



SHOPPING LIST

Pan-fried sea bass with sage butter

Butter | olive oil | sugar | salt & pepper

Chicken gyros with aromatic tabouleh

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

Risotto with buffalo mozzarella

Vegetable stock | butter | olive oil | salt & pepper

Haddock fillet with lentils and diced bacon

Olive oil | salt & pepper

Rocket hotchpotch with herbed cheese

Olive oil | black balsamic vinegar | butter | mustard | extra-virgin olive oil | salt & pepper

Couscous with halloumi and roasted sweet peppers

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

Pumpkin-chickpea soup with cumin

Olive oil | vegetable stock cube | honey | red wine vinegar | extra-virgin olive oil | salt & pepper

Pork tenderloin with raspberry-balsamic sauce

Olive oil | black balsamic vinegar | butter | salt & pepper

Creamy farfalle with spicy minced chicken

Olive oil | salt & pepper

🌱 Pita-pizza with ricotta | spinach and bacon cubes

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

🌱 Linguine with courgetti and olive paste

Butter | vegetable stock cubes | white balsamic vinegar | salt & pepper

🌱 Quick curry with shrimp

Sunflower oil | salt & pepper

★ Stuffed chicken fillet in coppa di parma

Vegetable stock | olive oil | butter | salt & pepper

★ Steak frites with tarragon mayonnaise

Olive oil | extra-virgin olive oil | red wine vinegar | honey | mustard | salt & pepper

BREAKFASTBOX:

Egg muffins

Sunflower oil | milk | salt & pepper

Multi-grain rusks

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Whole-fat quark with kiwi

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