

Max Freshness, Less Wastage



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ShelfLife.

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Dosamarvis@gmail.com

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Delicious Recipes for you

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Foods

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see more



**Veggie
tomato mix**

1,900 calories



**Spicy f
sauc**

2,30



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 Ingredients

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Delicious Recipies

 Search

Foods



Veggie
tomato m

1,900 calori





Ingredients



Search Ingredients

Vegetables



Tomatoes

Quantity: 150 gms

Expiry Date: 06/28



Cucumbers

Quantity: 150 gms

Expiry Date: 06/28



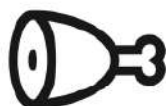
Spinach

Quantity: 150 gms

Expiry Date: 06/28



Protien



Chicken

Quantity: 150 gms

Expiry Date: 06/28



Search Recipies



Expiry: **This Week**

Found 6 results



**Veggie
tomato mix**

N1,900



**Egg and
cucumber...**

N1,900



**Fried
chicken m.**

N1,900



**Moi-moi
and ekpa.**

N1,900





Preferences

Information



Marvis Ighedosa

dosamarvis@gmail.com

No 15 uti street off ovie palace
road effurun delta state

Dietary Metrics



Daily Consumption >



Allergens >



Ingredients Stats >

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Marvis Ighedosa

Dosamarvis@gmail.com

+234 9011039271

No 15 uti street off ovie
palace road effurun delta
state

Ingredients



Reviews



Faq



Help



Update



History



swipe on an item to delete



Veggie tomato mix

1,900 cal.

- 1 +



Fishwith mix orange....

1,900 cal.

- 1 +

Veggie tomato mix

#1,900

- 1 +





Favorites

Today



Veggie tomato mix

1,900 cal.



Veggie tomato mix

1,900 calories

Ingredients

Tomatoes	Oil
Spinach	Salt
Onions	Pepper

Preparation

1. Cut some tomatoes and onions
2. In a pan pour some oil
3. Fry your spinach in oil
4. Mix the cut vegetables
5. Serve while hot

Add to Schedule

Enter your customizations here...

Tomato
Spinach
Onions
Salt
Pepper



Preparation

1. Cut some tomatoes and onions.
2. In a pan pour some oil
3. Fry your spinach in oil
4. Mix the cut vegetetables
5. Serve while hot

Notes

Enter your custommizations here...

Rating

41/100



Comments



I would recommend to try this with some fresh eggs .

Melissa

Add to Schedule

< This Week

Today



Veggie tomato mix

1,900 cal.



Fried chicken m.

1,900 cal.

Tommorow

