Bakery
◯ Burger buns 1 package

Vegetables
◯ Baby spinach 150g
◯ Fresh onion 1 tbsp
◯ Garlic 3 cloves + 1 tbsp
◯ Ginger 1 tbsp
◯ Red chilli 1 mild
◯ Salad 1 bunch

Baking
◯ Sucre 1 càc

Meat
◯ Beef patty 1

Fruits
◯ Lemon 1 unit

Rice, Cereal & Legumes
◯ Nouilles udon fraîches 450g
◯ Pasta 200g

Canned Goods
◯ Cannellini beans 570g jar
◯ Sundried tomatoes 2

Condiments & Spices
◯ Beurre de cacahuète 2 tbsp
◯ Chili flakes 1 tbsp
◯ Chili powder 1 unit
◯ Coriandre 1 tbsp
◯ Ketchup 1 unit
◯ Nutritional yeast 25g
◯ Olive oil 6 tbsp
◯ Sauce soja salée 3 tbsp
◯ Sésame grillé 1 tbsp

Dairy
◯ Low-fat quark or plant-based alternative 200g

Snacks
◯ Cacahuètes concassées non salées 1 càs