***Philly Steak Sandwich***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Beef Marination for 1 kg.*** | | |
| Beef Striploin | 1 kg | **1500** |
| Canola Oil | 12 ml | **108** |
| Kiwi | 12 g | **7** |
| Rosemary | 1.5 g | **2** |
| Salt | 6 g | **0** |
| White Pepper | 1 g | **3** |
| Paprika | 1 g | **3** |
| ***Total*** | ***1033g***  ***After cooking 700g*** | ***1623 cal***  ***2.3 cal/g*** |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Sauce:*** | | |
| Mayonnaise | 100 g | **266** |
| Yellow Mustard | 10 g | **8** |
| Black Pepper | 1 g | **3** |
| ***Total*** | 111g | **2.5 Cal/g** |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Sauteed Veg.:*** | | |
| Sauteed Onion | 15 g | **30** |
| Sauteed Mushroom | 10 g | **20** |
| Sauteed Green Bell Pepper | 10 g | **20** |
| Salt | 1 g | **0** |
| White Pepper | 1 g | **3** |
| ***Total*** | 37g | **73 cal**  **2 Cal/g** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1p** | **2p** | **3p** |
| Baguette Bread | 60g / 160 Cal | 60g / 160 Cal | 90 g / 240 Cal |
| Beef Striploin Cooked | 40g / 92 Cal | 60g / 138 cal | 70 g / 161 cal |
| Sauce | 15g / 38 Cal | 20g / 50 Cal | 30 g / 75 Cal |
| Sauteed Veg. | 20g / 40 Cal | 25g / 50 cal | 35 g / 70 Cal |
| Lettuce | 15g | 15g | 15g |
| Pickles | 15g | 15g | 15g |
| ***TOTAL*** | ***330 cal*** | ***400 cal*** | ***546 cal*** |

***Shrimp Pizza:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Pizza Dough (White)*** | | |
| White Flour | 1 kg | 3,640 Cal. |
| Eggs | 1 pc | 75 Cal. |
| Sugar (Maltitol) | 30 g | 81 Cal. |
| Low Fat Butter | 100 g | 717 Cal. |
| Milk Powder | 50 g | 250 Cal. |
| Salt | 15 g | 0 Cal. |
| Water | 600 ml | 0 Cal. |
| Yeast | 15 g | 15 Cal. |
| ***Total*** | ***1,885 g*** | ***4,778 Cal.*** |
|  | ***30 g*** | ***79 Cal.*** |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Pizza Sauce*** | | |
| Fresh Tomato | 1 kg | 180 Cal. |
| Tomato Paste | 125 g | 100 Cal. |
| Chopped Onion | 100 g | 40 Cal. |
| Chopped Garlic | 30 g | 45 Cal. |
| Salt | 10 g | 0 Cal. |
| White Pepper | 1 g | 3 Cal. |
| Oregano | 3 g | 10 Cal. |
| Sugar | 18 g | 80 Cal. |
| Olive Oil | 20 g | 180 Cal. |
| ***Total*** | ***1,307 g*** | ***638 Cal.*** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1p** | **2p** | **3p** |
| Pizza Dough | 60 g / 140 Cal. | 80 g /185 Cal. | 100 g / 231 Cal. |
| Pizza Sauce | 30 g / 15 Cal. | 40 g / 20 Cal. | 50 g / 25 Cal. |
| Mozzarella Cheese | 45 g / 142 Cal. | 60 g / 190 Cal. | 80 g / 252 Cal. |
| Grilled Shrimps | 20 g | 30 g | 40 g |
| Shredded Mushroom | 10 g | 15 g | 20 g |
| Black Olives | 10 g/ 20 Cal | 10 g/ 20 Cal | 10 g/ 20 Cal |
| Green Bell Pepper | 5 g | 10 g | 15 g |
| ***TOTAL*** |  |  |  |

