



Low Carb Turkey Zucchini Spaghetti - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Zucchini <i>(600 g)</i>	2	Piece	600 g
<input type="checkbox"/>	Turkey Breast with Skin <i>(1 g)</i>	200	Gram	1 g
<input type="checkbox"/>	Red Bell Pepper <i>(200 g)</i>	1	Piece	200 g
<input type="checkbox"/>	Dark Soy Sauce <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Tomato Concentrate 30% <i>(25 g)</i>	2	Tablespoon	25 g
<input type="checkbox"/>	Olive Oil <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	White Salt <i>(0.1 g)</i>	2	Pinch	0.1 g
<input type="checkbox"/>	Black Pepper <i>(0.1 g)</i>	2	Pinch	0.1 g