



SHOPPING LIST

Creamy soup with shrimp

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

Chicken gyros with aromatic tabouleh

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

Orzo-based mushroom risotto

Vegetable stock | butter | olive oil | salt & pepper

Hake fillet with sweet and sour peppers

Olive oil | black balsamic vinegar | vegetable stock cube | sugar | extra virgin olive oil | butter | salt & pepper

Portobello burger with fried egg

Olive oil | butter | salt & pepper

Penne with spinach-leek sauce

Olive oil | salt & pepper

Warm salad with sweet potato and chickpeas

Olive oil | salt & pepper

Asian style beef with chestnut mushrooms

Sunflower oil | salt & pepper

Chicken drumsticks with homemade apple-pear sauce

Olive oil | butter | honey | salt & pepper

🌱 Korean wraps with steak strips

Olive oil | white wine vinegar | sugar | salt

🌱 Farfalle with wild mushroom pesto

Olive oil | salt & pepper

🌱 Greek gyros dish

Olive oil | vegetable stock cube | salt & pepper

★ Chicken stuffed with spinach and goat cheese

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

★ Pork tenderloin with a pistachio thyme crust

Butter | sugar | salt & pepper

BREAKFASTBOX:

Egg muffins

Sunflower oil | milk | salt & pepper

Smoothie with banana

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Crackers with ham

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