



SHOPPING LIST

Scandinavian salad with sea bream

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

Flavourful jambalaya with spicy chicken

Vegetable stock | sunflower oil | white wine vinegar | sambal | salt & pepper

Risotto of orzo with mushrooms

Vegetable stock | butter | salt & pepper

Thai green curry soup

Vegetable stock | sunflower oil | salt & pepper

Whole wheat bulgur with roasted vegetables

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

Vegetarian moussaka

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

Shakshuka with buffalo mozzarella

Olive oil | salt & pepper

Peppers stuffed with chilli con carne

Butter | black balsamic vinegar | salt & pepper

Tomato-pepper soup with poached chicken fillet

Chicken or vegetable stock | olive oil | sugar | extra-virgin olive oil | salt & pepper

🌱 Wraps with seasoned aubergine and minced meat

Olive oil | salt & pepper

🌱 Fresh tagliatelle with pesto and courgette ribbons

Olive oil | salt & pepper

🌱 Asian noodles with seasoned ground beef

Olive oil | black balsamic vinegar | sugar | sunflower oil | salt & pepper

★ Nut crusted chicken

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

★ Fried salmon fillet with samphire topping

Olive oil | butter | salt & pepper

BREAKFASTBOX:

Croissant with matured cheese

Butter

Banana split with yoghurt

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Oatmeal with chocolate

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