***Creamy Dill Salmon Sauce w/ Couscous Salad***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Sauce*** | | |
| Milk low fat | 300 ml | 150 Cal |
| Cooking Cream | 700 ml | 2380 Cal |
| Fresh Dill | 15 g | 15 Cal |
| White Pepper | 1 g | 0 Cal |
| Salt | 5 g | 0 Cal |
|  | 1021g  After cooking 817g | 2545 Cal  3.1 Cal/g |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity (g)** | **Calories** |
| Couscous Cooked | 1000 g | 1120 Cal |
| Cucumber Cubes | 100 g | 15 Cal |
| Big Tomato Cubes -seedless | 100 g | 20 Cal |
| Fresh Mint | 20 g | 15 Cal |
| Cumin Powder | 10 g | 40 Cal |
| Salt | to taste | 0 Cal |
| White Pepper | to taste | 0 Cal |
| ***Total*** | 1230 g | 1210 Cal |
| ***0.98 Cal/g*** | |

|  |  |  |  |
| --- | --- | --- | --- |
| ***Item Name*** | ***1P*** | ***2P*** | ***3P*** |
| Salmon | 90 g / 200 Cal | 110 g / 244 Cal | 125 g / 278 Cal |
| Sauce | 20 g / 60 Cal | 30 g / 90 Cal | 40 g / 120 Cal |
| Couscous Salad | 100 g / 98 Cal | 120 g / 118 Cal | 120 g / 118 Cal |
| Feta Crumbles | Garnish | Garnish | Garnish |
| ***Total*** | ***210 g / 358 Cal*** | ***260 g / 452 Cal*** | ***285 g / 516 Cal*** |

***Mexican Chicken Bowl Recipe:***

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1P** | **2P** | **3P** |
| Mix Lettuce (larossa Salad) | 60 g / 7 Cal. | 60 g / 7 Cal. | 60 g / 7 Cal. |
| Carrot | 15 g / 6 Cal | 20 g / 8 Cal | 30 g / 10 Cal |
| Red Beans | 50 g / 70 Cal. | 70 g / 98 Cal. | 90 g / 130 Cal. |
| Mix Bell Pepper | 30 g / 8 Cal. | 40 g / 10 Cal. | 50 g / 12 Cal. |
| Cherry Tomato | 40 g / 8 Cal. | 40 g / 8 Cal. | 50 g / 10 Cal. |
| Sweet Corn | 25 g / 25 Cal. | 25 g / 25 Cal. | 25 g / 25 Cal. |
| Chicken Breast | 60 g / 80 Cal. | 60 g / 80 Cal. | 60 g / 80 Cal. |
| Avocado | 20 g / 32 Cal. | 20 g / 32 Cal. | 20 g / 32 Cal. |
| Rocca for garnish | 5 g / 1 Cal. | 5 g / 1 Cal. | 5 g / 1 Cal. |
| ***Sauce*** | 50 g / 100 Cal. | 50 g / 100 Cal. | 50 g / 100 Cal. |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| **Celery Seed Dressing** | | |
| Onion Powder | 10g | 30 Cal |
| White Sugar | 50 g | 200 cal |
| Salt | 10 g | 0 |
| Celery Seeds | 5 g | 15 cal |
| Apple Cider Vinegar | 200 g | 0 |
| Mustard | 150 g | 130 Cal |
| Olive oil | 70g | 630 Cal |
| Light Mayo | 50g | 150 Cal |
| Lemon Juice | 15g | 3 |
| Water | 15g | 0 |
|  | 575 g | 1158 Cal  2 Cal/g |

***Thai Green Curry***

|  |  |  |
| --- | --- | --- |
| ***Thai Green Curry*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Thai green curry paste | 120 g | 120 Cal |
| Garlic | 10 g | 15 Cal |
| Fresh ginger | 10 g | 10 Cal |
| Lemon grass paste | 10 g | 10 Cal |
| Galangal | 5 g | 0 Cal |
| Olive Oil | 20 g | 180 Cal |
| Water | 300 g | 0 Cal |
| Coconut milk powder | 200 g | 1200 Cal |
| Fish sauce | 10 g | 0 Cal |
| White sugar | 10 g | 40 Cal |
| Kafir lime leaves | 5 g | 0 Cal |
| Thai basil leaves | 20 g | 5 Cal |
| Snow Peas | 120 g | 50 Cal |
| Eggplant | 50 g | 15 Cal |
| Lime juice | 25 g | 5 Cal |
| Salt | 1 g | 0 Cal |
| Crispy fried onion | 5 g | 20 Cal |
| Coriander | 5 g | 0 Cal |
| Green or Red chilly | 1 g | 0 Cal |
| Sliced lime wedge | 1 g | 0 Cal |
| Spinach paste | 100 g | 50 Cal |
| ***Total*** | 1028 g before cook | 1720 Cal |
| 874 g after cook |
| ***1.9 Cal/g*** | |

