

Aisle	Ingredient	Quantity
Canned Goods	Chickpeas in brine	4 cans
Produce	Onion	7
Produce	Garlic	14 cloves
Produce	Parsley	1 handful + optional
Dairy	Eggs	7
Spices	Cumin	4 tsp
Condiments	Chili Sauce	2 tsp (optional)
Condiments	Lemon Juice	6 tbsp
Oils	Oil	3 tbsp
Spices	Salt	Plenty
Baking	Breadcrumbs	1 dl
Dairy	Sour Cream	7.5 dl
Produce	Mustard	1 tsp
Spices	Pepper	Plenty
Produce	Chives	Optional
Bakery	Pita Bread/Tortillas	4
Produce	Salad	300 g
Produce	Tomatoes	2 + 500 g cherry tomatoes
Produce	Cucumber	2
Meat	Minced Chicken	400 g
Grains	Oatmeal	2 tbsp + 100 g
Spices	Paprika	2 tsp
Produce	Chili	Optional
Produce	Bell Pepper	1 + optional
Produce	Peas	200 g
Bakery	Whole Grain Baguettes	3
Grains	Graham Flour	150 g

Baking	Wheat Flour	6 tbsp
Oils	Rapeseed Oil	2 tbsp
Dairy	Low-fat Salad Cheese	200 g
Produce	Iceberg Lettuce	1
Canned Goods	Corn	1 can
Produce	Carrots	6
Canned Goods	Cod Roe	1 can
Dairy	Mayonnaise	1 tbsp
Bakery	Whole Grain Rolls	4
Grains	Red Lentils	250 g
Produce	Zucchini	1
Canned Goods	Chopped Tomatoes	2 cans
Condiments	Tomato Puree	140 g
Spices	Thyme	1 tsp
Spices	Basil	1 tsp
Spices	Oregano	1 tsp
Canned Goods	Vegetable Bouillon Cube	1
Condiments	Balsamic	Optional
Grains	Whole Grain Lasagna Sheets	12
Dairy	Low-fat Mozzarella	150 g
Dairy	Skimmed Milk	10 dl
Spices	Nutmeg	1.5 tsp
Meat	Chicken Thighs	1 kg
Produce	Potatoes	1 kg
Produce	Cauliflower	1
Produce	Leeks	2
Dairy	Cooking Cream	250 ml
Produce	Beetroots	600 g
Canned Goods	Bouillon Cubes	2

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Produce	Fresh Ginger	1 tbsp
Spices	Cayenne Pepper	To taste

