

EINKAUFLISTE ZUM ABNEHMEN

1. Obst und Gemüse

- | | | | |
|---------|--------------------------|------------|--------------------------|
| Äpfel | <input type="checkbox"/> | Tomaten | <input type="checkbox"/> |
| Bananen | <input type="checkbox"/> | Paprika | <input type="checkbox"/> |
| Beeren | <input type="checkbox"/> | Zwiebel | <input type="checkbox"/> |
| Trauben | <input type="checkbox"/> | Knoblauch | <input type="checkbox"/> |
| _____ | <input type="checkbox"/> | Salat | <input type="checkbox"/> |
| _____ | <input type="checkbox"/> | Kartoffeln | <input type="checkbox"/> |
| _____ | | _____ | <input type="checkbox"/> |

2. Milchprodukte

- | | | | |
|----------------|--------------------------|-----------|--------------------------|
| Magertopfen | <input type="checkbox"/> | Milch | <input type="checkbox"/> |
| Joghurt | <input type="checkbox"/> | Eier | <input type="checkbox"/> |
| fettarmer Käse | <input type="checkbox"/> | Butter | <input type="checkbox"/> |
| _____ | | Aufstrich | <input type="checkbox"/> |
| _____ | <input type="checkbox"/> | _____ | <input type="checkbox"/> |

3. Gewürze/ Suppen

- | | | | |
|---------|--------------------------|-------|--------------------------|
| Salz | <input type="checkbox"/> | Suppe | <input type="checkbox"/> |
| Pfeffer | <input type="checkbox"/> | _____ | <input type="checkbox"/> |
| Gewürze | <input type="checkbox"/> | _____ | <input type="checkbox"/> |

4. Snacks

- | | | | |
|---------------|--------------------------|-------|--------------------------|
| Dunkle Schoko | <input type="checkbox"/> | _____ | <input type="checkbox"/> |
| _____ | <input type="checkbox"/> | _____ | <input type="checkbox"/> |

5. Tiefkühl

- | | | | |
|----------------|--------------------------|--------------|--------------------------|
| gefr. Berren | <input type="checkbox"/> | Fisch | <input type="checkbox"/> |
| gefr. Erbsen | <input type="checkbox"/> | Shrimps | <input type="checkbox"/> |
| gefr. Brokkoli | <input type="checkbox"/> | Gemüse-Pizza | <input type="checkbox"/> |
| gefr. Gemüse | <input type="checkbox"/> | _____ | <input type="checkbox"/> |

6. Fleisch

- | | | | |
|-------------|--------------------------|-------------|--------------------------|
| Hühnerfilet | <input type="checkbox"/> | mageres | <input type="checkbox"/> |
| Truthahn | <input type="checkbox"/> | Rindfleisch | <input type="checkbox"/> |
| _____ | <input type="checkbox"/> | _____ | <input type="checkbox"/> |

7. Vollkorn/ Getreide

- | | | | |
|----------------------|--------------------------|--------|--------------------------|
| Nudeln | <input type="checkbox"/> | Quinoa | <input type="checkbox"/> |
| Haferflocken | <input type="checkbox"/> | Reis | <input type="checkbox"/> |
| Vollkorn Brot/ Toast | <input type="checkbox"/> | Linsen | <input type="checkbox"/> |
| _____ | | _____ | <input type="checkbox"/> |

8. Öl/Dosen

- | | | | |
|-------------|--------------------------|----------|--------------------------|
| Bohnen | <input type="checkbox"/> | Tunfisch | <input type="checkbox"/> |
| Linsen | <input type="checkbox"/> | Olivenöl | <input type="checkbox"/> |
| Tomaten | <input type="checkbox"/> | Speiseöl | <input type="checkbox"/> |
| Tomatensose | <input type="checkbox"/> | Essig | <input type="checkbox"/> |
| _____ | <input type="checkbox"/> | _____ | <input type="checkbox"/> |