

| 1.1.1.1 | | | | | | | | | | | | |
|--------------------|--------|----------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|--------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 1.1.1.1 | | Skip breakfast | | | | | | | | | | |
| Total | | | | | | | | | 0,00 | | 0 | 1 |

| 1.2.1.1 | | | | | | | | | | | | |
|--------------------|--------|----------------|-------------------|--------------|---------------|--------------|---------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 1.2.1.1 | 1 | Scrambled Eggs | 1 | portion | 104 | g | Eggs | 7,19 | 0,97 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-iod-fint-5500049 | | |
| | | | 1 | | | | Ground Black Pepper | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Butter | 1,3475 | 0,18 | https://www.nemlig.com/smoer-saltet-5038613 | | |
| | | | | | | | Total | | 1,26 | | 11 | 2 |

| 1.2.2.1 | | | | | | | | | | | | |
|--------------------|--------|----------------|-------------------|--------------|---------------|--------------|---------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 1.2.2.1 | 1 | Scrambled Eggs | 1 | portion | 104 | g | Eggs | 7,19 | 0,97 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Ground Black Pepper | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Butter | 1,3475 | 0,18 | https://www.nemlig.com/smoer-saltet-5038613 | | |
| | 2 | Bacon | 3 | slices | 36 | g | Bacon | 5,1696 | 0,69 | https://www.nemlig.com/bacon-i-skiver-5032449 | | |
| | | | | | | Total | | 1,96 | | | 17 | 3 |

| 1.2.4.1 | | | | | | | | | | | | |
|--------------------|--------|----------------|-------------------|--------------|---------------|--------------|---------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 1.2.4.1 | 1 | Scrambled Eggs | 1 | portion | 104 | g | Eggs | 7,19 | 0,97 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Ground Black Pepper | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Butter | 1,3475 | 0,18 | https://www.nemlig.com/smoer-saltet-5038613 | | |
| | 2 | Bacon | 2 | slices | 24 | g | Bacon | 3,4464 | 0,46 | https://www.nemlig.com/bacon-i-skiver-5032449 | | |
| | | | | | | Total | | 1,73 | | | 15 | 2 |

| 1.2.5.1 | | | | | | | | | | | | |
|--------------------|--------|----------------|-------------------|--------------|---------------|--------------|---------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 1.2.5.1 | 1 | Scrambled Eggs | 1,5 | portion | 104 | g | Eggs | 10,785 | 1,45 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | |
| | | | 1,5 | | | | Salt | 0,007125 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1,5 | | | | Ground Black Pepper | 1,32132 | 0,18 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1,5 | | | | Butter | 2,02125 | 0,27 | https://www.nemlig.com/smoer-saltet-5038613 | | |
| | 2 | Bacon | 2 | slices | 24 | g | Bacon | 3,4464 | 0,46 | https://www.nemlig.com/bacon-i-skiver-5032449 | | |
| | | | | | | | Total | | 2,36 | | | 20 |

| 1.2.6.1 | | | | | | | | | | | | |
|--------------------|--------|----------------|-------------------|--------------|---------------|--------------|---------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 1.2.6.1 | 1 | Scrambled Tofu | 1 | portion | 104 | g | Firm Tofu | 11,475 | 1,54 | https://www.nemlig.com/tofu-oeko-5023624 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Ground Black Pepper | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Turmeric powder | 0,65571 | 0,09 | https://www.nemlig.com/gurkemeje-5046110 | | |
| | | | 1 | | | | Olive oil | 0,7326 | 0,10 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | | | | Total | | 1,85 | | | 16 | 2 |

| 1.3.4.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 1.3.4.1 | 1 | Croissant | 1 | un | 55 | g | Croissant medium | 24,95 | 3,35 | https://www.nemlig.com/croissant-5012443 | | |
| | | | | | | | Total | | 3,35 | | 29 | 3 |

| 1.3.6.1 | | | | | | | | | | | | |
|--------------------|--------|-------------------|-------------------|--------------|---------------|--------------|-------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 1.3.6.1 | 1 | Whole grain toast | 1 | slice | 30 | g | Whole grain toast | 1,9356 | 0,26 | https://www.nemlig.com/kernebroed-oeko-5050926 | | |
| | | | | | | | Total | | 0,26 | | 2 | 1 |

| 1.3.8.1 | | | | | | | | | | | | |
|--------------------|--------|-------------------|-------------------|--------------|---------------|--------------|-------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 1.3.8.1 | 1 | Strawberry Jam | 1 | portion | 20 | g | Strawberry Jam | 1,629 | 0,22 | https://www.nemlig.com/jordbaermarmelade-905006 | | |
| | 2 | Whole grain toast | 1 | slice | 30 | g | Whole grain toast | 1,9356 | 0,26 | https://www.nemlig.com/kernebroed-oeko-5050926 | | |
| Total | | | | | | | | | 0,48 | | 4 | 1 |

| 1.4.1.1 | | | | | | | | | | | | |
|--------------------|--------|-----------------------------|-------------------|--------------|---------------|--------------|-------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 1.4.1.1 | 1 | Oatmeal w/ skimmet cow milk | 1 | portion | 255 | g | Porridge oats | 0,9975 | 0,13 | https://www.nemlig.com/havregryn-finvalsedde-oeko-5053731 | | |
| | | | 1 | | | | Semi-skimmed Milk | 4,8125 | 0,65 | https://www.nemlig.com/letmaelk-oeko-701012 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | | | | | Total | | | 0,78 | | 7 |

| 1.4.2.1 | | | | | | | | | | | | |
|--------------------|--------|---------------------|-------------------|--------------|---------------|--------------|---------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 1.4.2.1 | 1 | Oatmeal w/ oat milk | 1 | portion | 255 | g | Porridge oats | 0,9975 | 0,13 | https://www.nemlig.com/havregryn-finvalsedede-oeko-5053731 | | |
| | | | 1 | | | | Oat Milk | 5,075 | 0,68 | https://www.nemlig.com/havredrik-oeko-5058562 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | | | | | Total | | | 0,82 | | 7 |

| 1.4.4.1 | | | | | | | | | | | | |
|--------------------|--------|-------------------------|-------------------|--------------|---------------|--------------|-------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 1.4.4.1 | 1 | Corn Flakes w/ cow milk | 1 | portion | 230 | g | Corn Flakes | 2,577 | 0,35 | https://www.nemlig.com/cornflakes-901004 | | |
| | | | 1 | | | | Milk semi-skimmed | 2,79 | 0,37 | https://www.nemlig.com/soedmaelk-701016 | | |
| | | | | | | | Total | | | 0,72 | | |

| 2.1.1.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|--------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.1.1.1 | | Skip snack | | | | | | | | | | |
| | | | | | | | Total | | 0,00 | | 0 | 1 |

| 2.1.2.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|--------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.1.2.1 | | Skip snack | | | | | | | | | | |
| | | | | | | | Total | | 0,00 | | 0 | 1 |

| 2.1.3.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|--------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.1.3.1 | | Skip snack | | | | | | | | | | |
| | | | | | | | Total | | 0,00 | | 0 | 1 |

| 2.1.4.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|--------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.1.4.1 | | Skip snack | | | | | | | | | | |
| | | | | | | | Total | | 0,00 | | 0 | 1 |

| 2.1.5.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|--------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.1.5.1 | | Skip snack | | | | | | | | | | |
| | | | | | | | Total | | 0,00 | | 0 | 1 |

| 2.1.6.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|--------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.1.6.1 | | Skip snack | | | | | | | | | | |
| | | | | | | | Total | | 0,00 | | 0 | 1 |

| 2.1.7.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|--------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.1.7.1 | | Skip snack | | | | | | | | | | |
| | | | | | | | Total | | 0,00 | | 0 | 1 |

| 2.1.8.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|--------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.1.8.1 | | Skip snack | | | | | | | | | | |
| | | | | | | | Total | | 0,00 | | 0 | 1 |

| 2.1.9.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|-------------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | | Energy used | Energy cost | | |
| Type | | | (min) | | (min) | | | | kW | EUR | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.1.9.1 | | Skip snack | | | | | | | | | | |
| | | | | | | | Total | | 0,00 | | 0 | 1 |

| 2.1.10.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|--------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.1.10.1 | | Skip snack | | | | | | | | | | |
| | | | | | | | Total | | 0,00 | | 0 | 1 |

| 2.1.11.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|--------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.1.11.1 | | Skip snack | | | | | | | | | | |
| Total | | | | | | | | | 0,00 | | 0 | 1 |

| 2.1.12.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|--------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.1.12.1 | | Skip snack | | | | | | | | | | |
| | | | | | | | Total | | 0,00 | | 0 | 1 |

| 2.2.1.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-----------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.2.1.1 | 1 | Tiramissu | 1 | portion | 262 | g | Mascarpone Cheese | 5,748 | 0,77 | https://www.nemlig.com/mascarpone-5009663 | | |
| | | | 1 | | | | Cream | 3,24 | 0,43 | https://www.nemlig.com/piskefloede-38-701004 | | |
| | | | 1 | | | | Caster Sugar | 0,2896 | 0,04 | https://www.nemlig.com/sukker-908035 | | |
| | | | 1 | | | | Marsala wine | 0,793333333 | 0,11 | https://vinmedmere.dk/shop/1023-marsala/9297-de-vita-marsala-superiore-dv/ | | |
| | | | 1 | | | | Vanilla essence | 0,63026 | 0,08 | https://www.nemlig.com/vaniljeekstrakt-5009913 | | |
| | | | 1 | | | | Egg yolk | 1,49475 | 0,20 | https://www.nemlig.com/aeggeblommer-704007 | | |
| | | | 1 | | | | Instant Coffee | 13,325 | 1,79 | https://www.nemlig.com/nescafe-original-5039619 | | |
| | | | 1 | | | | Champagne cookies/ la | 6,2375 | 0,84 | https://www.nemlig.com/lady-fingers-5033297 | | |
| | | | 1 | | | | Cocoa powder | 0,306 | 0,04 | https://www.nemlig.com/kakaopulver-oeko-5061749 | | |
| | | | Total | | | | | | | | 4,30 | |

| 2.2.2.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.2.2.1 | 1 | Cheesecake | 1 | slice | 125 | g | Cream cheese | 8,085 | 1,09 | https://www.nemlig.com/philadelphia-naturel-707009 | | |
| | | | 1 | | | | Caster sugar | 0,2896 | 0,04 | https://www.nemlig.com/sukker-908035 | | |
| | | | 1 | | | | Cream | 0,81 | 0,11 | https://www.nemlig.com/piskefloede-38-701004 | | |
| | | | 1 | | | | Digestive Cookies | 0,44856 | 0,06 | https://www.nemlig.com/digestive-kiks-5501502 | | |
| | | | 1 | | | | Egg | 0,719 | 0,10 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | |
| | | | 1 | | | | Unsalted butter | 0,67375 | 0,09 | https://www.nemlig.com/smoer-usaltet-5038599 | | |
| | | | 1 | | | | Cornstarch | 0,2796 | 0,04 | https://www.nemlig.com/majsstivelse-oeko-5052752 | | |
| | | | 1 | | | | Vanilla extract | 0,63026 | 0,08 | https://www.nemlig.com/vaniljeekstrakt-5009913 | | |
| | | | Total | | | | | | | | 1,60 | |

| 2.2.3.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.2.3.1 | 1 | Brownie | 1 | un | 77 | g | Egg | 1,7975 | 0,24 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | |
| | | | 1 | | | | Butter | 3,36875 | 0,45 | https://www.nemlig.com/smoer-saltet-5038613 | | |
| | | | 1 | | | | Cocoa powder | 3,06 | 0,41 | https://www.nemlig.com/kakaopulver-oeko-5061749 | | |
| | | | 1 | | | | Caster sugar | 0,2172 | 0,03 | https://www.nemlig.com/sukker-908035 | | |
| | | | 1 | | | | Flour | 0,0972 | 0,01 | https://www.nemlig.com/falke-hvedemel-5021959 | | |
| | | | | | | Total | | 1,15 | | 10 | 2 | |

