

# Shopping list

Don't let the **length of the shopping list scare you!** You probably already have a lot of the ingredients in your pantry, some are optional and others you won't have to buy every week. To be safe I've included everything, but don't worry – **the expense will be lighter than it looks!** 😊

## *Proteins and Cold Cuts*

1. 2 cod fillets
2. 50g of peeled prawns
3. 100g of raw or cooked ham (for piadipizza)
4. 200g speck (for the lasagna)
5. 500g chicken breast
6. 100g sliced bacon
7. 4 eggs

## *Dairy products*

1. 200g ricotta
2. 250g brie
3. 50g mozzarella (for the piadipizza)
4. 100g stringy cheese (for the croquettes)
5. 200g feta cheese
6. 100g grated Parmesan cheese
7. Extra grated Parmesan cheese
8. 500ml whole milk
9. 200ml whipping cream
10. 300g plain yogurt
11. Butter

## *Legumes and Vegetable*

### *Alternatives*

1. 250g dried or canned chickpeas (for falafel and salad)
2. Chickpea flour (for the falafel)

## *Vegetables*

1. 3 peppers
2. 5 zucchini
3. 4 carrots
4. 3 onions
5. 2 ripe tomatoes
6. 1 package of cherry tomatoes
7. 1/2 cauliflower or broccoli
8. 4 lemons
9. 1 avocado
10. Garlic
11. 1 sprig of fresh parsley
12. Fresh basil
13. 1kg of potatoes

## *Fruit and Dried Fruit*

1. Berries
2. Walnuts
3. Almonds

## *Bread and Cereals*

1. 2-3 wraps
2. Homemade bread (for bruschetta)
3. Croutons
4. Short pasta (for the zucchini pesto)
5. 250g lasagna fresche
6. Rice or soba noodles
7. Quinoa
8. Basmati rice
9. Flour 00 (120+50)



*Chef Aurora*

10. 50g rice flour
11. 100g coconut flour
12. Roasted sesame seeds

17. White wine (optional for the scallops)

### *Canned Products & Condiments*

1. 1 can of tomato puree
2. 200ml coconut milk
3. 1 jar of honey or maple syrup
4. 200g dry biscuits
5. 1 bar of dark chocolate
6. 1 sheet of gelatine
7. 200g chocolate chips
8. Unsweetened cocoa powder
9. Powdered sugar
10. Brown sugar
11. Baking powder
12. Baking soda
13. Extra virgin olive oil
14. Seed or sesame oil
15. Balsamic vinegar (optional for bruschetta)
16. Vanilla extract

### *Spices and Aromas*

1. Curry
2. Chili pepper (optional for noodles)
3. Soy sauce
4. Turmeric
5. Fresh coriander
6. Cumin
7. Paprika dolce
8. Oregano
9. Salt and pepper
10. Sugar
11. Fresh or powdered ginger
12. Fresh or dried thyme
13. Nutmeg

### *Kitchen Accessories*

1. Wooden skewers

### *Shopping Tips:*

**Buy fresh vegetables at the beginning of the week** and save the most resistant ones for the following days.

**Make a few dishes**, such as falafel and lasagna, ahead of time to save time.

**You will already have desserts and lasagna ready for the following week**, reducing spending and time in the kitchen.

**Buy products on sale or in family size** to reduce your budget and optimize your spending.