|  |  |  |  |
| --- | --- | --- | --- |
| ***Tofu Thai Curry*** | | | |
| **Item Name** | **1P** | **2P** | **3P** |
| Thai Curry | 100 g / 190 Cal | 120 g / 228 Cal. | 150 g / 285 Cal. |
| Tofu | 80 g / 70 Cal. | 100 g / 90 Cal. | 120 g / 100 Cal. |
| White Rice | 60g / 90 Cal | 80g / 120 Cal | 120g / 180 Cal |
| Roasted Sesame Seeds | Garnish | Garnish | Garnish |
| Spring Onions | Garnish | Garnish | Garnish |
| ***Total*** | ***240g / 350 Cal*** | ***300 g / 438 Cal*** | ***390g / 565 Cal*** |

***Chicken Caprese with Quinoa Tabbouleh Mix***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Sauce for 1 kg*** | | |
| Olive Oil | 30 g | 265 Cal. |
| Shredded Red Onion | 50 g | 20 Cal. |
| Chopped Garlic | 40 g | 56 Cal. |
| Chopped Tomato (Pealed) | 1 kg | 180 Cal. |
| Tomato Paste | 100 g | 82 Cal. |
| White Vinegar | 25 g | 4.5 Cal. |
| Salt | 8 g | 0Cal. |
| White Pepper | 3 g | 6Cal. |
| Sugar | 5 g | 20 Cal. |
| Chopped Parsley (As Garnish on top) | 3 g | 1 Cal. |
| ***Total*** | ***1,264 g (***before cooking) | ***634.5 Cal.*** |
| ***Total*** | ***1,011 g (***-20% after cooking) | ***0.62 Cal./g*** |

|  |  |  |
| --- | --- | --- |
| ***Quinoa Tabbouleh Mix*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Quinoa Cooked | 1000 g | 1300 Cal |
| Lemon Zest | 3 g | 0 Cal |
| Olive Oil | 15 g | 130 Cal |
| Radish | 75 g | 10 Cal |
| Fresh Parsley | 10 g | 0 Cal |
| Fresh Mint | 10 g | 0 Cal |
| ***Total*** | 1113 g | 1440 Cal |
| ***1.29 Cal/g*** | |

|  |  |  |  |
| --- | --- | --- | --- |
| ***Item Name*** | ***1P*** | ***2P*** | ***3P*** |
| Chicken | 90 g / 150 Cal | 110 g / 183 Cal | 125 g / 208 Cal |
| Mozzarella Cheese | 10 g / 33 Cal | 15 g / 50 Cal | 20 g / 66 Cal |
| Fresh Tomato | 25 g / 4 Cal | 30 g / 5 Cal | 40 g / 6 Cal |
| Sauce | 120 g / 75 Cal | 140 g / 87 Cal | 160 g / 99 Cal |
| Quinoa Tabbouleh Mix | 80 g / 103 Cal | 100 g / 130 Cal | 120 g / 156 Cal |
| ***Total*** | ***325g / 365 Cal*** | ***395g / 455 cal*** | ***465 g / 535 cal*** |

***Shrimp Mango Bowl Recipe:***

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1P** | **2P** | **3P** |
| Shrimps | 40 g / 40 Cal. | 50 g / 50 Cal. | 60 g / 60 Cal. |
| Iceberg Lettuce | 60 g / 6 Cal. | 60 g / 6 Cal. | 60 g / 6 Cal. |
| Rocca | 10 g / 2 Cal. | 10 g / 2 Cal. | 10 g / 2 Cal. |
| Shredded Cucumber | 30 g / 5 Cal. | 30 g / 5 Cal. | 30 g / 5 Cal. |
| Shredded Carrots | 30 g / 12 Cal. | 30 g / 12 Cal. | 30 g / 12 Cal. |
| Radish | 20 g / 3 Cal. | 20 g / 3 Cal. | 20 g / 3 Cal. |
| Crab Sticks | 30 g / 30 Cal. | 50 g / 50 Cal. | 60 g / 60 Cal. |
| Mango | 45 g / 27 Cal. | 60 g / 36 Cal. | 70 g / 42 Cal. |
| Boiled Sushi Rice | 30 g / 60 Cal. | 60 g / 120 Cal. | 80 g / 160 Cal. |
| Seaweed (Garnish) | 1 g | 1 g | 1 g |
| ***Sauce*** | 50 g / 90 Cal. | 50 g / 90 Cal. | 50 g / 90 Cal. |
| ***Total*** | ***364 g / 275 Cal.*** | ***421 g / 374 Cal.*** | ***471 g / 440 Cal.*** |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| **Sweet Chili Dressing for 500ml** | | |
| Olive Oil | 30 g | 270 Cal. |
| Lemon Juice | 50 g | 10 Cal. |
| Sweet Chili Sauce | 330 g | 660 Cal. |
| Water | 100 g | 0 Cal. |
| ***Total*** | ***510 g*** | ***940 Cal.*** |
|  | ***1.8 Cal./g.*** | |

