



## SHOPPING LIST

### **Asian noodle soup with haddock fillet**

Vegetable stock | sunflower oil | sambal | salt & pepper

### **Italian orzo with seasoned minced beef**

Vegetable stock | butter | black balsamic vinegar | salt & pepper

### **Portobello with goat's cheese and walnuts**

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

### **Mexican fish tacos with cabbage-carrot salad**

Olive oil | salt & pepper

### **Flatbread pizza funghi and buffalo mozzarella**

Olive oil | black balsamic vinegar | salt & pepper

### **Aromatic couscous with halloumi**

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

### **Asian noodles with scrambled eggs and peanuts**

Sunflower oil | ketjap | salt & pepper

### **Aromatic meatloaf**

Vegetable stock | butter | mustard | milk | salt & pepper

### **Spicy risotto with breakfast bacon and leek**

Vegetable stock | butter | sunflower oil | salt & pepper

### **🌱 Marinated chicken drumsticks with babypotatoes**

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

### **🌱 Chili sin carne**

Olive oil | white balsamic vinegar | salt & pepper

### **🌱 Quick pitas with seasoned minced beef**

Butter | extra-virgin olive oil | salt & pepper

### **★ Stuffed chicken fillet in coppa di parma**

Vegetable stock | olive oil | butter | salt & pepper

### **★ 'Skrei' fillet with north sea shrimp**

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

## **BREAKFASTBOX:**

### **Egg muffins**

Sunflower oil | milk | salt & pepper

### **Multi-grain rusks with peanut butter | banana and coconut**

-

### **Whole-fat quark with kiwi**

-