

Produce:

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

Meat:

- 400 g minced chicken
- 400 g minced chicken

Canned goods:

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

Eggs, milk, yogurt, sour cream:

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

Cheese:

- 100 g grated cheese
- 150 g grated cheddar
- 50 g grated Parmesan

Nuts:

- (No nuts listed)

Spices:

- 2 tbsp BBQ sauce
- 1 tsp paprika

- 1 tsp garlic powder
- 1 tsp onion powder
- 0.75 tsp cumin
- 1.5 tsp salt
- 1 tsp honey
- 0.25 tsp chili or cayenne pepper
- 1 tsp cumin
- 1 tsp paprika
- 0.5 tsp paprika
- 1 tsp lemon juice
- 0.25 tsp cumin
- 1 tsp cumin
- 1 tsp ginger
- 2 tsp garam masala
- 1 tsp paprika
- 2 tsp salt
- 0.5 tsp pepper
- 0.5 tbsp balsamic vinegar
- 0.5 tsp sugar
- 1 tsp basil
- 1 tsp salt
- 1 tbsp green pesto
- 1 tbsp green pesto
- 2 tbsp lemon juice