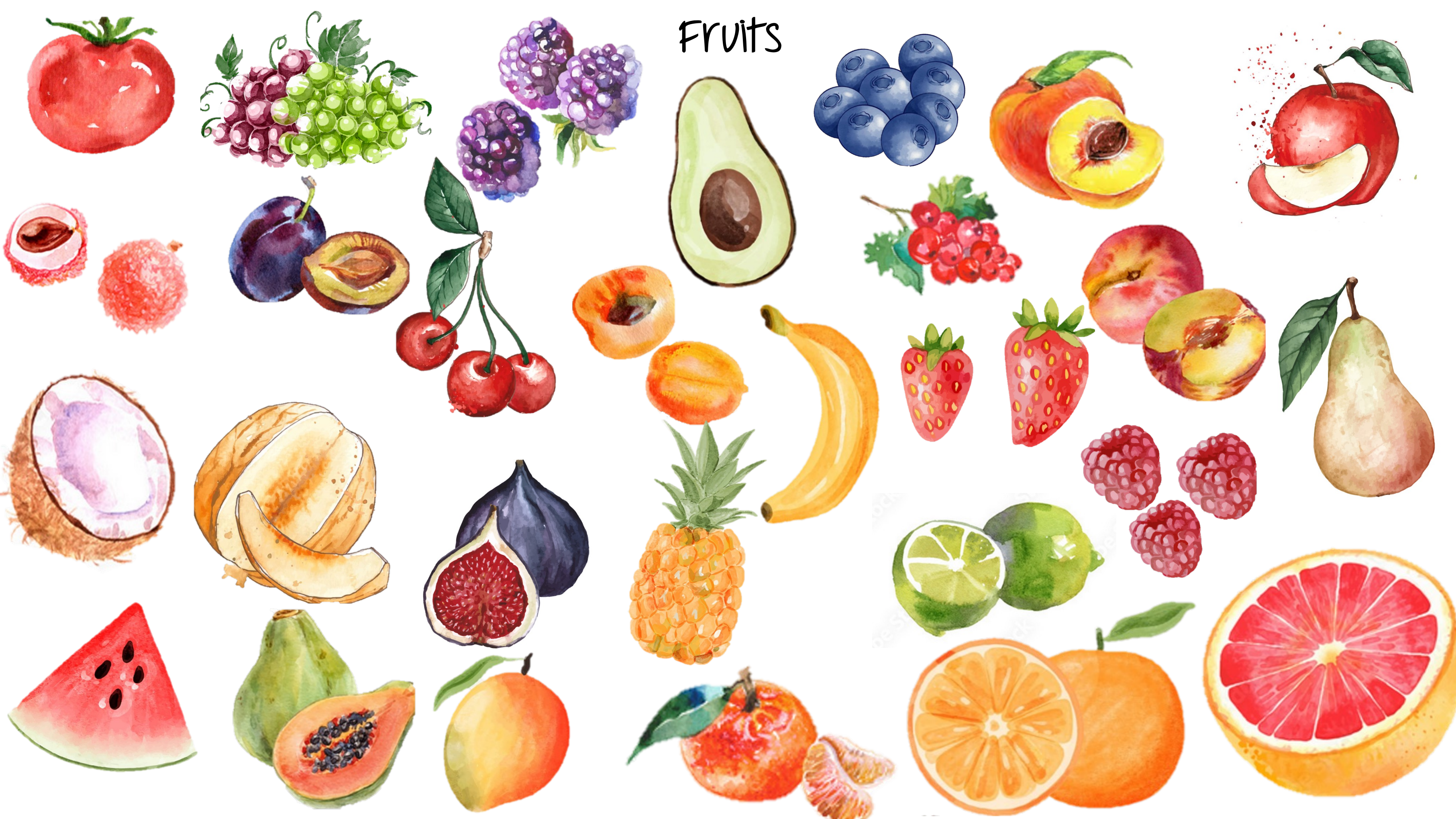


Fruits



tomato

lychee

coconut

watermelon

grape

plum

melon

papaya

blackberries

cherries

fig

mango

avocado

apricot

anans

clementine

blueberries

currants

strawberries

lemon

orange

peach

nectarine

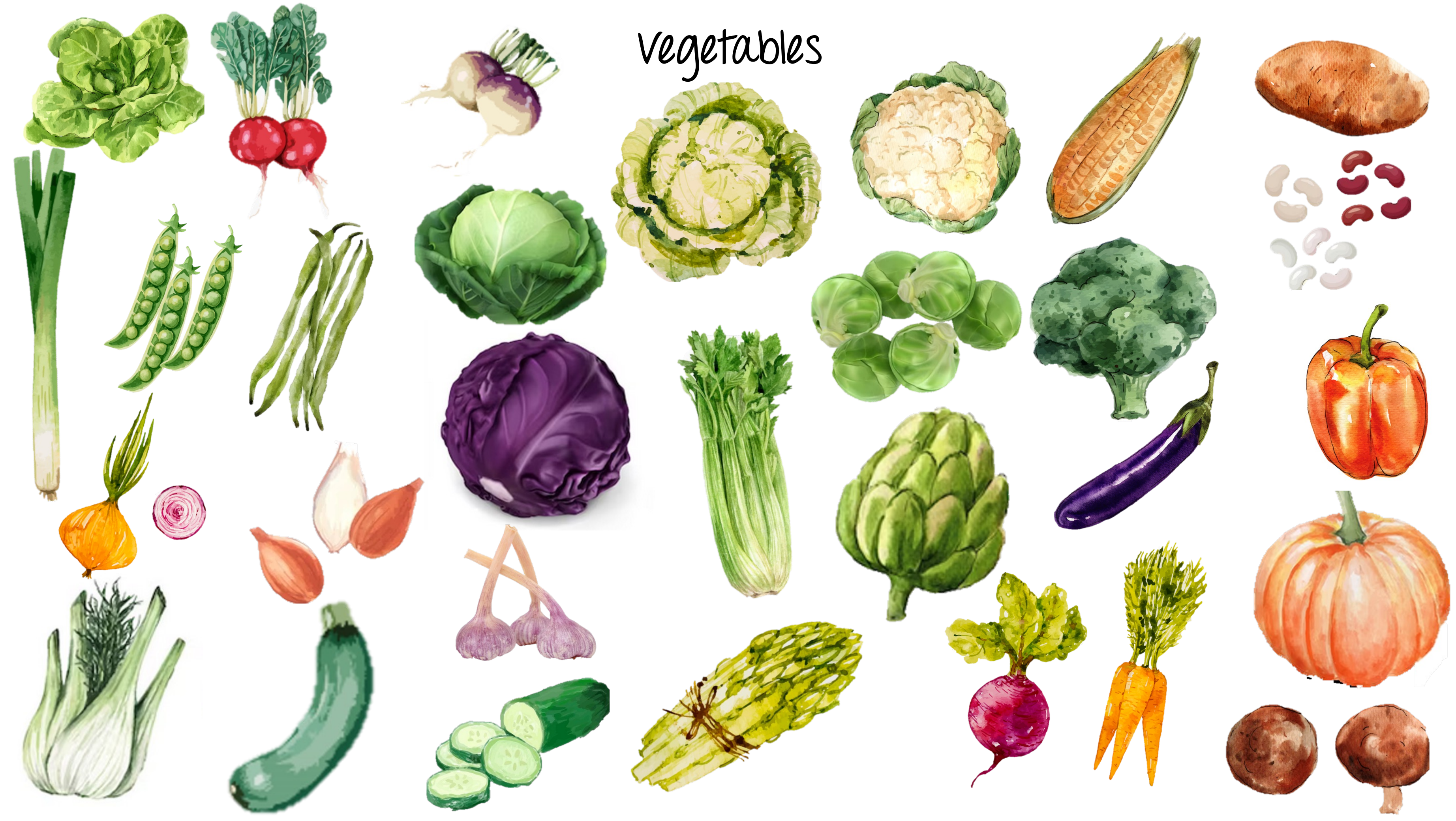
raspberry

apple

pear

grapefruit

Vegetables



salad
Leek
onion
fennel

radish
Peas
Green bean
Shallots
Zucchini

turnip
green cabbage
red cabbage
