

## Shopping List:

### Produce:

- 1.5 kg carrots
- 250g potatoes
- 200g carrots
- 1 zucchini
- 4 tomatoes
- 150g fresh spinach leaves
- 250g fresh spinach
- 1 bell pepper
- 500g tomatoes or cherry tomatoes
- 1 lime
- 0.5 bunch spring onions
- 3 regular onions
- 1 small onion
- 3 regular onions
- 1 regular onion
- 2 regular onions or red onions
- 2 regular onions
- 3 regular onions

### Meat:

- 400g minced chicken max 10% fat
- 400g minced chicken max 10% fat

### Canned Goods:

- 2 cans black beans
- 1 can corn
- 2 cans kidney beans
- 1 can chopped tomatoes

### Eggs, Milk, Yogurt, Sour Cream:

- 2 eggs
- 2 eggs
- 1 egg
- 1 dl sour cream 5%
- 250 ml cooking cream 4%
- 2.5 dl oma cooking cream 4%

### Cheese:

- 100g grated cheese
- 150g grated cheddar
- 50g grated parmesan
- 50g grated parmesan for sprinkling

### Cold Cuts:

- None

### Nuts:

- None

### Spices:

- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 0.5 tsp cumin
- 1.5 tsp salt
- 1 tsp honey
- 0.25 tsp cumin
- 0.25 tsp chili or cayenne pepper
- salt and pepper
- 1 tsp cumin
- 1 tsp paprika
- optional chili or cayenne pepper
- salt and pepper
- 0.5 tsp paprika
- 1 tsp lemon juice (or lime)
- 0.25 tsp cumin
- salt and pepper
- 1 tsp cumin
- 1 tsp ginger
- 2 tsp garam masala
- ground chili or cayenne pepper to taste
- salt
- pepper
- optional cinnamon stick if available
- 1 tsp cumin
- 1 tsp paprika
- 2 tsp salt
- 0.5 tsp pepper
- 0.5 tbsp balsamic vinegar
- 0.5 tsp sugar
- 1 tsp basil
- chili to taste
- salt and pepper
- 1 tsp salt
- pepper
- 2 tbsp lemon juice
- salt and pepper
- 1 tbsp paprika
- 2 tsp cumin
- salt and pepper

Other:

- 6 tbsp oatmeal
- 2 tbsp bbq sauce
- 350g coleslaw mix
- 300g coleslaw mix
- 4 whole grain pita breads
- 6 whole grain tortillas
- 300g rice
- 2 tbsp flour
- 1 tbsp oil for frying
- 1 tbsp neutral tasting oil
- 1 portion flatbread see recipe

- 0.5 dl breadcrumbs
- 1 tbsp green pesto
- 1 tbsp oil
- 1 bouillon cube
- 1 tbsp green pesto
- 2 dl water
- 1 bouillon cube
- 1 liter water
- 1 pack whole grain baguettes
- 300g whole grain spaghetti
- 1 clove garlic
- 2 cloves garlic
- 3 cloves garlic
- 2 cloves garlic
- 1 clove garlic
- 2 cloves garlic
- 3 cloves garlic
- 1 tbsp oil
- 1 tbsp oil for frying
- 1 tbsp oil