***Chicken Paillard with Feta Bulgur Salad and Creamy Lemon Garlic Sauce***

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| ***Chicken Marination*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Chicken | 1000 g | 1200 Cal |
| Fresh Garlic Fine Paste | 10 g | 0 Cal |
| Lemon Zest | 25 g | 15 Cal |
| Lemon Juice | 20 g | 5 Cal |
| Fresh Oregano Fine Paste | 10 g | 30 Cal |
| Salt | 1 g | 0 Cal |
| White Pepper | 2 g | 0 Cal |
| ***Total*** | 1068 g before cook | 1250 Cal |
| 908 g after cook |
| ***1.38 Cal/g*** | |

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| ***Lemon Garlic White Sauce – 1 liter*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Flour | 80 g | 290 Cal |
| Unsalted Butter | 60 g | 430 Cal |
| Nutmeg Powder | 5 g | 0 Cal |
| Low Fat Milk | 1000 g | 420 Cal |
| Low Fat Cooking Cream | 300 g | 978 Cal |
| Salt | 5 g | 0 Cal |
| White Pepper | 1 g | 0 Cal |
| ***Total*** | 1451 g before cook | 2118 Cal |
| 1233 g after cook |
| ***1.72 Cal/g*** | |

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| ***Bulgur*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Golden Bulgur (medium grind) | 200 g | 680 Cal |
| Water | 500 g | 0 Cal |
| Tomato paste | 50 g | 40 Cal |
| Salt | 1 pinch | 0 Cal |
| ***Total*** | 750 g | 720 Cal |
| ***0.96 Cal/g*** | |

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| ***Mixed Roasted Vegetables*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Pumpkin | 200 g | 40 Cal |
| Zucchini | 200 g | 40 Cal |
| Big Tomato Wedges | 200 g | 35 Cal |
| Olive Oil | 10 g | 90 Cal |
| Dried Oregano | 2 g | 0 Cal |
| Dried Thyme | 2 g | 0 Cal |
| ***Total*** | 604 g before cook | 205 Cal |
| 513 g after cook |
| ***0.40 Cal/g*** | |

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| ***Item Name*** | ***1P*** | ***2P*** | ***3p*** |
| Chicken Paillard | 90 g / 126 Cal | 110 g / 154 Cal | 125g / 175 Cal |
| Bulgur | 90 g/ 86 Cal | 100g/ 96 Cal | 180g/ 115 Cal |
| Roasted Vegetables  Pumpkin, Zucchini, B. Tomato Wedges | 80 g / 32 Cal. | 100 g/ 40 Cal. | 120 g/ 40 Cal. |
| Lemon Garlic White Sauce | 80g / 136 Cal | 100 g / 176 Cal | 100 g / 176 Cal |
| ***Total*** | ***300g/382 Cal*** | ***410g/466 Cal*** | ***465g/506 Cal*** |