

# Einkaufsliste vom 06.07.2023 bis 08.07.2023

## Obst und Gemüse

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|--------------------------|---------|-----------------------|
| <input type="checkbox"/> | 2 Stk   | Banane                |
| <input type="checkbox"/> | 1 Stk   | Apfel                 |
| <input type="checkbox"/> | 100 g   | Blaubeeren            |
| <input type="checkbox"/> | 150 g   | Erdbeeren             |
| <input type="checkbox"/> | 1.5 Stk | Avocado               |
| <input type="checkbox"/> | 70 g    | Spinat                |
| <input type="checkbox"/> | 150 g   | Gurke                 |
| <input type="checkbox"/> | 0.5 Stk | Blumenkohl            |
| <input type="checkbox"/> | 600 g   | Weißer Spargel (Glas) |
| <input type="checkbox"/> | 20 Stk  | Weintrauben           |
| <input type="checkbox"/> | 200 g   | Zuckermelone          |

## Getreide und Hülsenfrüchte

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|--------------------------|-------|--------------|
| <input type="checkbox"/> | 320 g | Haferflocken |
| <input type="checkbox"/> | 2 Stk | Vollkornbrot |

## Milchprodukte

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|--------------------------|--------|------------------|
| <input type="checkbox"/> | 250 ml | Milch 1,5%       |
| <input type="checkbox"/> | 140 g  | Joghurt 1,5%     |
| <input type="checkbox"/> | 100 g  | Mozzarella Light |
| <input type="checkbox"/> | 20 g   | Frischkäse 0,2%  |
| <input type="checkbox"/> | 300 ml | Sojamilch        |
| <input type="checkbox"/> | 330 ml | Mandelmilch      |
| <input type="checkbox"/> | 150 g  | Sojajoghurt      |
| <input type="checkbox"/> | 80 g   | Feta             |
| <input type="checkbox"/> | 60 ml  | Sahne 10% Fett   |
| <input type="checkbox"/> | 50 g   | Cheddar 50% Fett |

## Sonstige Produkte

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|--------------------------|--------|--------------|
| <input type="checkbox"/> | 8 Stk  | Ei           |
| <input type="checkbox"/> | 6.5 EL | Öl           |
| <input type="checkbox"/> | 90 g   | Eiweißpulver |
| <input type="checkbox"/> | 1 TL   | Vanillearoma |
| <input type="checkbox"/> | 20 g   | Walnüsse     |
| <input type="checkbox"/> | 10 EL  | Zitronensaft |
| <input type="checkbox"/> | 20 g   | Mandelmus    |
| <input type="checkbox"/> | 10 ml  | Olivöl       |

## Gewürze

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|--------------------------|--------------|
| <input type="checkbox"/> | Salz         |
| <input type="checkbox"/> | Pfeffer      |
| <input type="checkbox"/> | Knoblauch    |
| <input type="checkbox"/> | Basilikum    |
| <input type="checkbox"/> | Oregano      |
| <input type="checkbox"/> | Schnittlauch |