roe: 1 can 200 g

Canned goods:

- Black beans: 2 cans
- Tomato passata: 500 ml
- Tomato paste: 141 g (1 tbsp + 140 g)
- Coconut milk: 800 ml (2 cans)
- Chopped tomatoes: 1 can
- Chickpeas: 1 can

Eggs, milk, yogurt, sour cream:

- Eggs: 3 (2 + 1 for glazing)
- Cheesy fraiche 5%: 2 dl
- Oma cooking cream 4%: 2.5 dl
- 3 x Milk
- yogurt

Cheese:

- Grated cheese: 100 g
- Cream cheese (e.g., Philadelphia): 350-400 g (200 g + 150-200 g)

Nuts:

- Optional peanuts for garnish

Spices:

- Cinamon
- BBQ sauce: 2 tbsp
- Paprika: 1 tsp
- Garlic powder: 1 tsp
- Thyme: 2 tsp
- Salt: To taste
- Pepper: To taste

- Oregano: 2 tbsp
- Onion powder: 1 tsp
- Sugar: 2 tsp
- Garam masala: 2.5 tbsp
- Cumin: 1 tsp
- Coriander: 1 tsp
- Curry or green curry paste: 1 tsp
- Curry powder: 1 tsp
- Mustard: 2 tsp
- Balsamic vinegar: 1 tbsp + optional 1 tbsp
- Honey: 1 tsp

Grains & Pasta:

- Oatmeal: 6 tbsp
- Whole grain spaghetti or pasta: 300 g
- Thai mix or wok mix: 1 pack
- Whole grain noodles: 1 pack, 250 g
- Whole grain rolls: 4 large
- Rice: 300 g
- Whole grain baguettes: 1 pack

Baking:

- Yeast: 25 g
- Graham flour: 150 g
- Wheat flour: 2 tbsp + 350 g
- Lukewarm water: 3 dl
- Oil: for frying and 2 tbsp
- Rapeseed or olive oil: 1 tbsp
- Fat (butter or margarine): 25 g

Others:

- Chicken bouillon cubes: 2
- Lemon juice: 4 tbsp
- Flatbread: 1 portion
- Frozen Pizza
- Sriracha mayo !!