



Light Avocado and Tuna Paste Sandwiches - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Light Rye Bread <i>(1 g)</i>	70	Gram	1 g
<input type="checkbox"/>	Avocado <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Tuna in Oil <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Broccoli Sprouts <i>(1 g)</i>	12	Gram	1 g
<input type="checkbox"/>	Garden Dill <i>(1 g)</i>	6	Gram	1 g
<input type="checkbox"/>	Lemon Juice <i>(1 g)</i>	3	Gram	1 g
<input type="checkbox"/>	Chives <i>(1 g)</i>	3	Gram	1 g