|  |  |
| --- | --- |
| Item Name | Soy Good Beef Bowl |
| Package | 7 Day Boost, Gourmet |
| Objective | Lose Weight, Healthy Option |
| Item Code | DMC19 |

## 🍖 Beef Bulgogi Ingredients

|  |  |  |  |
| --- | --- | --- | --- |
| Ingredient | Quantity (g) | Calories | Purpose |
| Beef Striploin | 500 | 750 | Primary protein source |
| Low Sodium Soy Sauce | 60 | 35 | Salty flavor and umami |
| Honey | 20 | 60 | Sweetness for balance |
| Apple Cider Vinegar | 30 | 0 | Tanginess, flavor enhancer |
| Sesame Oil | 5 | 45 | Aromatic fat |
| Garlic (minced) | 5 | 5 | Flavor base |
| Fresh Ginger (minced) | 3 | 0 | Warmth and aroma |
| Ground Black Pepper | 1 | 0 | Seasoning |
| Smoked Paprika | 5 | 0 | Adds color and subtle heat |
| White Onion | 15 | 5 | Adds mild sweetness |
| Canola Oil | 5 | 45 | Cooking medium, adds fat |
| Total | 649 | 945 |  |

Total before cooking: 664g – 990 kcal

Cooked yield: 552g

Calories per gram (cooked): 1.79 Cal/g

## 🍄 3. Mushroom Sautéed with Gochujang

|  |  |  |
| --- | --- | --- |
| Ingredient | Quantity (g) | Calories |
| Mushroom | 100 | 20 |
| Gochujang | 15 | 20 |
| Canola Oil | 5 | 45 |

Total: 115g – 85 kcal

Calories per gram: 0.74 Cal/g

## 🥗 4. Soy Good Dressing Composition

|  |  |
| --- | --- |
| Ingredient | Quantity (g) |
| Low Sodium Soy Sauce | 60 |
| White Vinegar | 5 |
| Honey | 15 |
| Sesame Oil | 5 |
| Minced Garlic | 5 |
| Fresh Ginger | 5 |
| Water | 15 |

Total: 110g (Calories not fully provided; primary energy from honey & sesame oil)

## 🍚 5. Soy Good Beef Bowl - Per Portion Breakdown

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Component | Category | 1P | 2P | 3P |
| Beef Bulgogi | Protein | 50g / 85 Cal | 75g / 128 Cal | 90g / 153 Cal |
| Iceberg Lettuce | Vegetable | 50g / 8 Cal | 50g / 8 Cal | 50g / 8 Cal |
| Lolloroso Lettuce | Vegetable | 10g / 2 Cal | 10g / 2 Cal | 10g / 2 Cal |
| Rocca | Vegetable | 20g / 2 Cal | 20g / 2 Cal | 20g / 2 Cal |
| Jasmine Rice | Carbohydrate | 50g / 100 Cal | 70g / 150 Cal | 100g / 200 Cal |
| Kimchi Cabbage | Carbohydrate | 50g / 10 Cal | 50g / 10 Cal | 50g / 10 Cal |
| Green Peas | Carbohydrate | 20g / 20 Cal | 30g / 30 Cal | 40g / 40 Cal |
| Mushroom Sautéed with Gochujang | Fat | 40g / 30 Cal | 40g / 30 Cal | 40g / 30 Cal |
| Soy Good Dressing | Fat | 50g / 40 Cal | 50g / 40 Cal | 50g / 40 Cal |
| Total |  | 340g / 297 Cal | 395g / 400 Cal | 450g / 485 Cal |