



Corn, Bell Pepper and Chia Seed Salad (with Bread) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Tomato <i>(1 g)</i>	120	Gram	1 g
<input type="checkbox"/>	Butterhead Lettuce <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Red Bell Pepper <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Canned Corn <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Light Rye Bread <i>(35 g)</i>	1	Slice of bread	35 g
<input type="checkbox"/>	Olive Oil <i>(1 g)</i>	10	Gram	1 g
<input type="checkbox"/>	Chia seeds 2 <i>(1 g)</i>	10	Gram	1 g