



# GROCERY LIST

## MENU 2 FOR TWO PEOPLE

### VEGETABLES AND FRUIT

- 2 ½ garlic cloves
- 1 lime
- 1,5 L (6 cups) lettuce
- 10 baby potatoes
- ½ romanesco broccoli
- ½ onion
- 1 lemon
- 16 cherry tomatoes

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### MEAT AND ALTERNATIVES

- 2 haddock or tilapia fillets of 120 g
- 1 egg white
- 4 turkey cutlets
- 200 g tempeh
- 240 g extra lean ground beef

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### TO HAVE IN HAND

- Spices-seasonings (Espelette pepper, powder curry, ginger, paprika, sambal oelek)
- Fine herbs (coriander, parsley)
- Breadcrumbs
- Oils (canola, olive)
- Salt and pepper
- Lemon juice
- Prunes
- Honey
- Balsamic vinegar
- Low sodium soy sauce
- Sesame seeds

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### MILK AND ALTERNATIVES

- 20 g parmigiano shavings
- 60 ml (¼ cup) 5 % m.f. dairy blend for cooking

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### GRAIN PRODUCTS

- 190 g basmati rice
- 70 g rice
- 80 g fresh pasta

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