



## Turkey with Vegetables (lighter version) - Ingredients

|                          | NAME                                         | AMOUNT | UNIT | TOTAL WEIGHT |
|--------------------------|----------------------------------------------|--------|------|--------------|
| <input type="checkbox"/> | <b>Turkey Loin</b><br><i>(1 g)</i>           | 100    | Gram | 1 g          |
| <input type="checkbox"/> | <b>Cherry Tomatoes</b><br><i>(1 g)</i>       | 100    | Gram | 1 g          |
| <input type="checkbox"/> | <b>Radish</b><br><i>(1 g)</i>                | 90     | Gram | 1 g          |
| <input type="checkbox"/> | <b>Long-Grain Brown Rice</b><br><i>(1 g)</i> | 70     | Gram | 1 g          |
| <input type="checkbox"/> | <b>Red Bell Pepper</b><br><i>(1 g)</i>       | 70     | Gram | 1 g          |
| <input type="checkbox"/> | <b>Arugula</b><br><i>(1 g)</i>               | 40     | Gram | 1 g          |
| <input type="checkbox"/> | <b>Parsley Root</b><br><i>(1 g)</i>          | 25     | Gram | 1 g          |
| <input type="checkbox"/> | <b>Broccoli Sprouts</b><br><i>(1 g)</i>      | 24     | Gram | 1 g          |
| <input type="checkbox"/> | <b>Olive Oil</b><br><i>(1 g)</i>             | 5      | Gram | 1 g          |