

قائمة المواد المطلوبة لبرنامج الوجبات الغذائية (Week-8) من

المكونات المطلوبة للوجبات الغذائية

1

1	Nut Walnuts		kg	1.5
2	Carrot		kg	9
3	Carrot - Heirloom		kg	1
4	Celery		kg	2
5	Coconut Grated	250gm	pkt	10
6	Fresh Rosemary		gm	100
7	Fresh Sage		gm	300
8	Fresh Thyme		gm	150
9	Garlic		kg	2
10	Leeks		kg	1
11	Lemon		nos	60
12	Lime		kg	5
13	Mint Leaves		gm	500
14	Onion		kg	6.5
15	Parsley		gm	400
16	Potatoes		kg	10
17	Pumpkin Butternut		kg	6
18	Radish - Baby		kg	2
19	Shallots		kg	5
20	Tomato - Cherry Red		kg	250
21	Zucchini Green		kg	7
22	Apple - Green		nos	6
23	Apple - Red		nos	10
24	Banana - Local		kg	2.5
25	Dragon Fruit Red		nos	1
26	Dragon Fruit White		kg	1
27	Grapefruit		kg	1
28	Kiwi Fruit		kg	1
29	Mangoe Green		kg	2
30	Mangoe - Honey		kg	6
31	Oranges		nos	10
32	Pear - Green		nos	15
33	Pineapple		nos	2
34	Pomegranate		nos	1
35	Raspberry		gm	800
36	Strawberry		kg	2
37	Frozen Fruits Apricot		kg	2
38	Cheese Gruyere		kg	2
39	Cheese Parmesan Block Grana Padano		kg	4.5
40	Cheese Mozzarella Block		kg	2
41	Natural set yoghurt		ltr	500
42	Nut Almond Whole		kg	1
43	Nut Cashew		kg	1
44	Nut Hazelnuts Ground		kg	1
45	Nut Hazelnuts Roasted		gm	300
46	Nut Pistachio		kg	1
47	Raisin Black		gm	500
48	Raisin Golden		gm	500
49	Raisin Sultana		gm	500

50	Red Date - Pitted		kg	2
51	Sesame Seed Black		gm	100
52	Sesame Seed White		gm	100
53	Passionfruit	fresh	nos	50
54	Plain yogurt	Greek	ltr	7
55	ground almond	almond flour	Kg	5
56	Coriander Fresh		gm	100
57	Fine Beans		kg	5
58	Pine nuts		btl	2
59	Dried fig		gm	600
60	Fennel bulb	fresh	nos	12
61	Rose Petals		Pkt	1
62	Mixed Candied peels		gm	200
63	Hazelnut whole		gm	100
64	Bell pepper red		nos	3
65	Bell pepper green		nos	3
66	Chicken sausage	10 pce pkt	pkt	3