| 2.2.4.1 | | | | | | | | | | | | |
|--------------------|--------|------------------------|-------------------|--------------|---------------|--------------|------------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.2.4.1 | 1 | Brownie w/ maple syrup | 1 | un | 77 | g | Eggs | 1,7975 | 0,24 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | |
| | | | 1 | | | | Butter at room tempera | 3,36875 | 0,45 | https://www.nemlig.com/smoer-saltet-5038613 | | |
| | | | 1 | | | | Cocoa powder | 3,06 | 0,41 | https://www.nemlig.com/kakaopulver-oeko-5061749 | | |
| | | | 1 | | | | Pure Maple Syrup | 2,0616 | 0,28 | https://www.nemlig.com/ahornsirup-oeko-5059189 | | |
| | | | 1 | | | | Flour | 0,0972 | 0,01 | https://www.nemlig.com/falke-hvedemel-5021959 | | |
| | | | 1 | | | | Vanilla extract | 1,89078 | 0,25 | https://www.nemlig.com/vaniljeekstrakt-5009913 | | |
| | | | | | | | | | | | | Total |

| 2.2.5.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-----------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.2.5.1 | 1 | Tiramissu | 0,5 | portion | 131 | g | Mascarpone Cheese | 2,874 | 0,39 | https://www.nemlig.com/mascarpone-5009663 | | |
| | | | 0,5 | | | | Cream | 1,62 | 0,22 | https://www.nemlig.com/piskefloede-38-701004 | | |
| | | | 0,5 | | | | Caster Sugar | 0,1448 | 0,02 | https://www.nemlig.com/sukker-908035 | | |
| | | | 0,5 | | | | Marsala wine | 0,396666667 | 0,05 | https://vinmedmere.dk/shop/1023-marsala/9297-de-vita-marsala-supperiore-dry/ | | |
| | | | 0,5 | | | | Vanilla essence | 0,31513 | 0,04 | https://www.nemlig.com/vaniljeekstrakt-5009913 | | |
| | | | 0,5 | | | | Egg yolk | 0,747375 | 0,10 | https://www.nemlig.com/aeggeblommer-704007 | | |
| | | | 0,5 | | | | Instant Coffee | 6,6625 | 0,89 | https://www.nemlig.com/nescafe-original-5039619 | | |
| | | | 0,5 | | | | Champagne cookies/ la | 3,11875 | 0,42 | https://www.nemlig.com/lady-fingers-5033297 | | |
| | | | 0,5 | | | | Cocoa powder | 0,153 | 0,02 | https://www.nemlig.com/kakaopulver-oeko-5061749 | | |
| | | | Total | | | | | | | | 2,15 | |

| 2.2.6.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.2.6.1 | 1 | Cheesecake | 0,5 | slice | 62,5 | g | Cream cheese | 4,0425 | 0,54 | https://www.nemlig.com/philadelphia-naturel-707009 | | |
| | | | 0,5 | | | | Caster sugar | 0,1448 | 0,02 | https://www.nemlig.com/sukker-908035 | | |
| | | | 0,5 | | | | Cream | 0,405 | 0,05 | https://www.nemlig.com/piskefloede-38-701004 | | |
| | | | 0,5 | | | | Digestive Cookies | 0,22428 | 0,03 | https://www.nemlig.com/digestive-kiks-5501502 | | |
| | | | 0,5 | | | | Egg | 0,3595 | 0,05 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | |
| | | | 0,5 | | | | Unsalted butter | 0,336875 | 0,05 | https://www.nemlig.com/smoer-usaltet-5038599 | | |
| | | | 0,5 | | | | Cornstarch | 0,1398 | 0,02 | https://www.nemlig.com/majsstivelse-oeko-5052752 | | |
| | | | 0,5 | | | | Vanilla extract | 0,31513 | 0,04 | https://www.nemlig.com/vaniljeekstrakt-5009913 | | |
| | | | | | | | | | | | | Total |

| 2.2.7.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.2.7.1 | 1 | Brownie | 2 | un | 154 | g | Egg | 3,595 | 0,48 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | |
| | | | 2 | | | | Butter | 6,7375 | 0,90 | https://www.nemlig.com/smoer-saltet-5038613 | | |
| | | | 2 | | | | Cocoa powder | 6,12 | 0,82 | https://www.nemlig.com/kakaopulver-oeko-5061749 | | |
| | | | 2 | | | | Caster sugar | 0,4344 | 0,06 | https://www.nemlig.com/sukker-908035 | | |
| | | | 2 | | | | Flour | 0,1944 | 0,03 | https://www.nemlig.com/falke-hvedemel-5021959 | | |
| | | | | | | Total | | 2,29 | | 20 | 3 | |

| 2.2.8.1 | | | | | | | | | | | | |
|--------------------|--------|------------------------|-------------------|--------------|---------------|--------------|------------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.2.8.1 | 1 | Brownie w/ maple syrup | 2 | un | 154 | g | Eggs | 3,595 | 0,48 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | |
| | | | 2 | | | | Butter at room tempera | 6,7375 | 0,90 | https://www.nemlig.com/smoer-saltet-5038613 | | |
| | | | 2 | | | | Cocoa powder | 6,12 | 0,82 | https://www.nemlig.com/kakaopulver-oeko-5061749 | | |
| | | | 2 | | | | Pure Maple Syrup | 4,1232 | 0,55 | https://www.nemlig.com/ahornsirup-oeko-5059189 | | |
| | | | 2 | | | | Flour | 0,1944 | 0,03 | https://www.nemlig.com/falke-hvedemel-5021959 | | |
| | | | 2 | | | | Vanilla extract | 3,78156 | 0,51 | https://www.nemlig.com/vaniljeekstrakt-5009913 | | |
| | | | | | | | | | | | | Total |

| 2.3.1.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.3.1.1 | 1 | Apple | 1 | un | 125 | | Apple | 2,75 | 0,37 | https://www.nemlig.com/aeble-royal-gala-2301197 | | |
| | | | | | | | Total | | 0,37 | | 3 | 1 |

| 2.3.2.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.3.2.1 | 1 | Banana | 1 | | 105 | | Banana | 2,45 | 0,33 | https://www.nemlig.com/banan-2301138 | | |
| | | | | | | | Total | | 0,33 | | 3 | 1 |

| 2.3.3.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.3.3.1 | 1 | Apple | 2 | un | 250 | | Apple | 5,5 | 0,74 | https://www.nemlig.com/aeble-royal-gala-2301197 | | |
| | | | | | | | Total | | 0,74 | | 6 | 2 |

| 2.3.4.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.3.4.1 | 1 | Banana | 2 | | 210 | | Banana | 4,9 | 0,66 | https://www.nemlig.com/banan-2301138 | | |
| | | | | | | | Total | | 0,66 | | 6 | 2 |

| 2.4.1.1 | | | | | | | | | | | | |
|--------------------|--------|-------------------|-------------------|--------------|---------------|--------------|------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.4.1.1 | 1 | Energy bar- cacao | 1 | un | 50 | g | | 11,96 | 1,61 | https://www.nemlig.com/karamelbar-m-moerk-chokolade-5016605 | | |
| Total | | | | | | | | | 1,61 | | 14 | 2 |

| 2.4.2.1 | | | | | | | | | | | | |
|--------------------|--------|---------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.4.2.1 | 1 | Chocolate bar | 1 | un | 50 | g | Mars bar | 7,54596 | 1,01 | https://www.nemlig.com/mars-bar-5061826 | | |
| | | | | | | | Total | | 1,01 | | 9 | 2 |

| 2.4.3.1 | | | | | | | | | | | | |
|--------------------|--------|-------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.4.3.1 | 1 | Protein Bar | 1 | un | 50 | g | | 11,96 | 1,61 | https://www.nemlig.com/proteinbar-m-chokolade-5020610 | | |
| | | | | | | | Total | | 1,61 | | 14 | 2 |

| 2.5.1.1. | | | | | | | | | | | | |
|--------------------|--------|----------------|-------------------|--------------|---------------|--------------|-----------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.5.1.1. | 1 | Dark Chocolate | 1 | un | 50 | g | Lindt 70% cacao | 12,5 | 1,68 | https://www.nemlig.com/chokolade-70-5500170 | | |
| | | | | | | | Total | | 1,68 | | 14 | 2 |

| 2.5.2.1 | | | | | | | | | | | | |
|--------------------|--------|----------------|-------------------|--------------|---------------|--------------|------------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.5.2.1 | 1 | Milk Chocolate | 1 | un | 50 | g | Marabou milk chocolate | 10,975 | 1,47 | https://www.nemlig.com/maelkechokolade-5010902 | | |
| | | | | | | | Total | | 1,47 | | 13 | 2 |

| 2.5.3.1. | | | | | | | | | | | | |
|--------------------|--------|----------------|-------------------|--------------|---------------|--------------|-----------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.5.3.1. | 1 | Dark Chocolate | 2 | un | 100 | g | Lindt 70% cacao | 25 | 3,36 | https://www.nemlig.com/chokolade-70-5500170 | | |
| | | | | | | | Total | | 3,36 | | 29 | 3 |

| 2.5.4.1 | | | | | | | | | | | | |
|--------------------|--------|----------------|-------------------|--------------|---------------|--------------|------------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.5.4.1 | 1 | Milk Chocolate | 2 | un | 100 | g | Marabou milk chocolate | 21,95 | 2,95 | https://www.nemlig.com/maelkechokolade-5010902 | | |
| | | | | | | | Total | | 2,95 | | 25 | 3 |

| 2.6.1.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.6.1.1 | 1 | Popcorn | 1 | portion | 40 | g | Popz | 5,6187 | 0,75 | https://www.nemlig.com/microovns-popcorn-m-salt-5061658 | | |
| | | | | | | | Total | | 0,75 | | 6 | 2 |

| 2.6.2.1 | | | | | | | | | | | | |
|--------------------|--------|--------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.6.2.1 | 1 | Potato Chips | 1 | portion | 28 | g | Lays | 4,63204 | 0,62 | https://www.nemlig.com/chips-m-salt-5044506 | | |
| | | | | | | | Total | | 0,62 | | 5 | 2 |

| 2.6.3.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.6.3.1 | 1 | Peanuts | 1 | portion | 35 | g | Peanuts with salt | 3,8235 | 0,51 | https://www.nemlig.com/peanuts-m-salt-5004352 | | |
| | | | | | | | Total | | 0,51 | | 4 | 2 |

| 2.6.4.1 | | | | | | | | | | | | |
|--------------------|--------|------------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.6.4.1 | 1 | Popcorn homemade | 1 | portion | 40 | g | Popcorn | 2,81232 | 0,38 | https://www.nemlig.com/popcornmajs-oeko-5008034 | | |
| | | | 1 | | | | Oil | | | | | |
| | | | Total | | | | | | 0,38 | | 3 | 1 |

| 2.7.1.1 | | | | | | | | | | | | |
|--------------------|--------|----------------|-------------------|--------------|---------------|--------------|----------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.7.1.1 | 1 | Pastel de nata | 1 | un | 138 | g | Milk | 0,1875 | 0,03 | https://www.nemlig.com/letmaelk-oeko-701012 | | |
| | | | 1 | | | | Heavy cream | 0,590909091 | 0,08 | https://www.nemlig.com/piskefloede-38-oeko-922012 | | |
| | | | 1 | | | | Sugar | 0,115181818 | 0,02 | https://www.nemlig.com/sukker-908035 | | |
| | | | 1 | | | | Plain flour | 0,007363636 | 0,00 | https://www.nemlig.com/falke-hvedemel-5021959 | | |
| | | | 1 | | | | Egg yolks | 0,452954545 | 0,06 | https://www.nemlig.com/aeggeblommer-704007 | | |
| | | | 1 | | | | Zest of lemon | 4,5 | 0,60 | https://www.nemlig.com/citron-oeko-5012344 | | |
| | | | 1 | | | | Cinnamon stick | 1,060683 | 0,14 | https://www.nemlig.com/kanel-hel-5026707 | | |
| | | | 1 | | | | Puff pastry | 4,345 | 0,58 | https://www.nemlig.com/butterdej-5007050 | | |
| | | | | | | | | | | | | Total |

