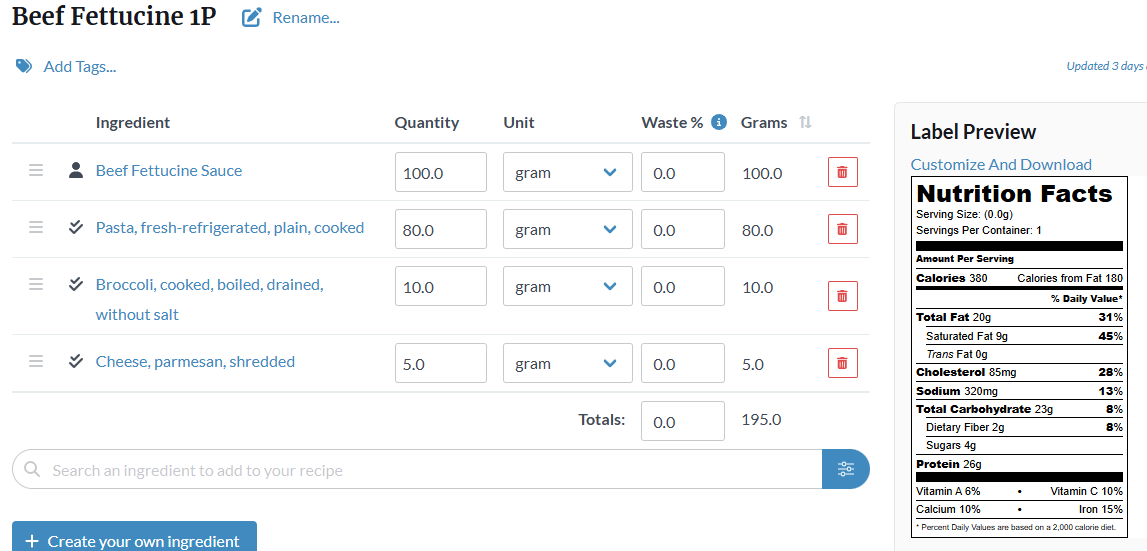
***Beef Fettucine Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Beef Sauce***  **Note: Protein cannot be portion since the beef is mixed with the sauce during the cooking.** | | |
| Grilled Beef Steak | 130 g | \*\*Mandatory |
| Low Fat Cooking Cream | 50 ml | \*\*Mandatory |
| Low Fat Milk | 40 g | \*\*Mandatory |
| Garlic | 5 g | \*\*Mandatory |
| Onion | 5 g | \*\*Mandatory |
| Cheese Swiss | 5 g | \*\*Mandatory |
| Salt | 1 g | \*\*Mandatory |
| Olive Oil | 10 g | \*\*Mandatory |
| ***Total*** | ***246 g***  ***220 g after cooking*** | ***560 Cal*** |
| ***2.54 cal/g*** | | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Portions** | **1P** | **2P** | **3P** |
| Beef with Sauce | 100 g | 140 g | 180 g |
| Pasta | 80g | 100 g | 150 g |
| Parmesan Shredded | 5g | 5g | 5g |
| Broccoli garnish | 1 pc | 1 pc | 1 pc |
| Total | 380 Cal | 510 Cal | 680 Cal |



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