garlic
cucumber

cabbage
celery
asparagus

cauliflower
Brussels sprouts
Artichoke
Beet

Corn
Broccoli
Eggplant
Carrot

Potato
White beans
Bell pepper
Pumpkin
mushrooms

Spices



Curry
Turmeric
cinnamon

Nutmeg
Ginger
Paprika

Vanilla
Pepper

Fresh herbs

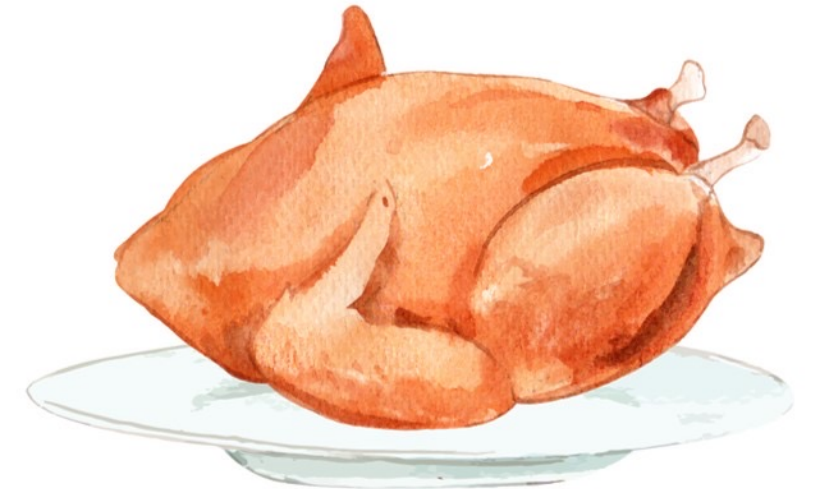


thyme
rosemary
parsley

dill
basil
mint

chives
oregano
coriander

Proteins

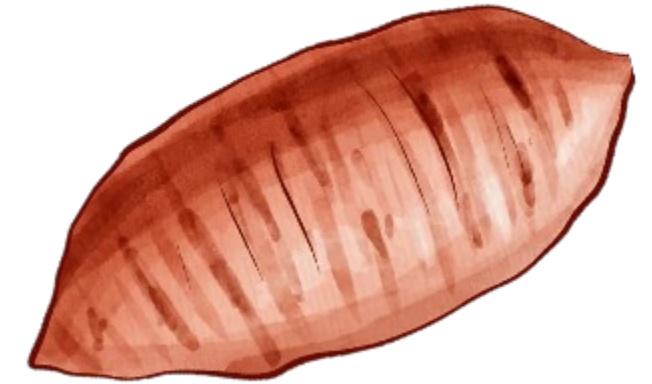


steak
salmon
sardines

bacon
ham
shrimp

sausages
roast chicken
egg

starches/cereals



rice
wheat
corn

barley
quinoa
bread

pasta
lentils

potatoes
sweet potato
chickpeas

seasonings



Salt
pepper

ketchup mustard vinegar oil

Yoghurt

milk

Butter

fresh cream

Ice cream

cheese

sugar/sweets



fruit tart
pretzel
cinnamon roll

donut
macaroon
waffle

cookies
dragibus
cup cake

sugar
sweets
lollipop

Drinks



Cup of tea
Cup of coffee

water

orange juice
Hot chocolat