



Avocado and Sardine Paste Sandwiches (Heavier Version) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Light Rye Bread (35 g)	4	Slice of bread	35 g
<input type="checkbox"/>	Tomato (1 g)	120	Gram	1 g
<input type="checkbox"/>	Avocado (1 g)	70	Gram	1 g
<input type="checkbox"/>	Sardines in Oil 2 (1 g)	60	Gram	1 g
<input type="checkbox"/>	Garden Dill (1 g)	8	Gram	1 g
<input type="checkbox"/>	Lemon Juice (1 g)	6	Gram	1 g
<input type="checkbox"/>	Chives (1 g)	5	Gram	1 g