| 2.7.2.1 | | | | | | | | | | | | |
|--------------------|--------|----------------|-------------------|--------------|---------------|--------------|----------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.7.2.1 | 1 | Pastel de nata | 2 | un | 276 | g | Milk | 0,375 | 0,05 | https://www.nemlig.com/letmaelk-oeko-701012 | | |
| | | | 2 | | | | Heavy cream | 1,181818182 | 0,16 | https://www.nemlig.com/piskefloede-38-oeko-922012 | | |
| | | | 2 | | | | Sugar | 0,230363636 | 0,03 | https://www.nemlig.com/sukker-908035 | | |
| | | | 2 | | | | Plain flour | 0,014727273 | 0,00 | https://www.nemlig.com/falke-hvedemel-5021959 | | |
| | | | 2 | | | | Egg yolks | 0,905909091 | 0,12 | https://www.nemlig.com/aeggeblommer-704007 | | |
| | | | 2 | | | | Zest of lemon | 9 | 1,21 | https://www.nemlig.com/citron-oeko-5012344 | | |
| | | | 2 | | | | Cinnamon stick | 2,121366 | 0,28 | https://www.nemlig.com/kanel-hel-5026707 | | |
| | | | 2 | | | | Puff pastry | 8,69 | 1,17 | https://www.nemlig.com/butterdej-5007050 | | |
| | | | | | | | | | | | | Total |

| 2.7.3.1 | | | | | | | | | | | | |
|--------------------|--------|----------------------|-------------------|--------------|---------------|--------------|---------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.7.3.1 | 1 | Pastel de nata vegan | 1 | un | 124 | g | Brown sugar | 0,126818182 | 0,02 | https://www.nemlig.com/brun-farin-908029 | | |
| | | | 1 | | | | Corn flour | 0,044659091 | 0,01 | https://www.nemlig.com/fuldkornsmajsmel-oeko-5501722 | | |
| | | | 1 | | | | Coconut milk | 0,385272727 | 0,05 | https://www.nemlig.com/kokosmaek-17-19-oeko-5059966 | | |
| | | | 1 | | | | Vegetal heavy cream | 0,213409091 | 0,03 | https://nuttvegan.dk/varer/vegansk-piskefloede-storkeob-gutenfr-produkter/ | | |
| | | | 1 | | | | Turmeric | 0,65571 | 0,09 | https://www.nemlig.com/gurkemeje-5046110 | | |
| | | | 1 | | | | Peel of lemon | 4,5 | 0,60 | https://www.nemlig.com/citron-oeko-5012344 | | |
| | | | 1 | | | | Cinnamon powder | 0,57375 | 0,08 | https://www.nemlig.com/kanel-stoedt-5046112 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Vegan Puff Pastry | 4,345 | 0,58 | https://www.nemlig.com/butterdej-5007050 | | |
| | | | | | | | | | | | | Total |

| 2.7.4.1 | | | | | | | | | | | | |
|--------------------|--------|---------------|-------------------|--------------|---------------|--------------|---------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.7.4.1 | 1 | Cinnamon roll | 1 | unit | 55 | g | Cinnamon roll | 24,95 | 3,35 | https://www.nemlig.com/kannelsnegl-5012521 | | |
| | | | | | | | Total | | 3,35 | | 29 | 3 |

| 2.7.5.1 | | | | | | | | | | | | |
|--------------------|--------|----------------------|-------------------|--------------|---------------|--------------|---------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.7.5.1 | 1 | Pastel de nata vegan | 2 | un | 248 | g | Brown sugar | 0,253636364 | 0,03 | https://www.nemlig.com/brun-farin-908029 | | |
| | | | 2 | | | | Corn flour | 0,089318182 | 0,01 | https://www.nemlig.com/fuldkornsmajsmel-oeko-5501722 | | |
| | | | 2 | | | | Coconut milk | 0,770545455 | 0,10 | https://www.nemlig.com/kokosmaek-17-19-oeko-5059966 | | |
| | | | 2 | | | | Vegetal heavy cream | 0,426818182 | 0,06 | https://nuttvegan.dk/varer/vegansk-piskefloede-storkeob-gutenfr-produkter/ | | |
| | | | 2 | | | | Turmeric | 1,31142 | 0,18 | https://www.nemlig.com/gurkemeje-5046110 | | |
| | | | 2 | | | | Peel of lemon | 9 | 1,21 | https://www.nemlig.com/citron-oeko-5012344 | | |
| | | | 2 | | | | Cinnamon powder | 1,1475 | 0,15 | https://www.nemlig.com/kanel-stoedt-5046112 | | |
| | | | 2 | | | | Salt | 0,0095 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 2 | | | | Vegan Puff Pastry | 8,69 | 1,17 | https://www.nemlig.com/butterdej-5007050 | | |
| | | | | | | | | | | | | Total |

| 2.8.1.1 | | | | | | | | | | | | |
|--------------------|--------|-------------------|-------------------|--------------|---------------|--------------|----------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.8.1.1 | 1 | Ice Cream - stick | 1 | unit | 85 | g | Magnum Classic | 16,08 | 2,16 | https://www.nemlig.com/magnum-classic-5057194 | | |
| | | | | | | | Total | | 2,16 | | 18 | 3 |

| 2.8.2.1 | | | | | | | | | | | | |
|--------------------|--------|----------------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.8.2.1 | 1 | Strawberry Ice Cream | 1 | unit | 150 | g | Strawberry | 8,5905 | 1,15 | https://www.nemlig.com/jordbaeris-5022006 | | |
| | | | | | | | Total | | 1,15 | | 10 | 2 |

| 2.8.3.1 | | | | | | | | | | | | |
|--------------------|--------|-------------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.8.3.1 | 1 | Strawberry sorbet | 1 | unit | 165 | g | Strawberry | 13,64385 | 1,83 | https://www.nemlig.com/jorbaer-sorbet-oeke-5058055 | | |
| | | | | | | | Total | | 1,83 | | 16 | 3 |

| 2.9.1.1 | | | | | | | | | | | | |
|--------------------|--------|----------------------|-------------------|--------------|---------------|--------------|------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.9.1.1 | 1 | Ham and Cheese Toast | 1 | un | 70 | g | Bread | 0,57 | 0,08 | https://www.nemlig.com/hvedetoast-922485 | | |
| | | | 1 | | | | Butter | 2,02125 | 0,27 | https://www.nemlig.com/smoer-saltet-5038613 | | |
| | | | 1 | | | | Cheddar | 2,72505 | 0,37 | https://www.nemlig.com/roed-cheddar-i-skiver-mild-5031380 | | |
| | | | 1 | | | | Ham | 7,4814 | 1,00 | https://www.nemlig.com/roegget-skinke-silkeskaaret-5055289 | | |
| | | | | | | Total | | 1,72 | | 15 | 3 | |

| 2.9.2.1 | | | | | | | | | | | | |
|--------------------|--------|--------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 2.9.2.1 | 1 | Cheese Toast | 1 | un | 47 | g | Bread | 0,57 | 0,08 | https://www.nemlig.com/hvedetoast-922485 | | |
| | | | 1 | | | | Butter | 2,02125 | 0,27 | https://www.nemlig.com/smoer-saltet-5038613 | | |
| | | | 1 | | | | Cheddar | 2,72505 | 0,37 | https://www.nemlig.com/roed-cheddar-i-skiver-mild-5031380 | | |
| | | | | | | | Total | | | 0,71 | | 6 |

| 3.1.1.1 | | | | | | | | | | | | |
|--------------------|--------|----------------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|--------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 3.1.1.1 | | Skip breakfast/lunch | | | | | | | | | | |
| | | | | | | | Total | | 0,00 | | 0 | 1 |

| 3.2.1.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 3.2.1.1 | 1 | Omelette | 1 | un | 167 | g | Eggs | 7,2 | 0,97 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Ground Black Pepper | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Olive oil | 1,0989 | 0,15 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Grated mozzarella cheese | 5,5 | 0,74 | https://www.nemlig.com/mozzarella-revet-16-5031388 | | |
| | | | | | | Total | | 1,97 | | 17 | 3 | |

| 3.3.1.1 | | | | | | | | | | | | |
|--------------------|--------|---------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 3.3.1.1 | 1 | Avocado toast | 1 | un | 116 | g | Bread | 0,57 | 0,08 | https://www.nemlig.com/hvedetoast-922485 | | |
| | | | 1 | | | | Avocado | 8,25 | 1,11 | https://www.nemlig.com/avocado-formodnet-5043732 | | |
| | | | 1 | | | | Lime | 4,5 | 0,60 | https://www.nemlig.com/citron-oeko-5012344 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Olive oil | 0,3663 | 0,05 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | | | | | Total | | 1,84 | | 16 | 2 |

| 4.1.1.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|--------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 4.1.1.1 | | Skip lunch | | | | | | | | | | |
| Total | | | | | | | | | 0,00 | | 0 | 1 |

| 4.2.1.1 | | | | | | | | | | | | |
|--------------------|--------|---------------------------|-------------------|--------------|---------------|--------------|---------------|--------------------------|----------------------|---|--------------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 4.2.1.1 | 1 | Open sandwich w/ potatoes | 1 | unit | | | Rye Bread | 2,1472 | 0,288214765 | https://www.nemlig.com/solsikkerugbroed-5035265 | | |
| | | | 1 | portion | | | Butter | 0,67375 | 0,090436242 | https://www.nemlig.com/smoer-saltet-5038613 | | |
| | | | 1 | portion | | | Lettuce | 0,8 | 0,10738255 | https://www.nemlig.com/italian-mix-5016750 | | |
| | | | 1 | portion | | | Boiled Potato | 0,9 | 0,120805369 | https://www.nemlig.com/kartofler-2301087 | | |
| | | | 1 | portion | | | Sour Cream | 0,1295 | 0,01738255 | https://www.nemlig.com/creme-fraiche-18-oeko-102666 | | |
| | | | 1 | portion | | | Chives | 1 | 0,134228188 | https://www.nemlig.com/purloeg-5012894 | | |
| | | | 1 | portion | | | Fried onions | 1,4475 | 0,194295302 | https://www.nemlig.com/ristede-loeg-5002017 | | |
| | | | | | | | | | Total | | 0,952744966 | |

| 4.2.2.1 | | | | | | | | | | | | |
|--------------------|--------|--|-------------------|--------------|---------------|--------------|---------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 4.2.2.1 | 1 | Open sandwich w/ liver pate and pickled beetroot | 1 | portion | | | Pickled beets | 1,35996 | 0,182544966 | https://www.nemlig.com/roedbeder-oeko-5042136 | | |
| | | | 1 | portion | | | Liver pate | 5,8116 | 0,780080537 | https://www.nemlig.com/grovhakket-leverpostej-603004 | | |
| | | | 1 | portion | | | Rye Bread | 2,1472 | 0,288214765 | https://www.nemlig.com/solsikkerugbroed-5035265 | | |
| | | | 1 | portion | | | Chives | 5 | 0,67114094 | https://www.nemlig.com/purloeg-5012894 | | |
| | | | | | | Total | | 1,921981208 | | | 16 | 1 |

| 4.3.1.1 | | | | | | | | | | | | |
|--------------------|--------------|-------------|-------------------|--------------|---------------|--------------|--------------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 4.3.1.1 | 1 | Green Salad | 1 | portion | 137 | g | Lettuce | 10 | 1,34 | https://www.nemlig.com/italian-mix-5016750 | | |
| | | | 1 | | | | Olive oil | 0,7326 | 0,10 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Apple cider vinegar | 0,838 | 0,11 | https://www.nemlig.com/aebleddike-oeko-5038067 | | |
| | | | 1 | | | | Dijon mustard | 0,4704 | 0,06 | https://www.nemlig.com/dijon-sennep-105322 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Ground Black Pepper | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | | | | | | |
| | 2 | Omelette | 1 | portion | 167 | g | Eggs | 7,2 | 0,97 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Ground Black Pepper | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Olive oil | 1,0989 | 0,15 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Grated mozzarella cheese | 5,5 | 0,74 | https://www.nemlig.com/mozzarella-revet-16-5031388 | | |
| | Total | | | | | | | | 3,71 | | 32 | 2 |

| 4.10.1.1 | | | | | | | | | | | | |
|--------------------|--------|-------------|-------------------|--------------|---------------|--------------|---------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 4.10.1.1 | 1 | Green Salad | 1 | portion | 137 | g | Lettuce | 10 | 1,34 | https://www.nemlig.com/italian-mix-5016750 | | |
| | | | 1 | | | | Olive oil | 0,7326 | 0,10 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Apple cider vinegar | 0,838 | 0,11 | https://www.nemlig.com/aebleeddike-oeko-5038067 | | |
| | | | 1 | | | | Dijon mustard | 0,4704 | 0,06 | https://www.nemlig.com/dijon-sennep-105322 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Ground Black Pepper | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | | | | | | | | | | Total |

