

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

| | NAME | AMOUNT | UNIT | TOTAL WEIGHT |
|--------------------------|--|--------|----------|--------------|
| <input type="checkbox"/> | Fresh Spinach 2 <i>(1 g)</i> | 250 | Gram | 1 g |
| <input type="checkbox"/> | Onion <i>(170 g)</i> | 1 | Piece | 170 g |
| <input type="checkbox"/> | Potatoes <i>(75 g)</i> | 3 | Piece | 75 g |
| <input type="checkbox"/> | Fresh Cod Fillets, Skinless <i>(100 g)</i> | 1 | Portion | 100 g |
| <input type="checkbox"/> | Olive Oil <i>(5 g)</i> | 1 | Teaspoon | 5 g |
| <input type="checkbox"/> | Garlic <i>(5 g)</i> | 2 | Tooth | 5 g |
| <input type="checkbox"/> | Lemon Juice <i>(3 g)</i> | 1 | Teaspoon | 3 g |
| <input type="checkbox"/> | Parsley Leaves <i>(3 g)</i> | 1 | Teaspoon | 3 g |
| <input type="checkbox"/> | Chives <i>(2 g)</i> | 1 | Teaspoon | 2 g |
| <input type="checkbox"/> | Nutmeg <i>(0.2 g)</i> | 1 | Pinch | 0.2 g |
| <input type="checkbox"/> | Cumin <i>(3 g)</i> | 1 | Teaspoon | 3 g |
| <input type="checkbox"/> | Fresh or Dried Dill <i>(2 g)</i> | 1 | Teaspoon | 2 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 |

| | NAME | AMOUNT | UNIT | TOTAL WEIGHT |
|--------------------------|---|--------|-------|--------------|
| <input type="checkbox"/> | Instant Potatoes, Prepared (with Water and Butter) <i>(1 g)</i> | 1 | Piece | 1 g |