Shopping list

Serves: 4

Vegetables and Vegetable Products

- [ ] arugula - *6 g*
- [ ] asparagus - *32.9 pcs*
- [ ] broccoli - *100 g*
- [ ] cabbage - *0.1 pcs*
- [ ] carrots - *12.5 pcs*
- [ ] cauliflower - *1.1 pcs*
- [ ] celery - *3.4 pcs*
- [ ] chili red - *15 g*
- [ ] garlic - *37 g*
- [ ] green peppers - *1.9 pcs*
- [ ] leeks - *67 g*
- [ ] lettuce leaf - *47 g*
- [ ] mushrooms - *100 g*
- [ ] onions - *4.9 pcs*
- [ ] parsley - *8 g*
- [ ] potatoes - *2073 g*
- [ ] radishes - *5.6 pcs*
- [ ] red peppers - *203 g*
- [ ] shallots - *2 g*
- [ ] snap beans - *80 g*
- [ ] spinach - *500 g*
- [ ] sweet onions - *300 g*

Dairy and Egg Products

- [ ] butter - *113 g*
- [ ] cheddar - *67 g*
- [ ] cheese blue - *17 g*
- [ ] cheese parmesan - *31 g*
- [ ] cream whipping - *89 ml*
- [ ] eggs - *5 pcs*
- [ ] milk - *1715 ml*
- [ ] sour cream - *240 g*
- [ ] yogurt - *200 g*

Spices and Herbs

- [ ] basil - *12 g*
- [ ] bay leaves - *3 g*
- [ ] cinnamon - *0.9 g*
- [ ] cumin - *1 g*
- [ ] dill weed - *2 g*
- [ ] dried thyme - *4 g*
- [ ] horseradish - *10 g*
- [ ] mustard - *9 g*
- [ ] nutmeg - *11 g*
- [ ] oregano - *0.7 g*
- [ ] parsley leaf - *2 g*
- [ ] pepper black - *8 g*

- [ ] tomato paste - *499 g*
- [ ] tomato puree - *16 g*
- [ ] tomato sauce - *313 ml*
- [ ] tomatoes - *117 g*
- [ ] tomatoes crushed - *487 g*
- [ ] turnip - *100 g*
- [ ] watercress - *65 g*
- [ ] zucchini - *0.6 pcs*

Legumes and Legume Products

- [ ] bacon - *113 g*
- [ ] beans - *320 g*
- [ ] beans refried - *297 g*
- [ ] sauce soy - *83 ml*
- [ ] tofu - *33 g*

Fruits and Fruit Juices

- [ ] apples - *0.4 pcs*
- [ ] lemon juice - *67 ml*
- [ ] olives - *400 g*
- [ ] oranges - *333 g*
- [ ] pineapple - *100 g*
- [ ] raisins - *41 g*

Lamb, Veal, and Game Products

- [ ] lamb - *903 g*

Beef Products

- [ ] pepper black - *3 g*
- [ ] powder chili - *3 g*
- [ ] vanilla extract - *3 g*
- [ ] vinegar - *81 ml*

Fats and Oils

- [ ] cooking spray - *24 g*
- [ ] mayonnaise - *347 g*
- [ ] oil sunflower - *13 ml*
- [ ] olive oil - *347 ml*
- [ ] vegetable oil - *85 ml*

Soups, Sauces, and Gravies

- [ ] marinara - *303 ml*

Beverages

- [ ] white wine - *285 ml*

Breakfast Cereals

- [ ] oats - *100 g*

Nut and Seed Products

- [ ] chestnuts - *102 g*
- [ ] milk coconut - *67 ml*
- [ ] nuts - *17 g*

Cereal Grains and Pasta

- [ ] flour - *854 g*
- [ ] penne - *167 g*

- [ ] beef ground - *302 g*

Finfish and Shellfish Products

- [ ] pink salmon - *340 g*
- [ ] shrimps - *33.3 pcs*
- [ ] tuna - *113 g*

Sausages and Luncheon Meats

- [ ] ham - *76 g*

Baked Products

- [ ] baking powder - *7 g*
- [ ] baking soda - *4 g*
- [ ] bread - *767 g*
- [ ] flour tortillas - *8.9 pcs*
- [ ] rice - *844 g*
- [ ] spaghetti - *1394 g*

Sweets

- [ ] honey - *45 g*
- [ ] sugars - *62 g*