That's a fairly complicated class diagram; let's look at it all in terms of our PizzaStore:

The abstract PizzasIngredientFactory is the interface that defines how to make a family of related products — everything we need to make a pizza.

The clients of the Abstract Factory are the concrete instances of the Pizza abstract class.

The job of the concrete pizza factories is to make pizza ingredients. Each factory knows how to create the right objects for their region.

Each factory produces a different implementation for the family of products.