

Low-Carb Fitness Salad with Camembert - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Avocado <i>(140 g)</i>	0.5	Piece	140 g
<input type="checkbox"/>	Greenhouse Cucumber <i>(180 g)</i>	0.5	Piece	180 g
<input type="checkbox"/>	Red Bell Pepper <i>(200 g)</i>	1	Piece	200 g
<input type="checkbox"/>	Cherry Tomatoes <i>(100 g)</i>	1	Handfull	100 g
<input type="checkbox"/>	Full-Fat Camembert <i>(120 g)</i>	1	Piece	120 g
<input type="checkbox"/>	Butterhead Lettuce <i>(5 g)</i>	8	Leaf	5 g
<input type="checkbox"/>	Greek Natural Yogurt <i>(1 g)</i>	150	Gram	1 g
<input type="checkbox"/>	Low-Carb Sunflower, Almond and Pumpkin Seed Bread <i>(30 g)</i>	2	Slice of bread	30 g
<input type="checkbox"/>	Coconut <i>(1 g)</i>	1	Teaspoon	1 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"/>	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