**Fruits/vegetables**

apple

banana

grape

kiwi

lemon

lime

melon

nectarine

orange

pear

plum

aubergine

avocado

broccoli

cabbage

carrot

cauliflower

celery

cucumber

fennel

garlic/ginger

herbs

leek/scallion

mushroom

onion

pepper

potato/sweet potato

root vegetables

salad/rocket/spinach

squash

tomato

**Refrigerated**

cheese

pate/delicatessen

parmesan

meat (beef/pork/lamb)

fish/shrimps

chicken

minced meat

bacon

sausages

eggs

yoghurt

cottage cheese

sour cream/crème fraîche

cream

yeast

butter/margarine

**Frozen**

rolls

spinach/peas

berries

fish gratin

**Dry/canned/bottled**

bread/crispbread

wraps

burger/hot dog bun

jam/marmelade

mackerel/sardines

oil/vinegar

spices/salt

canned tomatoes

corn/canned

t. puré/ketchup/salsa

pickles/chutney

coconut milk/cream

sauce/condiment/soup

pasta/rice

legumes

flour

sugar/syrup

raisins

cocoa/chocolate

nuts/seeds/snacks

oats

cornflakes/b.fast cereal

tea/coffee

**Drinks**

sweet milk

kefir/sour milk

drinking yoghurt

juice

soda

beer/wine

|  |  |
| --- | --- |
| Week menu | Week no.: |
| S |  |  |
| S |  |  |
| M |  |  |
| T |  |  |
| W |  |  |
| T |  |  |
| F |  |  |

**Household**

washing powder

dish soap/hand Soap

toilet paper

paper towels

hygiene

plastic bags

alu-foil/plastic wrap/baking paper

**Fruits/vegetables**

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lime

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nectarine

orange

pear

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