

# Light Avocado and Tuna Paste Sandwiches - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Light Rye Bread</b> <i>(1 g)</i>	70	Gram	1 g
<input type="checkbox"/>	<b>Avocado</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Tuna in Oil</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Broccoli Sprouts</b> <i>(1 g)</i>	12	Gram	1 g
<input type="checkbox"/>	<b>Garden Dill</b> <i>(1 g)</i>	6	Gram	1 g
<input type="checkbox"/>	<b>Lemon Juice</b> <i>(1 g)</i>	3	Gram	1 g
<input type="checkbox"/>	<b>Chives</b> <i>(1 g)</i>	3	Gram	1 g

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