



SHOPPING LIST

Asian-style marinated salmon fillet

Brown sugar | olive oil | salt & pepper

Shakshuka with seasoned beef tartar

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

Orzo with cherry tomatoes and courgette

Vegetable stock | butter | olive oil | salt & pepper

Aromatic tabouleh with pork tenderloin strips

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

Carrot-tomato soup with creamy buffalo mozzarella

Vegetable stock | olive oil | salt & pepper

Portobello with goat's cheese and walnuts

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

Herby-quinoa with feta from the oven

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

Chicken curry with broccoli-rice

Olive oil | white wine vinegar | sugar | salt & pepper

Pork tenderloin with carrot-potato mash

Beef stock | olive oil | butter | black balsamic vinegar | mustard | milk | salt & pepper

🌱 Marinated chicken drumsticks with baby potatoes

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

🌱 Lentil-pearl couscous salad with red beet cream

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

🌱 Naan pizza with ground beef and spinach

Extra-virgin olive oil | white balsamic vinegar | olive oil | salt & pepper

★ Chicken piccata with fresh pappardelle and green asparagus

Vegetable stock | black balsamic vinegar | brown sugar | olive oil | butter | salt & pepper

★ Flammkuchen with north sea shrimp

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

BREAKFASTBOX:

Croissant with a boiled egg

Butter

Whole-fat quark with kiwi

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Oatmeal with chocolate

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