

# Carbs

Choose 0-1 source of carbs!

1. Semolina pasta
2. Buckwheat pasta
3. Wholewheat pasta
4. Mix of semolina.+ wholewheat pasta (1:1)
5. Mix of semolina + wholewheat pasta (2:1)

# Proteins

Choose 0-1 protein source!

1. Grounded beef
2. Chicken chunks
3. Canned tuna
4. Salmon
5. Pork sausages
6. Egg
7. Ricotta cheese
8. Plant-based meat alternative to sausage
9. Tofu
10. White beans
11. Lentils

# Sauce components

(Mostly, but not always made on a vegetable basis)

Choose 0-1 sauce base:

1. Ketchup
2. Basic marinara tomato sauce (homemade)
3. Store-bought mariana sauce
4. Spinach with cream
5. Cheesy sauce (cream + cheese, homemade)
6. Store-bought cheesy sauce
7. Tomato sauce with cream

# Extras

From this category, you can select up to 3 options! But be careful - in the kitchen, less could do a better job!

1. Grilled mushrooms
2. Fresh basil
3. Fresh oregano
4. Pre-prepared pasta spice mix
5. Chilli flakes
6. Garlic
7. Olives
8. Sardel paste
9. Nori seaweed flakes
10. Dried tomatoes
11. Spoon of olive oil
12. Spoon of rapeseed oil
13. Spoon of parmesan cheese
14. Steamed broccoli
15. Steamed green peas
16. Store-bought salad with mayonnaise dressing