| 4.10.2.1 | | | | | | | | | | | | |
|--------------------|--------|--------------|-------------------|--------------|---------------|--------------|---------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 4.10.2.1 | 1 | Caesar salad | 1 | portion | 247 | g | Mayonnaise | 4,8125 | 0,65 | https://www.nemlig.com/real-mayonnaise-5010440 | | |
| | | | 1 | | | | Anchovy fillets | 1,398 | 0,19 | https://www.nemlig.com/ansjosfilet-i-olie-5011516 | | |
| | | | 1 | | | | Garlic (grated) | 0,05 | 0,01 | https://www.nemlig.com/hvidloeg-i-net-5053384 | | |
| | | | 1 | | | | White vinegar | 0,152 | 0,02 | https://www.nemlig.com/hvidvinseddike-5051982 | | |
| | | | 1 | | | | Grated parmesan | 0,152 | 0,02 | https://www.nemlig.com/hvidvinseddike-5051982 | | |
| | | | 1 | | | | Chicken breast | 4,919 | 0,66 | https://www.nemlig.com/kyllingebrystfilet-5012175 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Ground Black Pepper | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Lemon juice | 4,5 | 0,60 | https://www.nemlig.com/citron-oeko-5012344 | | |
| | | | 1 | | | | Olive oil | 1,0989 | 0,15 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Croutons | 3,1188 | 0,42 | https://www.nemlig.com/croutoner-m-havsalt-5020918 | | |
| | | | 1 | | | | Iceberg lettuce | 10 | 1,34 | https://www.nemlig.com/italian-mix-5016750 | | |
| | | | 1 | | | | Parmesan shavings | 2,4975 | 0,34 | https://www.nemlig.com/grana-padano-ost-5013547 | | |
| | | | Total | | | | | | | | 4,51 | |

| 5.2.2.1 | | | | | | | | | | | | |
|--------------------|------------------|-------------|-------------------|---|---------------|---------------------|-----------------|--------------------------|---|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 5.2.2.1 | 1 | Green Salad | 1 | portion | 137 | | Lettuce | 10 | 1,342281879 | https://www.nemlig.com/italian-mix-5016750 | | |
| | | | 1 | | | Olive oil | 0,7326 | 0,09833557 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | | |
| | | | 1 | | | Apple cider vinegar | 0,838 | 0,112483221 | https://www.nemlig.com/aebleddike-oeko-5038067 | | | |
| | | | 1 | | | Dijon mustard | 0,4704 | 0,06314094 | https://www.nemlig.com/dijon-sennep-105322 | | | |
| | | | 1 | | | Salt | 0,00475 | 0,000637584 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | | |
| | | | 1 | | | Ground Black Pepper | 0,88088 | 0,118238926 | https://www.nemlig.com/sort-peber-groft-5034924 | | | |
| | 2 | Lasagna | 1 | portion | 519 | | Lasagna Noodles | 5,985 | 0,803355705 | https://www.nemlig.com/lasagneplader-frisk-5021365 | | |
| | | | 1 | | | Minced beef | 10,7375 | 1,441275168 | https://www.nemlig.com/hakket-oksekoed-14-18-5058874 | | | |
| | | | 1 | | | Olive oil | 1,0989 | 0,147503356 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | | |
| | | | 1 | | | Onion | 0,675 | 0,090604027 | https://www.nemlig.com/loeg-zittauer-2301096 | | | |
| | | | 1 | | | Carrot | 0,8 | 0,10738255 | https://www.nemlig.com/guleroedder-5012879 | | | |
| | | | 1 | | | Garlic | 0,25 | 0,033557047 | https://www.nemlig.com/hvidloeg-i-net-5053384 | | | |
| | | | 1 | | | Canned tomato | 1,488 | 0,199731544 | https://www.nemlig.com/hakkede-tomater-5060804 | | | |
| | | | 1 | | | Tomato paste | 0,3827 | 0,051369128 | https://www.nemlig.com/tomatpure-5011807 | | | |
| | | | 1 | | | Butter | 2,02125 | 0,271308725 | https://www.nemlig.com/smoer-saltet-5038613 | | | |
| | | | 1 | | | Flour | 0,2325 | 0,031208054 | https://www.nemlig.com/hvedemel-5021919 | | | |
| | | | 1 | | | Milk semi-skimmed | 1,395 | 0,187248322 | https://www.nemlig.com/soedmaelk-701016 | | | |
| | | | 1 | | | Nutmeg ground | 0,65571 | 0,088014765 | https://www.nemlig.com/muskatnoed-stoedt-5034916 | | | |
| | | | 1 | | | Salt | 0,00475 | 0,000637584 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | | |
| | | | 1 | | | Groud Black Pepper | 0,88088 | 0,118238926 | https://www.nemlig.com/sort-peber-groft-5034924 | | | |
| 1 | Shred mozzarella | 5,5 | 0,738255034 | https://www.nemlig.com/mozzarella-revet-16-5031388 | | | | | | | | |
| | | | | | | Total | | 6,044808054 | | 52 | 3 | |

| 5.2.3.1 | | | | | | | | | | | | |
|--------------------|--------------|------------------|-------------------|--------------|---|-----------------------|-------------|--------------------------|---|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 5.2.3.1 | 1 | Green Salad | 1 | portion | 137 | | Lettuce | 10 | 1,342281879 | https://www.nemlig.com/italian-mix-5016750 | | |
| | | | 1 | | | Olive oil | 0,7326 | 0,09833557 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | | |
| | | | 1 | | | Apple cider vinegar | 0,838 | 0,112483221 | https://www.nemlig.com/aebledddike-oeko-5038067 | | | |
| | | | 1 | | | Dijon mustard | 0,4704 | 0,06314094 | https://www.nemlig.com/dijon-sennep-105322 | | | |
| | | | 1 | | | Salt | 0,00475 | 0,000637584 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | | |
| | | | 1 | | | Ground Black Pepper | 0,88088 | 0,118238926 | https://www.nemlig.com/sort-peber-groft-5034924 | | | |
| | 2 | Lasagna | portion | 519 | 1 | Lasagna Noodles | 5,985 | 0,803355705 | https://www.nemlig.com/lasagneplader-frisk-5021365 | | | |
| | | | | | 1 | Minced beef | 10,7375 | 1,441275168 | https://www.nemlig.com/hakket-oksekoed-14-18-5058874 | | | |
| | | | | | 1 | Olive oil | 1,0989 | 0,147503356 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | | |
| | | | | | 1 | Onion | 0,675 | 0,090604027 | https://www.nemlig.com/loeg-zittauer-2301096 | | | |
| | | | | | 1 | Carrot | 0,8 | 0,10738255 | https://www.nemlig.com/guleroedder-5012879 | | | |
| | | | | | 1 | Garlic | 0,25 | 0,033557047 | https://www.nemlig.com/hvidloeg-i-net-5053384 | | | |
| | | | | | 1 | Canned tomato | 1,488 | 0,199731544 | https://www.nemlig.com/hakkede-tomater-5060804 | | | |
| | | | | | 1 | Tomato paste | 0,3827 | 0,051369128 | https://www.nemlig.com/tomatpure-5011807 | | | |
| | | | | | 1 | Butter | 2,02125 | 0,271308725 | https://www.nemlig.com/smoer-saltet-5038613 | | | |
| | | | | | 1 | Flour | 0,2325 | 0,031208054 | https://www.nemlig.com/hvedemel-5021919 | | | |
| | | | | | 1 | Milk semi-skimmed | 1,395 | 0,187248322 | https://www.nemlig.com/soedmaelk-701016 | | | |
| | | | | | 1 | Nutmeg ground | 0,65571 | 0,088014765 | https://www.nemlig.com/muskatnoed-stoedt-5034916 | | | |
| | | | | | 1 | Salt | 0,00475 | 0,000637584 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | | |
| | | | | | 1 | Groud Black Pepper | 0,88088 | 0,118238926 | https://www.nemlig.com/sort-peber-groft-5034924 | | | |
| | 1 | Shred mozzarella | 5,5 | 0,738255034 | https://www.nemlig.com/mozzarella-revet-16-5031388 | | | | | | | |
| | 3 | Tiramissu | portion | 341 | 1 | Mascarpone Cheese | 7,664 | 1,028724832 | https://www.nemlig.com/mascarpone-5009663 | | | |
| | | | | | 1 | Cream | 4,32 | 0,579865772 | https://www.nemlig.com/piskefloede-38-701004 | | | |
| | | | | | 1 | Caster Sugar | 0,4344 | 0,058308725 | https://www.nemlig.com/sukker-908035 | | | |
| | | | | | 1 | Marsala wine | 2,221333333 | 0,298165548 | https://vinmedmere.dk/shop/1023-marsala/9297-de-vita-marsala-superiore-dry/ | | | |
| | | | | | 1 | Vanilla essence | 0,63026 | 0,084598658 | https://www.nemlig.com/vaniljeekstrakt-5009913 | | | |
| | | | | | 1 | Egg yolk | 1,49475 | 0,200637584 | https://www.nemlig.com/aeggeblommer-704007 | | | |
| | | | | | 1 | Instant Coffee | 18,655 | 2,504026846 | https://www.nemlig.com/nescafe-original-5039619 | | | |
| | | | | | 1 | Champagne cookies/ la | 6,2375 | 0,837248322 | https://www.nemlig.com/lady-fingers-5033297 | | | |
| | | | | | 1 | Cocoa powder | 0,306 | 0,041073826 | https://www.nemlig.com/kakaopulver-oeko-5061749 | | | |
| | Total | | | | | | | | 11,67745817 | | 100 | 3 |

| 5.4.1.1 | | | | | | | | | | | | |
|--------------------|--------|-----------------|-------------------|--------------|---------------|--------------|------------------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 5.4.1.1 | 1 | Chili con carne | 1 | portion | 289 | g | Onion | 0,225 | 0,03 | https://www.nemlig.com/loeg-zittauer-2301096 | | |
| | | | 1 | | | | Garlic | 0,25 | 0,03 | https://www.nemlig.com/hvidloeg-i-net-5053384 | | |
| | | | 1 | | | | Red Pepper | 1,111111111 | 0,15 | https://www.nemlig.com/peberfrugt-roed-oeko-5004544 | | |
| | | | 1 | | | | Smoked paprika | 0,62027 | 0,08 | https://www.nemlig.com/roeget-paprika-5034920 | | |
| | | | 1 | | | | Minced beef | 6,872 | 0,92 | https://www.nemlig.com/hakket-oksekoed-14-18-5058874 | | |
| | | | 1 | | | | Olive oil | 1,0989 | 0,15 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Dried marjoram | 0,476 | 0,06 | https://www.nemlig.com/oregano-5051155 | | |
| | | | 1 | | | | Chilli flakes | 0,81964 | 0,11 | https://www.nemlig.com/chili-red-hot-flakes-5034903 | | |
| | | | 1 | | | | Ground cumin | 0,1205 | 0,02 | https://asiafoodstore.dk/product/kommen-pulver/ | | |
| | | | 1 | | | | Chopped tomatoes | 1,8 | 0,24 | https://www.nemlig.com/tomater-oeko-5006127 | | |
| | | | 1 | | | | Tomato purée | 0,3827 | 0,05 | https://www.nemlig.com/tomatpure-5011807 | | |
| | | | 1 | | | | Red kidney beans | 2,38 | 0,32 | https://www.nemlig.com/roede-kidney-boenner-oeko-5062893 | | |
| | | | 1 | | | | Dark chocolate | 0,279 | 0,04 | https://www.nemlig.com/chokolade-85-5033628 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Black pepper, freshly ground | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| Total | | | | | | | | 2,32 | | | 20 | 1 |

