



SHOPPING LIST

Pasta with a tuna-pesto sauce

Extra virgin olive oil | salt & pepper

Coconut-noodle soup with chicken thighs

Chicken stock | sunflower oil | salt & pepper

Greek style vegetarian dish

Black balsamic vinegar | olive oil | brown sugar | salt & pepper

Haddock with bacon and green beans

Sunflower oil | butter | salt & pepper

Flatbread pizza funghi and buffalo mozzarella

Olive oil | black balsamic vinegar | salt & pepper

Indian dahl with sweet potato

Vegetable stock | butter | extra virgin olive oil | white wine vinegar | salt & pepper

Quinoa salad with yellow beets and goats cheese

Vegetable stock | olive oil | extra-virgin olive oil | white wine vinegar | honey | mustard | salt & pepper

Mexican style chicken and vegetable salad

Olive oil | extra virgin olive oil | black balsamic vinegar | honey | salt & pepper

Piri-piri chicken drumsticks with potato salad

Olive oil | butter | salt & pepper

🌀 Stuffed pointed pepper with lamb mince

Olive oil | salt & pepper

🌀 Omelette sandwich with sharp blue cheese

Extra-virgin olive oil | white wine vinegar | mustard | honey | butter | salt & pepper

🌀 Greek salad with chicken thighs

Vegetable stock | olive oil | extra-virgin olive oil | honey | salt & pepper

★ Salad with buffalo mozzarella and serrano ham

Olive oil | sunflower oil | extra-virgin olive oil | white balsamic vinegar | mustard | honey | salt & pepper

★ Black tagliatelle with jumbo shrimps

Olive oil | sugar | salt & pepper

BREAKFASTBOX:

Ciabatta with scrambled eggs

Butter | salt & pepper

Bulgarian yoghurt with pear and pistachios

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Spelt cakes with turkey fillet and cottage cheese

Salt & pepper