



Fit-boosting salad - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Iceberg Lettuce <i>(400 g)</i>	1	Piece	400 g
<input type="checkbox"/>	Tomato <i>(170 g)</i>	2	Piece	170 g
<input type="checkbox"/>	Greenhouse Cucumber <i>(180 g)</i>	1	Piece	180 g
<input type="checkbox"/>	Chicken Breast Ham <i>(15 g)</i>	4	Slice	15 g
<input type="checkbox"/>	Natural Yogurt 2% <i>(1 g)</i>	125	Gram	1 g
<input type="checkbox"/>	Safflower oil <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	Apple Cider Vinegar <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	Tomato Concentrate 30% <i>(25 g)</i>	1	Tablespoon	25 g
<input type="checkbox"/>	White Sugar 2 <i>(1 g)</i>	1	Pinch	1 g
<input type="checkbox"/>	White Salt <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	Black Pepper <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	Garden Cress <i>(10 g)</i>	5	Handfull	10 g
<input type="checkbox"/>	Sunflower Roll <i>(92 g)</i>	1	Piece	92 g