| 5.4.2.1 | | | | | | | | | | | | |
|--------------------|--------|-----------------|-------------------|--------------|---------------|--------------|----------------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 5.4.2.1 | 1 | Chili sin carne | 1 | portion | 256 | g | Ground cumin | 0,241 | 0,03 | https://asiafoodstore.dk/product/kommen-pulver/ | | |
| | | | 1 | | | | Cinnamon | 0,57375 | 0,08 | https://www.nemlig.com/kanel-stoedt-5046112 | | |
| | | | 1 | | | | Ground coriander | 1,63928 | 0,22 | https://www.nemlig.com/koriander-stoedt-5034913 | | |
| | | | 1 | | | | Smoked paprika | 0,62027 | 0,08 | https://www.nemlig.com/roeget-paprika-5034920 | | |
| | | | 1 | | | | Chilli flakes | 0,81964 | 0,11 | https://www.nemlig.com/chili-red-hot-flakes-5034903 | | |
| | | | 1 | | | | Red Onion | 0,18 | 0,02 | https://www.nemlig.com/loeg-zittauer-2301096 | | |
| | | | 1 | | | | Garlic | 0,25 | 0,03 | https://www.nemlig.com/hvidloeg-i-net-5053384 | | |
| | | | 1 | | | | Pumpkin, coarsely grate | 0,857142857 | 0,12 | https://www.nemlig.com/hokkaido-groen-oeko-5063385 | | |
| | | | 1 | | | | Stalks celery, coarsely gr | 2,424242424 | 0,33 | https://www.nemlig.com/bladselleri-oeko-5043420 | | |
| | | | 1 | | | | Eggplant, coarsely grate | 1,811320755 | 0,24 | https://www.nemlig.com/aubergine-oeko-5027272 | | |
| | | | 1 | | | | Sun-dried tomatoes in o | 3,3292 | 0,45 | https://www.nemlig.com/soltoerrede-tomater-oeko-5028997 | | |
| | | | 1 | | | | Can of chopped tomato | 0,744 | 0,10 | https://www.nemlig.com/hakkede-tomater-5060804 | | |
| | | | 1 | | | | Vegetable broth | 2,7885 | 0,37 | https://www.nemlig.com/groentsagsbouillon-oeko-5040185 | | |
| | | | 1 | | | | Kidney beans, drained a | 0,8925 | 0,12 | https://www.nemlig.com/roede-kidney-boenner-oeko-5062893 | | |
| | | | 1 | | | | Dark chocolate | 0,279 | 0,04 | https://www.nemlig.com/chokolade-85-5033628 | | |
| | | | 1 | | | | Olive oil, for frying | 0,7326 | 0,10 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | black pepper, freshly gro | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| Total | | | | | | | | 2,56 | | | 22 | 2 |

| 5.5.1.1 | | | | | | | | | | | | |
|--------------------|--------|------------------|-------------------|--------------|---------------|--------------|--------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 5.5.1.1 | 1 | Pizza Marguerita | 1 | portion | 200 | g | Strong bread flour | 1,1445 | 0,15 | https://www.nemlig.com/hvedemel-tipo-00-5061201 | | |
| | | | 1 | | | | Instant yeast | 0,20833 | 0,03 | https://www.nemlig.com/toergaer-5045972 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Olive oil | 0,29304 | 0,04 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Passata | 0,7335 | 0,10 | https://www.nemlig.com/tomatpassata-5011810 | | |
| | | | 1 | | | | Dried basil | 2,295 | 0,31 | https://www.nemlig.com/basilikum-5046119 | | |
| | | | 1 | | | | Garlic | 0,25 | 0,03 | https://www.nemlig.com/hvidloeg-i-net-5053384 | | |
| | | | 1 | | | | Fresh Mozzarella | 6,51 | 0,87 | https://www.nemlig.com/mozzarella-5009664 | | |
| | | | 1 | | | | Cherry tomato | 3 | 0,40 | https://www.nemlig.com/cherrytomater-i-spand-5047234 | | |
| | | | 1 | | | | Fresh Basil | 1,5 | 0,20 | https://www.nemlig.com/basilikum-5012405 | | |
| | | | | | | Total | | 2,14 | | 18 | 1 | |

| 5.5.2.1 | | | | | | | | | | | | |
|--------------------|--------|-----------------|-------------------|--------------|---------------|--------------|--------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 5.5.2.1 | 1 | Pizza Pepperoni | 1 | portion | 195 | g | Strong bread flour | 1,1445 | 0,15 | https://www.nemlig.com/hvedemel-tipo-00-5061201 | | |
| | | | 1 | | | | Instant yeast | 0,20833 | 0,03 | https://www.nemlig.com/toergaer-5045972 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Olive oil | 0,29304 | 0,04 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Passata | 0,7335 | 0,10 | https://www.nemlig.com/tomatpassata-5011810 | | |
| | | | 1 | | | | Dried basil | 2,295 | 0,31 | https://www.nemlig.com/basilikum-5046119 | | |
| | | | 1 | | | | Garlic | 0,25 | 0,03 | https://www.nemlig.com/hvidloeg-i-net-5053384 | | |
| | | | 1 | | | | Grated Mozzarella | 5,5 | 0,74 | https://www.nemlig.com/mozzarella-revet-16-5031388 | | |
| | | | 1 | | | | Pepperoni Slices | 7,785 | 1,04 | https://www.nemlig.com/pepperoni-5022472 | | |
| | | | 1 | | | | Fresh Basil | 1,5 | 0,20 | https://www.nemlig.com/basilikum-5012405 | | |
| | | | | | | Total | | 2,65 | | 23 | 2 | |

| 5.5.3.1 | | | | | | | | | | | | |
|--------------------|--------|------------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 5.5.3.1 | 1 | Pizza Marguerita | 1 | portion | 295 | g | Pizza | 24,298 | 3,26 | https://www.nemlig.com/pizza-mozzarella-5029566 | | |
| | | | | | | | Total | | 3,26 | | 28 | 2 |

| 5.6.1.1 | | | | | | | | | | | | |
|--------------------|--------|--------------------|-------------------|--------------|---------------|--------------|---------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | | Energy used | Energy cost | | |
| Type | | | (min) | | (min) | | | | kW | EUR | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 5.6.1.1 | 1 | Codfish Bras style | 1 | portion | 229 | g | Codfish fillets | 19,188 | 2,58 | https://www.nemlig.com/torskeloins-5046344 | | |
| | | | 1 | | | | Onion | 0,18 | 0,02 | https://www.nemlig.com/loeg-zittauer-2301096 | | |
| | | | 1 | | | | Garlic | 0,25 | 0,03 | https://www.nemlig.com/hvidloeg-i-net-5053384 | | |
| | | | 1 | | | | Bay leaf | 0,5 | 0,07 | https://www.nemlig.com/laurbaerblade-5012400 | | |
| | | | 1 | | | | Olive oil | 0,7326 | 0,10 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Potato strips | 9,9258 | 1,33 | https://www.nemlig.com/saltede-sticks-5023132 | | |
| | | | 1 | | | | Egg | 5,752 | 0,77 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | |
| | | | 1 | | | | White wine | 0,59965 | 0,08 | https://www.nemlig.com/roche-mazet-chardonnay-5047082 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Ground Black Pepper | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Parsley | 0,11667 | 0,02 | https://www.nemlig.com/persille-bredbladet-5003207 | | |
| | | | 1 | | | | Black olives | 0,11866 | 0,02 | https://www.nemlig.com/sorte-oliven-u-sten-102213 | | |
| | | | Total | | | | | | | | 5,13 | |

| 5.6.3.1 | | | | | | | | | | | | |
|--------------------|--------|--------------------|-------------------|--------------|---------------|---|---------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 5.6.3.1 | 1 | Codfish Bras style | 1 | portion | 229 | g | Codfish fillets | 19,188 | 2,58 | https://www.nemlig.com/torskeloins-5046344 | | |
| | | | 1 | | | | Onion | 0,18 | 0,02 | https://www.nemlig.com/loeg-zittauer-2301096 | | |
| | | | 1 | | | | Garlic | 0,25 | 0,03 | https://www.nemlig.com/hvidloeg-i-net-5053384 | | |
| | | | 1 | | | | Bay leaf | 0,5 | 0,07 | https://www.nemlig.com/laurbaerblade-5012400 | | |
| | | | 1 | | | | Olive oil | 0,7326 | 0,10 | https://www.nemlig.com/ekstra-jomfruolienolie-5049714 | | |
| | | | 1 | | | | Potato strips | 9,9258 | 1,33 | https://www.nemlig.com/saltede-sticks-5023132 | | |
| | | | 1 | | | | Egg | 5,752 | 0,77 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | |
| | | | 1 | | | | White wine | 0,59965 | 0,08 | https://www.nemlig.com/roche-mazet-chardonnay-5047082 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Ground Black Pepper | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Parsley | 0,11667 | 0,02 | https://www.nemlig.com/persille-bredbladet-5003207 | | |
| | | | 1 | | | | Black olives | 0,11866 | 0,02 | https://www.nemlig.com/sorte-oliven-u-sten-102213 | | |
| | | | 2 | | | | Cheesecake | 1 | slice | 125 | g | Cream cheese |
| | 1 | Caster sugar | | 0,2896 | 0,04 | https://www.nemlig.com/sukker-908035 | | | | | | |
| | 1 | Cream | | 0,81 | 0,11 | https://www.nemlig.com/piskefloede-38-701004 | | | | | | |
| | 1 | Digestive Cookies | | 0,44856 | 0,06 | https://www.nemlig.com/digestive-kiks-5501502 | | | | | | |
| | 1 | Egg | | 0,719 | 0,10 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | | | | | |
| | 1 | Unsalted butter | | 0,67375 | 0,09 | https://www.nemlig.com/smoer-usaltet-5038599 | | | | | | |
| | 1 | Cornstarch | | 0,2796 | 0,04 | https://www.nemlig.com/majsstivelse-oeko-5052752 | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | Total | | 6,74 | | | 58 | 3 |

| 5.7.2.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|---|--------------------------|----------------------|---|--------------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 5.7.2.1 | 1 | Potato | 1 | | | | Potato | 3,3 | 0,44295302 | https://www.nemlig.com/kartofler-til-mos-5005540 | | |
| | | | 1 | | | | Salt | 0,0095 | 0,001275168 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | 2 | Steak | 1 | | | | Sirloin steak | 61,0722 | 8,197610738 | https://www.nemlig.com/ribeye-steak-oeko-5045716 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,000637584 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Groud Black Pepper | 0,88088 | 0,118238926 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Olive oil | 0,7326 | 0,09833557 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Butter | 2,695 | 0,361744966 | https://www.nemlig.com/smoer-saltet-5038613 | | |
| | | | 1 | | | | Garlic clove (left whole but bashed on a plate) | | 0,067114094 | https://www.nemlig.com/hvidloeg-i-net-5053384 | | |
| | | | 1 | | | | sprig of thyme | 3,36666 | 0,451900671 | https://www.nemlig.com/timian-5046118 | | |
| | | | | | | | | | Total | | 9,739810738 | |

| 5.7.3.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|---|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 5.7.3.1 | 1 | Guacamole | 0,5 | | | | Avocado | 4,75 | 0,637583893 | https://www.nemlig.com/avocado-formodnet-oeko-5020261 | | |
| | | | 1 | | | | Red onion | 0,036 | 0,004832215 | https://www.nemlig.com/roedloeg-2301108 | | |
| | | | 1 | | | | Tomato | 0,288 | 0,038657718 | https://www.nemlig.com/tomater-oeko-5006127 | | |
| | | | 1 | | | | Cilantro | 2,5 | 0,33557047 | https://www.nemlig.com/koriander-5012402 | | |
| | | | 1 | | | | Lime | 4,5 | 0,604026846 | https://www.nemlig.com/lime-oeko-5004542 | | |
| | | | 1 | | | | Jalapeño | 0,86415 | 0,115993289 | https://www.nemlig.com/groenne-jalapenos-staerk-5053687 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,000637584 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | 2 | Steak | 1 | | | | Sirloin steak | 61,0722 | 8,197610738 | https://www.nemlig.com/ribeye-steak-oeko-5045716 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,000637584 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Groud Black Pepper | 0,88088 | 0,118238926 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Olive oil | 0,7326 | 0,09833557 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Butter | 2,695 | 0,361744966 | https://www.nemlig.com/smoer-saltet-5038613 | | |
| | | | 1 | | | | Garlic clove (left whole but bashed o0,5) | 0,5 | 0,067114094 | https://www.nemlig.com/hvidloeg-i-net-5053384 | | |
| | | | 1 | | | | sprig of thyme | 3,36666 | 0,451900671 | https://www.nemlig.com/timian-5046118 | | |
| | | | | | | Total | | 11,03288456 | | 94 | 3 | |

