

Cod with spinach, lemon dill and potatoes according to the Sven Müller diet - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
☐	Fresh Spinach 2 <i>(1 g)</i>	250	Gram	1 g
☐	Onion <i>(170 g)</i>	1	Piece	170 g
☐	Potatoes <i>(75 g)</i>	3	Piece	75 g
☐	Fresh Cod Fillets, Skinless <i>(100 g)</i>	1	Portion	100 g
☐	Olive Oil <i>(5 g)</i>	1	Teaspoon	5 g
☐	Garlic <i>(5 g)</i>	2	Tooth	5 g
☐	Lemon Juice <i>(3 g)</i>	1	Teaspoon	3 g
☐	Parsley Leaves <i>(3 g)</i>	1	Teaspoon	3 g
☐	Chives <i>(2 g)</i>	1	Teaspoon	2 g
☐	Nutmeg <i>(0.2 g)</i>	1	Pinch	0.2 g
☐	Cumin <i>(3 g)</i>	1	Teaspoon	3 g
☐	Fresh or Dried Dill <i>(2 g)</i>	1	Teaspoon	2 g
☐	White Salt <i>(0.1 g)</i>	1	Pinch	0.1 g
☐	Black Pepper <i>(0.1 g)</i>	1	Pinch	0.1 g

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
☐	Instant Potatoes, Prepared (with Water and Butter) <i>(1 g)</i>	1	Piece	1 g