

Shopping List:

Produce:

- 10 regular onions
- 1 tray of mushrooms
- 10 carrots
- 4 bell peppers
- 1 lime
- 500 g tomatoes or cherry tomatoes
- 1 large onion
- 0.5 cucumber
- 250 g fresh spinach
- 1 bunch of green asparagus
- 300 g peas
- 1 untreated lemon
- 0.5 head of lettuce
- 2 tomatoes
- 500 g root vegetable fries

Meat:

- 400 g chicken breast, inner fillet or thigh fillet
- 400 g minced chicken max 10%

Canned Goods:

- 150 g white beans, dried or a can of butter beans
- 2 cans of peeled tomatoes
- 400 ml coconut milk
- 200 g red lentils, dried
- 2 cans of tuna in water
- 2 cans of black beans
- 1 can of butter beans drained (can be replaced with chickpeas)

Eggs, Milk, Yogurt, Sour Cream:

- 1 egg
- 2 eggs
- 250 ml cooking cream 4%

Cheese:

- 125 g cheesy mozzarella 13%
- 50 g grated parmesan
- 50 g grated parmesan for sprinkling
- 100 g grated parmesan

Cold Cuts:

- None

Nuts:

- None

Spices:

- 5 cloves of garlic
- 2 cloves of garlic
- 2 cloves of garlic

- 2 cloves of garlic
- 1 clove of garlic
- 2 cloves of garlic
- 3 cloves of garlic
- chili or cayenne pepper to taste
- 2 tsp sugar
- 2 tsp basil
- 1 tsp thyme
- 1 tsp oregano
- salt and pepper
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp oregano
- chili or cayenne pepper to taste
- 1 tsp sugar
- 1 tsp basil
- chili to taste
- salt and pepper
- 1 tsp salt
- pepper
- salt and pepper
- 1.5 tsp salt
- pepper
- salt and pepper

Other:

- 1 dl water (or red wine)
- 140 g tomato puree
- 1 dl water
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- 7 dl water
- 1 tbsp oil
- 1 tbsp balsamic
- 1 pack of taco shells, 12 pcs
- 2 tbsp fraiche 5%
- 2 tbsp mayonnaise
- 3 tbsp corn
- rye bread or other whole grain bread
- 0.5 dl breadcrumbs
- 1 tbsp pesto, green
- 1 tbsp oil
- 250 ml cooking cream 4%
- 2 dl water
- 1 tbsp pesto, green
- 2 tbsp lemon juice
- 300 g whole grain spaghetti
- 4 tbsp BBQ sauce, English sauce or Worcestershire sauce
- 4 tbsp breadcrumbs
- 2 tbsp oatmeal
- 1 tbsp oil
- 4 whole grain burger buns
- mayonnaise and ketchup
- 300 g whole grain spaghetti, 500 g

- 9 dl water