

Italian Breakfast Shopping List

This shopping list is for a week of breakfast for a family or group of four people. Many of the items are easily doubled or reduced to accommodate a longer or shorter amount of time (or more or less people). With this shopping list, each person in your party will have a breakfast made up of:

- 1 piece of seasonal fruit
- 1 coffee or tea beverage
- 1 yogurt
- 1-2 pieces of toast with jam, Nutella or prosciutto OR 4-6 packaged cookies OR 1 packaged pastry

Seasonal Fruit

Choose 2 kg of seasonal fruit. If you're choosing large fruits like apples, you may need to buy more, or you can share.

- apples
- apricots
- peaches
- plums
- grapes
- pears

Yogurt

Choose 5-7 large containers of yogurt (each serves 4) OR individual sized yogurts (1 per person per day for a total of 28 small containers)

- yogurt

Condiments

If you've chosen bread or fette biscottate to accompany your yogurt and drink, you will need to pick up either jam, Nutella or some form of cured meat. Choose one of the following:

- 1-2 jars of jam
- 1 jar Nutella
- 200-300 grams sliced deli meat:
 - prosciutto crudo
 - prosciutto cotto
 - salame

Beverages

Choose from the following or buy a mix:

- 1 box of tea or 1 packages of pre-
- ground coffee
- 1-2 liters of milk:
 - whole (*latte intero*)
 - partly skim (*parzialmente scremato*)
 - soy milk (*latte di soia*)
 - oat milk (*latte di avena*)
- 7 boxes of freshly-squeezed orange juice (*spremuta*), optional

Toast, Cookies, or Pastry

This section, along with condiments, is the main component of your Italian breakfast. If you buy fresh bread, it'll only last a few days and you'll need to repurchase.

- bread:
 - 1 loaf from bakery
 - 2 loaves packaged sliced bread (*pane in cassetta*)
- 3 packages *fette biscottate*
- 5 packages Italian breakfast pastries
- 3 packages Italian breakfast cookies



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