| 5.11.1.1 | | | | | | | | | | | | |
|--------------------|--------|-----------------------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 5.11.1.1 | 1 | Vegetables soup w/ potatoes | 1 | | | | Onion | 0,225 | 0,030201342 | https://www.nemlig.com/loeg-zittauer-2301096 | | |
| | | | 1 | | | | Garlic | 0,1 | 0,013422819 | https://www.nemlig.com/hvidloeg-i-net-5053384 | | |
| | | | 1 | | | | Zuchinni | 0,222222222 | 0,029828486 | https://www.nemlig.com/courgette-squash-oeko-5029778 | | |
| | | | 1 | | | | Carrot | 0,32 | 0,04295302 | https://www.nemlig.com/guleroedder-5012879 | | |
| | | | 1 | | | | Pumpkin | 2,285714286 | 0,306807287 | https://www.nemlig.com/hokkaido-groen-oeko-5063385 | | |
| | | | 1 | | | | Leak | 0,021633315 | 0,002903801 | https://www.nemlig.com/porre-oeko-5038651 | | |
| | | | 1 | | | | Potato | 0,275 | 0,036912752 | https://www.nemlig.com/kartofler-til-mos-5005540 | | |
| | | | 1 | | | | Olive oil | 0,3663 | 0,049167785 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,000637584 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | | | | Total | | 0,512834876 | | 4 | 1 | |

| 5.11.2.1 | | | | | | | | | | | | |
|--------------------|--------|------------------------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 5.11.2.1 | 1 | Vegetables soup w/o potatoes | 1 | | | | Cauliflower | 4,725897921 | 0,634348714 | https://www.nemlig.com/blomkaal-oeko-5001665 | | |
| | | | 1 | | | | Leak | 0,021633315 | 0,002903801 | https://www.nemlig.com/porre-oeko-5038651 | | |
| | | | 1 | | | | Onion | 0,225 | 0,030201342 | https://www.nemlig.com/loeg-zittauer-2301096 | | |
| | | | 1 | | | | Garlic | 0,1 | 0,013422819 | https://www.nemlig.com/hvidloeg-i-net-5053384 | | |
| | | | 1 | | | | Olive oil | 0,3663 | 0,049167785 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,000637584 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | | | | Total | | 0,730682045 | | | 6 | 1 |

| 6.2.1.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 6.2.1.1 | 1 | Lasagna | 1 | portion | 269 | g | Lasagna Noodles | 3,99 | 0,54 | https://www.nemlig.com/lasagneplader-frisk-5021365 | | |
| | | | 1 | | | | Minced beef | 6,872 | 0,92 | https://www.nemlig.com/hakket-oksekoed-14-18-5058874 | | |
| | | | 1 | | | | Olive oil | 0,7326 | 0,10 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Onion | 0,18 | 0,02 | https://www.nemlig.com/loeg-zittauer-2301096 | | |
| | | | 1 | | | | Carrot | 0,32 | 0,04 | https://www.nemlig.com/guleroedder-5012879 | | |
| | | | 1 | | | | Garlic | 0,25 | 0,03 | https://www.nemlig.com/hvidloeg-i-net-5053384 | | |
| | | | 1 | | | | Canned tomato | 0,744 | 0,10 | https://www.nemlig.com/hakkede-tomater-5060804 | | |
| | | | 1 | | | | Tomato paste | 0,3827 | 0,05 | https://www.nemlig.com/tomatpure-5011807 | | |
| | | | 1 | | | | Butter | 1,3475 | 0,18 | https://www.nemlig.com/smoer-saltet-5038613 | | |
| | | | 1 | | | | Flour | 0,155 | 0,02 | https://www.nemlig.com/hvedemel-5021919 | | |
| | | | 1 | | | | Milk semi-skimmed | 0,558 | 0,07 | https://www.nemlig.com/soedmaelk-701016 | | |
| | | | 1 | | | | Nutmeg ground | 0,65571 | 0,09 | https://www.nemlig.com/muskatnoed-stoedt-5034916 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Groud Black Pepper | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Shred mozzarella | 2,75 | 0,37 | https://www.nemlig.com/mozzarella-revet-16-5031388 | | |
| Total | | | | | | | | 2,66 | | | 23 | 2 |

| 6.2.4.1 | | | | | | | | | | | | |
|--------------------|--------|----------------|-------------------|--------------|---------------|--------------|--------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 6.2.4.1 | 1 | Veggie Lasagna | 1 | portion | 298 | g | Lasagna Noodles | 3,99 | 0,54 | https://www.nemlig.com/lasagneplader-frisk-5021365 | | |
| | | | 1 | | | | Zucchini | 0,035555556 | 0,00 | https://www.nemlig.com/courgette-squash-oeko-5029778 | | |
| | | | 1 | | | | Mushrooms | 1,7 | 0,23 | https://www.nemlig.com/mark-champignon-oeko-5044232 | | |
| | | | 1 | | | | Leak | 0,021633315 | 0,00 | https://www.nemlig.com/porre-oeko-5038651 | | |
| | | | 1 | | | | Olive oil | 0,7326 | 0,10 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Onion | 0,18 | 0,02 | https://www.nemlig.com/loeg-zittauer-2301096 | | |
| | | | 1 | | | | Carrot | 0,32 | 0,04 | https://www.nemlig.com/guleroedder-5012879 | | |
| | | | 1 | | | | Garlic | 0,25 | 0,03 | https://www.nemlig.com/hvidloeg-i-net-5053384 | | |
| | | | 1 | | | | Canned tomato | 0,744 | 0,10 | https://www.nemlig.com/hakkede-tomater-5060804 | | |
| | | | 1 | | | | Tomato paste | 0,3827 | 0,05 | https://www.nemlig.com/tomatpure-5011807 | | |
| | | | 1 | | | | Butter | 1,3475 | 0,18 | https://www.nemlig.com/smoer-saltet-5038613 | | |
| | | | 1 | | | | Flour | 0,155 | 0,02 | https://www.nemlig.com/hvedemel-5021919 | | |
| | | | 1 | | | | Milk semi-skimmed | 0,558 | 0,07 | https://www.nemlig.com/soedmaelk-701016 | | |
| | | | 1 | | | | Nutmeg ground | 0,65571 | 0,09 | https://www.nemlig.com/muskatnoed-stoedt-5034916 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Groud Black Pepper | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Shred mozzarella | 2,75 | 0,37 | https://www.nemlig.com/mozzarella-revet-16-5031388 | | |
| Total | | | | | | | | 1,97 | | | 17 | 1 |

| 6.3.1.1 | | | | | | | | | | | | |
|--------------------|--------|---------------|-------------------|--------------|---------------|--------------|---------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 6.3.1.1 | 1 | Cheese Burger | 1 | un | 270 | g | Minced meat | 12,885 | 1,73 | https://www.nemlig.com/hakket-oksekoed-14-18-5058874 | | |
| | | | 1 | | | | Olive oil | 1,75824 | 0,24 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Ground Black Pepper | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Bun | 4,74 | 0,64 | https://www.nemlig.com/mega-hamburgerboller-5014844 | | |
| | | | 1 | | | | Cheedar Cheese | 2,54338 | 0,34 | https://www.nemlig.com/roed-cheddar-i-skiver-mild-5031380 | | |
| | | | | | | | | | | | | Total |

| 6.3.2.1 | | | | | | | | | | | | |
|--------------------|--------|---------------|-------------------|-------------------------|---------------|--------------|-------------------|--------------------------|---|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 6.3.2.1 | 1 | Veggie Burger | 1 | un | 218 | g | Cooked brown rice | 0,3585 | 0,05 | https://www.nemlig.com/brune-ris-oeko-5028151 | | |
| | | | 1 | Toasted Raw walnuts | | | 3,10728 | 0,42 | https://www.nemlig.com/valnoedder-5060382 | | | |
| | | | 1 | Avocado oil (more to br | | | 0,28485 | 0,04 | https://www.nemlig.com/vindrukerneolie-5009216 | | | |
| | | | 1 | Onion | | | 0,09 | 0,01 | https://www.nemlig.com/loeg-zittauer-2301096 | | | |
| | | | 1 | Chili powder blend | | | 0,83964 | 0,11 | https://www.nemlig.com/chilipulver-5034904 | | | |
| | | | 1 | Cumin powder | | | 0,18075 | 0,02 | https://asiafoodstore.dk/product/kommen-pulver/ | | | |
| | | | 1 | Smoked paprika | | | 0,930405 | 0,12 | https://www.nemlig.com/roeget-paprika-5034920 | | | |
| | | | 1 | Salt | | | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | | |
| | | | 1 | Ground Black Pepper | | | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | | |
| | | | 1 | Brown sugar | | | 0,0558 | 0,01 | https://www.nemlig.com/brun-farin-908029 | | | |
| | | | 1 | Cooked black beans | | | 4,423 | 0,59 | https://www.nemlig.com/sorte-boenner-5052257 | | | |
| | | | 1 | Panko bread crumbs | | | 0,3 | 0,04 | https://www.nemlig.com/panko-rasp-5048624 | | | |
| | | | 1 | BBQ sauce | | | 0,9988 | 0,13 | https://www.nemlig.com/bbq-sauce-klassisk-5019345 | | | |
| | | | 1 | Bun | | | 4,74 | 0,64 | https://www.nemlig.com/mega-hamburgerboller-5014844 | | | |
| Total | | | | | | | | 2,31 | | | 20 | 1 |

| 6.4.2.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 6.4.2.1 | 1 | Potato | 1 | Un | 1 | un | Potato | 1,65 | 0,22 | https://www.nemlig.com/kartofler-til-mos-5005540 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | 2 | Meatballs | 1 | Un | 3 | un | Minced veal and pork or | 42,95 | 5,77 | https://www.nemlig.com/hakket-oksekoed-14-18-5058874 | | |
| | | | 1 | | | | Milk | 2,79 | 0,37 | https://www.nemlig.com/soedmaelk-701016 | | |
| | | | 1 | | | | Flour | 1,55 | 0,21 | https://www.nemlig.com/hvedemel-5021919 | | |
| | | | 1 | | | | Egg | 3,595 | 0,48 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Ground Black Pepper | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Onion finely chopped | 0,45 | 0,06 | https://www.nemlig.com/loeg-zittauer-2301096 | | |
| | | | 1 | | | | Butter for frying | 3,36875 | 0,45 | https://www.nemlig.com/smoer-saltet-5038613 | | |
| | | | | | | | | | | | | |
| | | | | | | | Total | | 7,68 | | 66 | 3 |

| 6.4.3.1 | | | | | | | | | | | | |
|--------------------|-----------------|-------------------|-------------------|---|---|--------------|-------------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | | Energy used | Energy cost | | |
| Type | | | (min) | | (min) | | | | kW | EUR | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 6.4.3.1 | 1 | Potato | 1 | Un | 1 | un | Potato | 1,65 | 0,22 | https://www.nemlig.com/kartofler-til-mos-5005540 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | 2 | Meatballs | 1 | Un | 3 | un | Minced veal and pork or | 42,95 | 5,77 | https://www.nemlig.com/hakket-oksekoed-14-18-5058874 | | |
| | | | 1 | | | | Milk | 2,79 | 0,37 | https://www.nemlig.com/soedmaelk-701016 | | |
| | | | 1 | | | | Flour | 1,55 | 0,21 | https://www.nemlig.com/hvedemel-5021919 | | |
| | | | 1 | | | | Egg | 3,595 | 0,48 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Ground Black Pepper | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Onion finely chopped | 0,45 | 0,06 | https://www.nemlig.com/loeg-zittauer-2301096 | | |
| | | | 1 | | | | Butter for frying | 3,36875 | 0,45 | https://www.nemlig.com/smoer-saltet-5038613 | | |
| | | | 3 | | | | Cheesecake | 1 | Slice | 125 | g | Cream cheese |
| | 1 | Caster sugar | 0,2896 | 0,04 | https://www.nemlig.com/sukker-908035 | | | | | | | |
| | 1 | Cream | 0,81 | 0,11 | https://www.nemlig.com/piskefloede-38-701004 | | | | | | | |
| | 1 | Digestive Cookies | 0,44856 | 0,06 | https://www.nemlig.com/digestive-kiks-5501502 | | | | | | | |
| | 1 | Egg | 0,719 | 0,10 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | | | | | | |
| | 1 | Unsalted butter | 0,67375 | 0,09 | https://www.nemlig.com/smoer-usaltet-5038599 | | | | | | | |
| | 1 | Cornstarch | 0,2796 | 0,04 | https://www.nemlig.com/majsstivelse-oeko-5052752 | | | | | | | |
| 1 | Vanilla extract | 0,63026 | 0,08 | https://www.nemlig.com/vaniljeekstrakt-5009913 | | | | | | | | |
| | | | | | | Total | | 9,29 | | 80 | 3 | |

