Die mealify Vorratsliste

Gemüse & Obst

- [ ] Zwiebeln
- [ ] Knoblauch
- [ ] Ingwer
- [ ] Kartoffeln
- [ ] Gemüse div.
- [ ] Obst diverses
- [ ] Äpfel
- [ ] Zitrone

Gefroren

- [ ] Obst & Gemüse TK
- [ ] Eis
- [ ] Pizza
- [ ] Kräuter

Gekühlt

- [ ] Milch
- [ ] Joghurt
- [ ] Quark
- [ ] Frischkäse
- [ ] Feta
- [ ] Käse
- [ ] Eier
- [ ] Butter

Saucen, Pasten & Öle

- [ ] Passierte Tomaten
- [ ] Tomatenmark
- [ ] Tahini
- [ ] Agavendicksaft
- [ ] Ahornsirup
- [ ] Pesto
- [ ] Sojasauce
- [ ] Balsamico
- [ ] Olivenöl
- [ ] Sesamöl

Gewürze

- [ ] Salz
- [ ] schwarzer Pfeffer
- [ ] Kräutersalz
- [ ] Paprika edelsüß
- [ ] Oregano
- [ ] Thymian
- [ ] Muskat
- [ ] Lorbeerblätter
- [ ] Curry
- [ ] Kurkuma
- [ ] Garam Masala
- [ ] Gemüsebrühe

Hülsenfrüchte & Getreide

- [ ] Mehl (diverse)
- [ ] Nudeln
- [ ] Reis
- [ ] Linsen
- [ ] Quinoa
- [ ] Couscous
- [ ] Amaranth
- [ ] Kerne (diverse)
- [ ] Kichererbsen
- [ ] Haferflocken
- [ ] Grieß
- [ ] Hirse

Backwaren & Aufstriche

- [ ] Brot
- [ ] Tortilla Wraps
- [ ] Mandelbutter/-mus
- [ ] Erdnussbutter/-mus
- [ ] Knäckebrot
- [ ] Marmelade
- [ ] Honig
- [ ] Tahini

Deine Notizen

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Backzutaten

- [ ] Kristallzucker
- [ ] Rohrohrzucker
- [ ] Vanillezucker
- [ ] Puderzucker
- [ ] Trockenhefe
- [ ] Backpulver
- [ ] Backschokolade
- [ ] Mandeln
- [ ] Haselnüsse
- [ ] Kokosflocken
- [ ] Paniermehl
- [ ] Stärke

Konserven

- [ ] Oliven
- [ ] Kidneybohnen
- [ ] Mais
- [ ] Kokosmilch
- [ ] Mandel- /Sojamilch
- [ ] Trockenfrüchte

Diverses

- [ ] Weingummi | Schokolade
- [ ] Salziges
- [ ] Kaffee
- [ ] Tee
- [ ] Kakao