

delimano

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### VEGETABLES

- celery
- zucchini
- shallots
- green pepper
- hokaido pumpkin
- spinach leaves
- green beans
- head cauliflower
- red pepper
- carrots
- cucumbers
- chickpeas
- beetroot
- broccoli
- kale leaves
- chopped parsley



### FRUITS

- lemon
- pineapple
- green apple
- grape fruit
- tomatoes
- plums
- avocado
- strawberries
- raspberries



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### GRAINS

- amaranth
- millet
- wild rice
- oats
- buckwheat groats „kasha“



### NUTS & NUT BUTTERS

- almonds
- almond slices
- coconut butter
- coconut chips



### SPICES

- sea salt
- cinnamon
- chives
- basil
- chopped thyme
- vanilla extract
- cilantro
- grated ginger
- fresh mint



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#### DIARY PRODUCTS

- mozzarella
- parmesan
- eggs
- cooking cream



#### DIARY FREE MILK PRODUCTS

- almond milk
- coconut milk
- coconut water
- coconut yoghurt
- tofu



#### FISH & MEATS

- salmon
- turkey breast



#### OILS

- olive oil



#### OTHER

- nutritional yeast
- coconut flakes
- erythol

