



Wholemeal pasta with spinach and chicken - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Whole Grain Pasta (70 g)	1	Cup	70 g
<input type="checkbox"/>	Chicken Breast Fillet 2 (1 g)	1	Portion	1 g
<input type="checkbox"/>	Fresh Spinach 2 (1 g)	100	Gram	1 g
<input type="checkbox"/>	Whole Chicken Eggs (M) (51 g)	1	Piece	51 g
<input type="checkbox"/>	Walnuts (4 g)	1	Piece	4 g
<input type="checkbox"/>	Sunflower Seeds 2 (1 g)	2	Teaspoon	1 g
<input type="checkbox"/>	Olive Oil (10 g)	1	Tablespoon	10 g
<input type="checkbox"/>	Garlic (5 g)	1	Tooth	5 g
<input type="checkbox"/>	Nutmeg (0.2 g)	1	Pinch	0.2 g
<input type="checkbox"/>	Black Pepper (0.1 g)	1	Pinch	0.1 g
<input type="checkbox"/>	White Salt (0.1 g)	2	Pinch	0.1 g