



SHOPPING LIST

Pasta with a tuna-pesto sauce

Extra-virgin olive oil | salt & pepper

Shakshuka with seasoned minced beef

Olive oil | vegetable stock cube | sunflower oil | salt & pepper

Feta and garlic tomatoes from the oven

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

Creamy soup with shrimp

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

Vegetarian burger with sweet potato wedges

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

Spaghetti with roasted vegetables

Olive oil | extra-virgin olive oil | salt & pepper

Coconut rice with peanut sauce and braised vegetables

Milk | ketjap | sambal | white wine vinegar | butter | sunflower oil | salt & pepper

Pork tenderloin pieces in a sweet marinade

Ketjap manis | olive oil | sunflower oil | salt & pepper

Chicken fillet with sweet-aromatic vegetable stew

Vegetable stock cube | olive oil | honey | butter | salt & pepper

🌱 Aromatic tabouleh with pork tenderloin strips

Vegetable stock | olive oil | white balsamic vinegar | extra-virgin olive oil | salt & pepper

🌱 Omelette sandwich with sharp blue cheese

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

🌱 Casarecce with ground chicken in a creamy sauce

Olive oil | salt & pepper

★ Rump steak with chimichurri

Butter | olive oil | black balsamic vinegar | extra-virgin olive oil | salt & pepper

★ Risotto with duck and shiitake

White balsamic vinegar | mushroom stock | extra-virgin olive oil | butter | salt & pepper

BREAKFASTBOX:

Sourdough roll with omelette

Butter | salt & pepper

Semi-skimmed quark with fruit

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Multi-grain rusks with avocado

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