



## Corn, bell pepper and chia seeds salad - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Tomato</b> (1 g)	120	Gram	1 g
<input type="checkbox"/>	<b>Butterhead Lettuce</b> (1 g)	100	Gram	1 g
<input type="checkbox"/>	<b>Red Bell Pepper</b> (1 g)	50	Gram	1 g
<input type="checkbox"/>	<b>Canned Corn</b> (1 g)	50	Gram	1 g
<input type="checkbox"/>	<b>Chia seeds 2</b> (1 g)	10	Gram	1 g
<input type="checkbox"/>	<b>Olive Oil</b> (1 g)	10	Gram	1 g