



GROCERY LIST

MENU 3 FOR TWO PEOPLE

VEGETABLES AND FRUIT

- 2 garlic cloves
- 1 green onion
- 16 white asparagus
- 360 ml (1 ½ cup) mushrooms
- 500 ml (2 cups) de cabbage
- 1 fennel bulb
- 1 lime
- ½ onion
- 500 ml (2 cups) green beans

MILK AND ALTERNATIVES

- 30 ml (2 tbs) milk
- 40 ml (approx. 3 tbs) grated parmigiano

MEAT AND ALTERNATIVES

- 480 g skinless chicken breast
- 200 g seitan
- 1 egg
- 200 g peeled tail-on shrimps
- 250 g porc tenderloin

GRAIN PRODUCTS

- 90 g rice
- 80 g whole wheat penne
- 40 g red quinoa
- 80 g cooked brown rice
- 90 g basmati rice

TO HAVE IN HAND

- Sauces (soya réduite en sodium, piquante, Worcestershire)
- Salt and pepper
- Breadcrumbs
- Oils (olive, canola)
- Curry powder
- Strained tomatoes
- Ketchup
- Flour
- Panko
- Lemon juice
- Red curry paste
- Light coconut milk
- Fresh ginger
- Tabasco
