

My Shopping List: August 11 - August 14

1. Beverages:

1. Fresh grapefruit juice
2. Soluble coffee powder

2. Egg products:

1. Chicken egg
2. Chicken egg white

3. Fruits:

1. Apple
2. Banana
3. Fresh lemon juice
4. Peach
5. Pear
6. Pineapple

4. Grain products:

1. Aggregated breakfast cereals
2. Bread
3. Breadcrumbs
4. Canned ananas in syrup
5. Dried tortellini
6. Durum wheat flour
7. Egg dried pasta
8. Fresh egg pasta
9. Mallorcan pastry
10. Potato powder
11. Wholemeal bread

5. Meat products:

1. Ham
2. Pork bacon
3. Rabbit lean meat
4. Seasoned pork sausage
5. Spanish ham
6. Veal fat and lean meat

6. Milk products:

1. Camembert cheese
2. Chocolate ice cream
3. Emmental cheese
4. Fruit ice cream
5. Parmigiano cheese
6. Rochefort cheese
7. Skimmed cow milk
8. Skimmed portioned cheese
9. Whole cow milk

7. Nuts, seeds:

1. Hazelnuts

2. Roasted peanuts
3. Sweet almonds
4. Walnuts

8. **Oils, fats products:**

1. Butter
2. Olive oil

9. **Sea food:**

1. Canned tuna with oil
2. Dover sole
3. Hake
4. Octopus
5. Prawn
6. Trout

10. **Soups, sauces or spices:**

1. Mayonnaise

11. **Sugar products:**

1. Sweet soluble cacao powder

12. **Vegetables:**

1. Black olive
2. Carrot
3. Common mushrooms
4. Fresh garlic
5. Globe artichoke
6. Green beans
7. Green olive
8. Onion
9. Parsley
10. Potatoes
11. Ripe tomatoes
12. Spinach