



# GROCERY LIST

## MENU 1 FOR TWO PEOPLE

### VEGETABLES AND FRUIT

- 2 leeks
- 3 garlic cloves
- ½ onion
- 360 ml (1 ½ cup) carrots
- 1 lemon
- 500 ml (2 cups) lettuce
- ½ zucchini
- ½ bell pepper
- 500 ml (2 cups) red leaf lettuce
- 4 radish
- 1 lime
- 120 ml (½ cup) strawberries
- 8 cherry tomatoes
- ½ green onion
- 360 ml (1 cup) peas
- ⅓ orange

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### MEAT AND ALTERNATIVES

- 180 g skinless chicken breast
- 240 g de porc tenderloin
- 2 turkey cutlets
- 200 g tempeh
- 240 g skinless salmon fillet

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### MILK AND ALTERNATIVES

- 100 ml grated emmental
- 60 ml (¼ cup) 5 % m.f. dairy blend for cooking

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### TO HAVE IN HAND

- Oils (canola, olive)
- Spices-seasonings (fresh nutmeg, paprika)
- Sun-dried tomatoes in oil
- Salt and pepper
- Tomato paste
- Curry paste
- No salt added chicken broth
- Lemon juice
- Dijon mustard
- Wine vinegar
- Honey
- Fine herbs (fresh mint, herbes de Provence)
- Strained tomatoes
- Tabasco

### GRAIN PRODUCTS

- 90 g wheat pasta
- 100 g basmati rice
- 100 g rice
- ½ store-bought pizza dough
- 40 g quinoa

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