

Fresh food recommendation					
nr.	Item	Icelandic	Type	Q.ty	Comments
1	1 fruit per member per day	Epli, Banani, Appelsína, Pera	Apples, Bananas, Oranges, Peers	35 pieces	
2	Potatoes/sweet potatoes	Kartöflur	Bag	up to 2kg	
3	Onions	Laukur	i.e. Red	4	
4	Lettuce	Salat	Head	1	
5	Tomatoes	Tómatar		8	
6	Carrots	Gulrætur		1 big pack	
7	Mushrooms	Sveppir	i.e. Blue box	2 pks	
8	Peppers	Paprika	i.e. red	3	
9	Cucumbers	Agúrka (gúrka)		2	
10	Garlic / Ginger	Hvítlaukur/e ngifer	when needed	1	
11	Cabbage or Courgette or Eggplants	Kál, Zucchini, Eggaldin		1-2	
12	Meat	Lambakjöt, grísakjöt	Lamb/pork steaks	For 2 meals	
13	Fish	Lax	Salmon	For 2 meals	
14	Lunch meat	Skinka/Salami		4pks	
15	Butter	Smjörvi	Margarine butter	3pks	
16	Cheese	Ostur	i.e. 26% fat	1big block	
17	FlavourSpread cheese or Feta	Smurostur /Feta	Beacon flavour /mushroom	1-2	
18	Skyr	Skyr		4 big tubes	
19	Free Range Eggs	Vistvæn egg		10	
20	Bread	Brauð		5 loafes	
21	Replace items in Long Team Box if/when needed				
22	Consider also dietary requests				