| 6.6.1.1 | | | | | | | | | | | | |
|--------------------|--------|----------------|-------------------|--------------|---------------|--------------|---------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 6.6.1.1 | 1 | Grilled Salmon | 1 | | | | Salmon fillet | 33,3 | 4,469798658 | https://www.nemlig.com/laksefilet-m-skind-5046333 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,000637584 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Ground Black Pepper | 0,88088 | 0,118238926 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Lemon juice | 4,5 | 0,604026846 | https://www.nemlig.com/citron-oeko-5012344 | | |
| | | | 1 | | | | Olive oil | 1,0989 | 0,147503356 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | | | | Total | | 5,340205369 | | | 46 | 2 |

| 6.6.2.1 | | | | | | | | | | | | |
|--------------------|--------|--------------------|-------------------|--------------|--------------------|--------------|---------------------|---|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 6.6.2.1 | 1 | Vegetables Sauteed | 1 | | | | Red Onion | 0,3 | 0,040268456 | https://www.nemlig.com/roedloeg-2301108 | | |
| | | | 1 | | | | Zuchinni | 0,035555556 | 0,004772558 | https://www.nemlig.com/courgette-squash-oeko-5029778 | | |
| | | | 1 | | | | Carrot | 0,32 | 0,04295302 | https://www.nemlig.com/guleroedder-5012879 | | |
| | | | 1 | | | | Red Bell Pepper | 1,111111111 | 0,149142431 | https://www.nemlig.com/peberfrugt-roed-oeko-5004544 | | |
| | | | 1 | | | | Yellow Bell Pepper | 1,111111111 | 0,149142431 | https://www.nemlig.com/peberfrugt-gul-oeko-5001634 | | |
| | | | 1 | | | | Broccoli | 1,4 | 0,187919463 | https://www.nemlig.com/broccoli-2301185 | | |
| | | | 1 | | | | Olive oil | 0,3663 | 0,049167785 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,000637584 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | 1 | | | | Groud Black Pepper | 0,88088 | 0,118238926 | https://www.nemlig.com/sort-peber-groft-5034924 | | | | |
| | 2 | Grilled Salmon | 1 | | | | Salmon fillet | 33,3 | 4,469798658 | https://www.nemlig.com/laksefilet-m-skind-5046333 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,000637584 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Ground Black Pepper | 0,88088 | 0,118238926 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Lemon juice | 4,5 | 0,604026846 | https://www.nemlig.com/citron-oeko-5012344 | | |
| | | | | | | | Olive oil | 1,0989 | 0,147503356 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| Total | | | | | | | | 6,082448024 | | 52 | 3 | |

| 6.6.3.1 | | | | | | | | | | | | |
|--------------------|--------|--------------------|-------------------|--------------|---------------|--------------|---------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 6.6.3.1 | 1 | Vegetables Sauteed | 1 | | | | Red Onion | 0,3 | 0,040268456 | https://www.nemlig.com/roedloeg-2301108 | | |
| | | | 1 | | | | Zuchinni | 0,035555556 | 0,004772558 | https://www.nemlig.com/courgette-squash-oeko-5029778 | | |
| | | | 1 | | | | Carrot | 0,32 | 0,04295302 | https://www.nemlig.com/guleroedder-5012879 | | |
| | | | 1 | | | | Red Bell Pepper | 1,111111111 | 0,149142431 | https://www.nemlig.com/peberfrugt-roed-oeko-5004544 | | |
| | | | 1 | | | | Yellow Bell Pepper | 1,111111111 | 0,149142431 | https://www.nemlig.com/peberfrugt-gul-oeko-5001634 | | |
| | | | 1 | | | | Broccoli | 1,4 | 0,187919463 | https://www.nemlig.com/broccoli-2301185 | | |
| | | | 1 | | | | Olive oil | 0,3663 | 0,049167785 | https://www.nemlig.com/ekstra-jomfruolivenolie-5049714 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,000637584 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Groud Black Pepper | 0,88088 | 0,118238926 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | 2 | Grilled Salmon | 1 | | | | Salmon fillet | 33,3 | 4,469798658 | https://www.nemlig.com/laksefilet-m-skind-5046333 | | |
| | | | 1 | | | | Salt | 0,00475 | 0,000637584 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| | | | 1 | | | | Ground Black Pepper | 0,88088 | 0,118238926 | https://www.nemlig.com/sort-peber-groft-5034924 | | |
| | | | 1 | | | | Lemon juice | 4,5 | 0,604026846 | https://www.nemlig.com/citron-oeko-5012344 | | |
| | 3 | Potatoes | 1 | | | | Potato | 4,95 | 0,66442953 | https://www.nemlig.com/kartofler-til-mos-5005540 | | |
| | | | 1 | | | | Salt | 0,0095 | 0,001275168 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | |
| Total | | | | | | | | 6,748152722 | | 58 | 3 | |

| 6.9.1.1 | | | | | | | | | | | | | | | |
|--------------------|--------|------------------------|-------------------|--------------|---------------|--------------|------------------------|--------------------------|----------------------|---|-------------|--------------------|--|-----------|----------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | | | | |
| Gas | | | | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour | | | |
| | | | | | g/ml | | | | | | | | | | |
| 6.9.1.1 | 1 | Potato | 1 | portion | 364 | g | Potato | 4,95 | 0,66 | https://www.nemlig.com/kartofler-til-mos-5005540 | | | | | |
| | | | 1 | | | | Salt | 0,0095 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | | | | |
| | 2 | Pork Schnitzel Gas Hob | 1 | | | | Boneless pork chop | 19,6875 | 2,64 | https://www.nemlig.com/svinekoteletter-oeko-5028536 | | | | | |
| | | | 1 | | | | Panko breadcrumbs | 1,875 | 0,25 | https://www.nemlig.com/panko-rasp-5048624 | | | | | |
| | | | 1 | | | | Finely grated parmesan | 0,19 | 0,03 | https://www.nemlig.com/hvidvinseddike-5051982 | | | | | |
| | | | 1 | | | | Egg | 10,785 | 1,45 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | | | | |
| | | | 1 | | | | Milk | 0,11 | 0,01 | https://www.nemlig.com/letmaelk-oeko-701012 | | | | | |
| | | | 1 | | | | Plain flour | 0,186 | 0,02 | https://www.nemlig.com/hvedemel-5021919 | | | | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | | | | |
| | | | 1 | | | | Groud Black Pepper | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | | | | |
| | | | 1 | | | | Oil to fry | 0,1895 | 0,03 | https://www.nemlig.com/rapsolie-5061557 | | | | | |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | Total | | 5,22 | | 45 | 2 |

| 6.9.2.1 | | | | | | | | | | | | | | | | |
|--------------------|--------|-------------------------|-------------------|--------------|---------------|--------------|------------------------|--------------------------|----------------------|---|-------------|--------------------|--|--|-----------|----------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | | | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | | | | | |
| Gas | | | | | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour | | | | |
| | | | | | g/ml | | | | | | | | | | | |
| 6.9.2.1 | 1 | Potato | 1 | portion | 369 | g | Potato | 4,95 | 0,66 | https://www.nemlig.com/kartofler-til-mos-5005540 | | | | | | |
| | | | 1 | | | | Salt | 0,0095 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | | | | | |
| | 2 | Pork Schnitzel Airfryer | 1 | | | | Boneless pork chop | 23,625 | 3,17 | https://www.nemlig.com/svinekoteletter-oeko-5028536 | | | | | | |
| | | | 1 | | | | Panko breadcrumbs | 1,875 | 0,25 | https://www.nemlig.com/panko-rasp-5048624 | | | | | | |
| | | | 1 | | | | Finely grated parmesan | 0,19 | 0,03 | https://www.nemlig.com/hvidvinseddike-5051982 | | | | | | |
| | | | 1 | | | | Egg | 12,942 | 1,74 | https://www.nemlig.com/aeg-str-m-l-oeko-5011121 | | | | | | |
| | | | 1 | | | | Milk | 0,11 | 0,01 | https://www.nemlig.com/letmaelk-oeko-701012 | | | | | | |
| | | | 1 | | | | Plain flour | 0,186 | 0,02 | https://www.nemlig.com/hvedemel-5021919 | | | | | | |
| | | | 1 | | | | Olive oil spray | 1,24875 | 0,17 | https://www.nemlig.com/ekstra-jomfruolivenolie-5058964 | | | | | | |
| | | | 1 | | | | Salt | 0,00475 | 0,00 | https://www.nemlig.com/salt-m-jod-fint-5500049 | | | | | | |
| | | | 1 | | | | Groud Black Pepper | 0,88088 | 0,12 | https://www.nemlig.com/sort-peber-groft-5034924 | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | Total | | 6,18 | | | 53 | 3 |

| 7.2.1.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|--------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.2.1.1 | 1 | Tap water | 1 | glass | 200 | ml | | 0 | 0,00 | | | |
| Total | | | | | | | | | 0,00 | | 0 | 1 |

| 7.2.2.1 | | | | | | | | | | | | |
|--------------------|--------|---------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.2.2.1 | 1 | Bottled water | 1 | glass | 200 | ml | | 2,2 | 0,30 | https://www.nemlig.com/mineralvand-uden-brus-100095 | | |
| Total | | | | | | | | | 0,30 | | 3 | 1 |

| 7.2.3.1 | | | | | | | | | | | | |
|--------------------|--------|-----------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.2.3.1 | 1 | Sparkling water | 1 | glass | 200 | ml | | 2,334 | 0,31 | https://www.nemlig.com/ramlosa-original-105043 | | |
| Total | | | | | | | | | 0,31 | | 3 | 1 |

| 7.2.4.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|------------|--------------------------|----------------------|-------------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | | Energy used | Energy cost | | |
| Type | | | (min) | | (min) | | | | kW | EUR | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.2.4.1 | 1 | Tap water | 2 | glass | 200 | ml | | 0 | 0,00 | | | |
| Total | | | | | | | | | 0,00 | | 0 | 1 |

| 7.2.5.1 | | | | | | | | | | | | |
|--------------------|--------|---------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.2.5.1 | 1 | Bottled water | 2 | glass | 200 | ml | | 4,4 | 0,59 | https://www.nemlig.com/mineralvand-uden-brus-100095 | | |
| Total | | | | | | | | | 0,59 | | 5 | 2 |

| 7.2.6.1 | | | | | | | | | | | | |
|--------------------|--------|-----------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.2.6.1 | 1 | Sparkling water | 2 | glass | 200 | ml | | 4,668 | 0,63 | https://www.nemlig.com/ramlosa-original-105043 | | |
| Total | | | | | | | | | 0,63 | | 5 | 2 |

| 7.3.1.1 | | | | | | | | | | | | |
|--------------------|--------|--------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.3.1.1 | 1 | Skimmed milk | 1 | glass | 200 | ml | | 2,55 | 0,34 | https://www.nemlig.com/skummetmaelk-oeko-701015 | | |
| Total | | | | | | | | | 0,34 | | 3 | 1 |

| 7.3.2.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.3.2.1 | 1 | Whole milk | 1 | glass | 200 | ml | | 2,65 | 0,36 | https://www.nemlig.com/soedmaelk-701016 | | |
| Total | | | | | | | | | 0,36 | | 3 | 1 |

| 7.3.3.1 | | | | | | | | | | | | |
|--------------------|--------|-------------|-------------------|--------------|---------------|--------------|------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.3.3.1 | 1 | Almond milk | 1 | glass | 200 | ml | | 5,59 | 0,75 | https://www.nemlig.com/mandeldrik-oeko-5053094 | | |
| Total | | | | | | | | | 0,75 | | 6 | 2 |

| 7.3.4.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.3.4.1 | 1 | Oat milk | 1 | glass | 200 | ml | | 2,9 | 0,39 | https://www.nemlig.com/havredrik-oeko-5058562 | | |
| Total | | | | | | | | | 0,39 | | 3 | 1 |

| 7.3.5.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.3.5.1 | 1 | Soy milk | 1 | glass | 200 | ml | | 4,79 | 0,64 | https://www.nemlig.com/soyadrik-naturel-oeko-5000672 | | |
| Total | | | | | | | | | 0,64 | | 6 | 2 |

