

Here is the inventory grouped by type:

****Vegetables and Fruits****

- 2 onions
- 3 cloves garlic
- 1 handful parsley
- 2 tomatoes
- 0.5 cucumber
- 1 regular onion
- 1 clove garlic
- 200 g chickpeas, dried or 2 cans chickpeas
- 250 g cherry tomatoes
- 0.5 cucumber
- 1 bell pepper
- 200 g peas
- 1 regular onion, finely chopped
- 250 g cherry tomatoes
- 2 regular onions
- 0.5 iceberg lettuce
- 0.5 cucumber
- 1 can corn
- 2 carrots
- 250 g iceberg lettuce or cabbage, washed and chopped
- 4 large carrots in sticks
- 1 cucumber in sticks
- 1 large onion
- 1 large carrot
- 1 zucchini
- 2 cans chopped tomatoes
- 1 kg chicken thighs with BBQ ready for oven
- 0.5 kg potatoes
- 1 cauliflower
- 2 leeks
- 600 g beetroots
- 500 g potatoes
- 2 onions
- 3 cloves garlic

****Grains****

- 2 cans chickpeas in brine
- 1 dl breadcrumbs
- 2 tbsp oatmeal
- 2 cans chickpeas
- 1 pack whole grain baguettes
- 150 g graham flour
- 100 g oatmeal
- 4 tbsp wheat flour
- 4 large whole grain rolls
- 250 g red lentils
- 12 whole grain lasagna sheets
- 2 whole grain baguettes

****Dairy****

- 2 eggs
- 2.5 dl sour cream
- 400 g minced chicken max 10% fat
- 1 egg
- 150 g graham flour
- 4 tbsp sour cream 5%
- 200 g low-fat salad cheese in cubes 3%
- 5 eggs
- 1 dl sour cream 5%
- 2 tbsp low-fat sour cream 5%
- 75 g low-fat mozzarella 13%
- 5 dl skimmed milk
- 75 g low-fat mozzarella 13%
- 5 dl skimmed milk
- 250 ml oma cooking cream 4%

****Meat****

- 400 g minced chicken max 10% fat
- 1 kg chicken thighs with BBQ ready for oven
- 1 can cod roe 200 g

****Spices and Oils****

- 2 tsp cumin
- 2 tsp chili sauce (optional)
- 2 tbsp lemon juice
- 1 tbsp oil
- 2 tsp salt
- 1 tsp mustard
- salt and pepper
- 1 tsp cumin
- 1 tsp paprika
- optional chili
- 1 tsp salt
- pepper
- 4 tbsp lemon juice
- 2 tbsp oil
- 2 cloves garlic
- 0.5 tsp chili
- plenty of salt and pepper
- 2 tbsp rapeseed oil
- 0.5 tsp salt
- salt and pepper
- 1 tbsp oil
- 3 cloves garlic
- 1 tbsp paprika
- 1 tsp thyme
- 1 tsp basil
- 1 tsp oregano
- 1 vegetable bouillon cube
- A good splash of balsamic if you have
- salt and pepper
- 1 tbsp oil or butter
- 0.5 tsp nutmeg

- salt and pepper
- 1 clove garlic
- 1 tsp nutmeg
- thickening
- salt and pepper
- 1 liter water
- 2 bouillon cubes
- 1 tbsp fresh ginger (can be replaced with a little ground ginger)
- 1 tsp cumin
- chili or cayenne pepper to taste
- salt and pepper

****Others****

- 1 can cod roe 200 g
- 2 tbsp onion, finely chopped
- 2 tbsp low-fat sour cream 5%
- 1 tbsp mayonnaise
- 1 tbsp lemon juice
- salt and pepper
- 140 g tomato puree
- 4 dl water
- 1 vegetable bouillon cube
- A good splash of balsamic if you have
- 5 dl skimmed milk
- 2.5 tbsp wheat flour
- 1 tbsp oil or butter
- 0.5 tsp nutmeg
- salt and pepper
- 75 g low-fat mozzarella 13%
- 1 liter water
- 2 bouillon cubes
- sour cream
- optional a sprinkle of parsley

Shopping list grouped by aisle:

****Produce****

- Onions
- Garlic
- Parsley
- Tomatoes
- Cucumber
- Bell pepper
- Peas
- Iceberg lettuce
- Carrots
- Zucchini
- Cauliflower
- Leeks
- Beetroots
- Potatoes
- Ginger

****Canned Goods****

- Chickpeas
- Corn
- Chopped tomatoes
- Cod roe
- Tomato puree
- Vegetable bouillon cube

****Bakery****

- Pita bread or tortillas
- Whole grain baguettes
- Whole grain rolls

****Dairy****

- Eggs
- Sour cream
- Low-fat salad cheese in cubes
- Low-fat mozzarella
- Skimmed milk
- Oma cooking cream

****Meat****

- Minced chicken
- Chicken thighs with BBQ ready for oven

****Grains****

- Breadcrumbs
- Oatmeal
- Graham flour
- Wheat flour
- Red lentils
- Whole grain lasagna sheets

****Spices and Oils****

- Cumin
- Chili sauce
- Lemon juice
- Oil
- Salt
- Pepper
- Mustard
- Paprika
- Chili
- Rapeseed oil
- Thyme
- Basil
- Oregano
- Balsamic
- Nutmeg
- Cayenne pepper

****Others****

- Mayonnaise

- Thickening