



Cottage cheese with vegetables - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Light Cottage Cheese <i>(150 g)</i>	1	Package	150 g
<input type="checkbox"/>	Cucumber <i>(35 g)</i>	1	Piece	35 g
<input type="checkbox"/>	Radish <i>(15 g)</i>	4	Piece	15 g
<input type="checkbox"/>	Red Bell Pepper <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Chives <i>(2 g)</i>	1	Teaspoon	2 g
<input type="checkbox"/>	Wholemeal Rye Bread <i>(30 g)</i>	1	Slice of bread	30 g