| 7.3.6.1 | | | | | | | | | | | | |
|--------------------|--------|--------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.3.6.1 | 1 | Skimmed milk | 2 | glass | 200 | ml | | 5,1 | 0,68 | https://www.nemlig.com/skummetmaelk-oeko-701015 | | |
| Total | | | | | | | | | 0,68 | | 6 | 2 |

| 7.3.7.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.3.7.1 | 1 | Whole milk | 2 | glass | 200 | ml | | 5,3 | 0,71 | https://www.nemlig.com/soedmaelk-701016 | | |
| Total | | | | | | | | | 0,71 | | 6 | 2 |

| 7.3.8.1 | | | | | | | | | | | | |
|--------------------|--------|-------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.3.8.1 | 1 | Almond milk | 2 | glass | 200 | ml | | 11,18 | 1,50 | https://www.nemlig.com/mandeldrik-oeko-5053094 | | |
| Total | | | | | | | | | 1,50 | | 13 | 3 |

| 7.3.9.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.3.9.1 | 1 | Oat milk | 2 | glass | 200 | ml | | 5,8 | 0,78 | https://www.nemlig.com/havredrik-oeko-5058562 | | |
| Total | | | | | | | | | 0,78 | | 7 | 2 |

| 7.3.10.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.3.10.1 | 1 | Soy milk | 2 | glass | 200 | ml | | 9,58 | 1,29 | https://www.nemlig.com/soyadrik-naturel-oeko-5000672 | | |
| Total | | | | | | | | | 1,29 | | 11 | 3 |

| 7.4.1.1 | | | | | | | | | | | | |
|--------------------|--------|--------------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.4.1.1 | 1 | Fresh orange juice | 1 | glass | 200 | ml | Oranges | 16 | 2,15 | https://www.nemlig.com/appelsin-stor-oeko-5038575 | | |
| | | | | | | | Total | | 2,15 | | 18 | 3 |

| 7.4.2.1 | | | | | | | | | | | | |
|--------------------|--------|--------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.4.2.1 | 1 | Orange juice | 1 | glass | 200 | ml | Carton | 10,576 | 1,42 | https://www.nemlig.com/appelsinjuice-5041946 | | |
| | | | | | | | Total | | 1,42 | | 12 | 3 |

| 7.4.3.1 | | | | | | | | | | | | |
|--------------------|--------|-------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.4.3.1 | 1 | Apple juice | 1 | glass | 200 | ml | Carton | 9,32 | 1,25 | https://www.nemlig.com/aeblejuice-oeko-5050658 | | |
| Total | | | | | | | | | 1,25 | | 11 | 3 |

| 7.4.4.1 | | | | | | | | | | | | |
|--------------------|--------|--------------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.4.4.1 | 1 | Fresh orange juice | 2 | glass | 200 | ml | Oranges | 32 | 4,30 | https://www.nemlig.com/appelsin-stor-oeko-5038575 | | |
| | | | | | | | Total | | 4,30 | | 37 | 3 |

| 7.4.5.1 | | | | | | | | | | | | |
|--------------------|--------|--------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.4.5.1 | 1 | Orange juice | 2 | glass | 200 | ml | Carton | 21,152 | 2,84 | https://www.nemlig.com/appelsinjuice-5041946 | | |
| Total | | | | | | | | | 2,84 | | 24 | 3 |

| 7.4.6.1 | | | | | | | | | | | | |
|--------------------|--------|-------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.4.6.1 | 1 | Apple juice | 2 | glass | 200 | ml | Carton | 18,64 | 2,50 | https://www.nemlig.com/aeblejuice-oeko-5050658 | | |
| Total | | | | | | | | | 2,50 | | 21 | 3 |

| 7.5.1.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.5.1.1 | 1 | Espresso | 1 | cup | 25 | ml | Coffee | 0,582633333 | 0,08 | https://www.nemlig.com/kaffe-oeko-5035178 | | |
| | | | | | | | Total | | 0,08 | | 1 | 1 |

| 7.5.2.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.5.2.1 | 1 | Cappuccino | 1 | cup | 70 | ml | Coffee | 1,631373333 | 0,22 | https://www.nemlig.com/kaffe-oeko-5035178 | | |
| | | | 1 | glass | 130 | ml | Milk | 1,6575 | 0,22 | https://www.nemlig.com/skummetmaelk-oeko-701015 | | |
| Total | | | | | | | | | 0,22 | | 2 | 1 |

| 7.5.4.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.5.4.1 | 1 | Cappuccino | 2 | cup | 70 | ml | Coffee | 3,262746667 | 0,44 | https://www.nemlig.com/kaffe-oeko-5035178 | | |
| | | | 2 | glass | 130 | ml | Milk | 3,315 | 0,44 | https://www.nemlig.com/skummetmaelk-oeko-701015 | | |
| | | | | | | | Total | | 0,44 | | 4 | 2 |

| 7.6.1.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.6.1.1 | 1 | Black tea | 1 | glass | 200 | ml | Pickwick Earl Grey - bag | 1,04 | 0,14 | https://www.nemlig.com/earl-grey-te-5033648 | | |
| | | | | | | | | | 0,14 | | 1 | 1 |

| 7.6.2.1 | | | | | | | | | | | | |
|--------------------|--------|-------------------|-------------------|--------------|---------------|--------------|--------------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.6.2.1 | 1 | Black tea w/ milk | 1 | cup | 200 | ml | Pickwick Earl Grey - bag | 1,04 | 0,14 | https://www.nemlig.com/earl-grey-te-5033648 | | |
| | | | 1 | | | | Whole milk | 0,6625 | 0,09 | https://www.nemlig.com/soedmaelk-701016 | | |
| | | | | | | | Total | | | 0,23 | | 2 |

| 7.6.3.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|--------------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.6.3.1 | 1 | Black tea | 2 | glass | 200 | ml | Pickwick Earl Grey - bag | 1,04 | 0,14 | https://www.nemlig.com/earl-grey-te-5033648 | | |
| | | | | | | | | | 0,14 | | 1 | 1 |

| 7.6.4.1 | | | | | | | | | | | | |
|--------------------|--------|-------------------|-------------------|--------------|---------------|--------------|--------------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | | Energy used | Energy cost | | | |
| Type | | | (min) | | (min) | | | kW | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.6.4.1 | 1 | Black tea w/ milk | 2 | cup | 200 | ml | Pickwick Earl Grey - bag | 1,04 | 0,14 | https://www.nemlig.com/earl-grey-te-5033648 | | |
| | | | 2 | | | | Whole milk | 1,325 | 0,18 | https://www.nemlig.com/soedmaelk-701016 | | |
| | | | | | | | Total | | 0,32 | | 3 | 1 |

| 7.7.1.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.7.1.1 | 1 | Soda | 1 | can | 330 | ml | | 3,729 | 0,50 | https://www.nemlig.com/coca-cola-1004013 | | |
| Total | | | | | | | | | 0,50 | | 4 | 2 |

| 7.7.2.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.7.2.1 | 1 | Soda light | 1 | can | 330 | ml | | 3,7389 | 0,50 | https://www.nemlig.com/coca-cola-zero-106517 | | |
| Total | | | | | | | | | 0,50 | | 4 | 2 |

| 7.7.3.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.7.3.1 | 1 | Soda | 2 | can | 330 | ml | | 7,458 | 1,00 | https://www.nemlig.com/coca-cola-1004013 | | |
| Total | | | | | | | | | 1,00 | | 9 | 2 |

| 7.7.4.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.7.4.1 | 1 | Soda | 1 | bottle | 1000 | ml | | 11,3 | 1,52 | https://www.nemlig.com/coca-cola-1004013 | | |
| Total | | | | | | | | | 1,52 | | 13 | 3 |

| 7.7.5.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.7.5.1 | 1 | Soda light | 2 | can | 330 | ml | | 7,4778 | 1,00 | https://www.nemlig.com/coca-cola-zero-106517 | | |
| Total | | | | | | | | | 1,00 | | 9 | 2 |

| 7.7.6.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 7.7.6.1 | 1 | Soda light | 1 | bottle | 1000 | ml | | 11,33 | 1,52 | https://www.nemlig.com/coca-cola-zero-106517 | | |
| Total | | | | | | | | | 1,52 | | 13 | 3 |

| 8.1.1.1 | | | | | | | | | | | | |
|--------------------|--------|---------------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|--------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 8.1.1.1 | | Skip beverage/night | | | | | | | | | | |
| | | | | | | | Total | | 0,00 | | 0 | 1 |

| 8.2.1.1 | | | | | | | | | | | | |
|--------------------|--------|--------------|-------------------|--------------|---------------|--------------|---------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 8.2.1.1 | 1 | Beer (lager) | 1 | can | 330 | ml | Carlsberg Can | 1,7325 | 0,23 | https://www.nemlig.com/carlberg-pilsner-daase-5016489 | | |
| | | | | | | | | | 0,23 | | 2 | 1 |

| 8.2.2.1 | | | | | | | | | | | | |
|--------------------|--------|-------------------|-------------------|--------------|---------------|--------------|---------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 8.2.2.1 | 1 | Beer (no alcohol) | 1 | can | 330 | ml | Carlsberg Can | 1,7325 | 0,23 | https://www.nemlig.com/nordic-pilsner-0-0-daase-5032248 | | |
| | | | | | | | | | 0,23 | | 2 | 1 |

| 8.2.3.1 | | | | | | | | | | | | |
|--------------------|--------|--------------|-------------------|--------------|---------------|--------------|---------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 8.2.3.1 | 1 | Beer (lager) | 2 | can | 330 | ml | Carlsberg Can | 3,465 | 0,47 | https://www.nemlig.com/carlberg-pilsner-daase-5016489 | | |
| | | | | | | | | | 0,47 | | 4 | 2 |

| 8.3.1.1 | | | | | | | | | | | | |
|--------------------|--------|-----------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 8.3.1.1 | 1 | Red wine (table | 1 | glass | 150 | ml | Tempranillo | 15,99 | 2,15 | https://www.nemlig.com/to-tempranillo-5038863 | | |
| | | | | | | | Total | | 2,15 | | 18 | 3 |

| 8.3.2.1 | | | | | | | | | | | | |
|--------------------|--------|-----------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 8.3.2.1 | 1 | Red wine (table | 2 | glass | 150 | ml | Tempranillo | 31,98 | 4,29 | https://www.nemlig.com/to-tempranillo-5038863 | | |
| | | | | | | | Total | | 4,29 | | 37 | 3 |

| 9.1.1.1 | | | | | | | | | | | | |
|--------------------|--------|----------------|-------------------|--------------|---------------|--------------|--------------|--------------------------|----------------------|--------|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 9.1.1.1 | | Skip night cap | | | | | | | | | | |
| | | | | | | | Total | | 0,00 | | 0 | 1 |

| 9.2.1.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 9.2.1.1 | 1 | Whisky | 1 | glass | 45 | ml | Glenmorangie 10 y | 25,70985 | 3,45 | https://www.nemlig.com/glenmorangie-10-y-40-5002157 | | |
| Total | | | | | | | | | 3,45 | | 30 | 3 |

| 9.2.2.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 9.2.2.1 | 1 | Aguardente | 1 | glass | 45 | ml | | 7,7112 | 1,04 | https://www.nemlig.com/taffel-roed-akvavit-45-1016007 | | |
| Total | | | | | | | | | 1,04 | | 9 | 2 |

| 9.2.3.1 | | | | | | | | | | | | |
|--------------------|--------|------------|-------------------|--------------|---------------|--------------|-------------|--------------------------|----------------------|---|-------------|--------------------|
| Preparation system | | | Pre-heating (min) | | Heating (min) | | Energy used | | Energy cost | | | |
| Type | | | (min) | | (min) | | kW | | EUR | | | |
| Gas | | | | | | | | | | | | |
| Dish Number | Plate# | Plate name | Unit | Type of unit | Portion size | Portion unit | Ingredient | Price in DKK per portion | Pris EUR per portion | Source | Price Index | Price Index Colour |
| | | | | | g/ml | | | | | | | |
| 9.2.3.1 | 1 | Gin Tonic | 1 | glass | 150 | ml | Gin | 12,0715 | 1,62 | https://www.nemlig.com/tanqueray-gin-43-1-5011328 | | |
| | | | 1 | | | | Tonic | 1,48 | 0,20 | https://www.nemlig.com/indian-tonic-105040 | | |
| | | | | | | | | | | | | |
| | | | | | | Total | | 1,82 | | | 16 | 3 |