The Shopping List Window accumulates and shows the ingredients from recipes which you send to it by using the Shopping Cart button. Using this window you can narrow down the list of ingredients to what you actually need to buy (or add the odd miscellaneous item) before you print it. You can edit the list by selecting and deleting the redundant ingredients, and the Shopping List Menu also includes a command to add one or more ingredients to the list.

You can use the Shopping List Window to correct your Pantry (Mangia! 's list of what it thinks you have around the house). If Mangia! thinks that an ingredient in the Shopping List may already be in the Pantry, it will mark the item with a '*' in the Shopping List Window. If you find that an ingredient is marked inappropriately, you can add ingredients to the Pantry or remove them by simply selecting them in the Shopping List Window, then clicking the appropriate button there. Since you're likely to notice where the Pantry is wrong just by reading down the Shopping List, the process of keeping your Pantry up to date can be almost effortless.