***Beef Brisket Burger Recipe:***

***Steak before cook 3,300 g, after cook is 1,900 g (Lose 1,400 g)***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Beef Marination*** | | |
| Beef Striploin | 5 kg | 7500 Cal |
| Water | 3 liters | 0 |
| Fresh Thyme | 6 g | 6 Cal |
| Brown Sugar | 70 g | 280 Cal |
| Bay Leaves | 4 g | 0 |
| Rosemary | 14 g | 20 Cal |
| Chopped Garlic | 30 g | 45 Cal |
| Star Anise | 3 g | 9 Cal |
| Salt | 30 g | 0 |
| Soy Sauce | 150 g | 100 Cal |
| Black Pepper | 2 g | 0 |
| Meat Tenderized | 40 g | 120 Cal |
| ***Total*** | ***8,349 g***  ***4174g after cooking*** | ***8080 Cal***  ***1.94 Cal/g*** |

***Note: Brisket steak need to be cleaned well from visible fat.***

***After Marination the beef:***

* ***After marination, put Thyme, Paprika, Salt, Black Pepper.***

|  |  |
| --- | --- |
| **Item Name** | **Quantity** |
| Paprika | 15 g |
| Black Pepper | 10 g |
| Rosemary & Thyme | 10 g |
| Salt | 10 g |
| Dijon Mustard | 30 g |

* ***Cooking: Cover it with the paper and aluminium, and then put in the oven for 3 hrs. under 200-degree temperatures.***

|  |  |  |
| --- | --- | --- |
| ***Batch Cooked:*** | | |
| Shredded Onion | 500 g | 200 Cal |
| Sugar | 50 g | 200 Cal |
| Brisket Beef | 500 g | 1000 Cal |
| BBQ Sauce | 150 g | 258 Cal |
| Canola Oil | 50 g | 450 Cal |
| Water | 200 g | 0 |
| Salt | 20 g | 0 |
| White Pepper | 10 g | 30 Cal |
| ***Total*** | ***1480g***  ***1184g after cooking*** | ***2138 Cal***  ***1.8 Cal/g*** |
|  |  | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1P** | **2P** | **3P** |
| Burger Bun | 60g = 160 Cal | 60g = 160 Cal | 90g = 240 Cal |
| Marinated Beef Patty | 60g = 108 Cal | 75g = 135 Cal | 90g = 162 Cal |
| Cheddar Cheese | 10g = 35 Cal | 15g = 60 Cal | 20g = 70 Cal |
| Light Mayonnaise (Aside) | 10g = 26 Cal | 15g = 39 Cal | 30g = 78 Cal |
| Tomato | 10g | 10g | 10g |
| Iceberg Lettuce | 5g | 5g | 5g |
| Pickles | 10g | 10g | 10g |
| ***Total*** | ***330 Cal*** | ***394 Cal*** | ***550 Cal*** |

***The Green Chicken Story***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Chicken Marination:*** | | |
| Raw Chicken | 1 kg | 1200 |
| Dijon Mustard | 10 g | 8 |
| Light Yogurt | 100 g | 50 |
| Canola Oil | 20 g | 180 |
| Salt | 10 g | 0 |
| Garlic Powder | 2 g | 6 |
| White Pepper | 2 g | 6 |
| White Vinegar | 25 g | 0 |
| Soda Water | 30 g | 0 |
| Lemon Juice | 10 g | 3 |
| Rosemary | 5 g | 5 |
| Fresh Thyme | 4 g | 4 |
| Chicken Spices | 5 g | 15 |
| Paprika | 5 g | 15 |
| ***TOTAL*** | ***1228g***  ***After cooking 866g***  ***Need to be shredded after cooking*** | ***1575 Cal***  ***1.8 Cal/g*** |

|  |  |  |
| --- | --- | --- |
| ***Chimichurri Sauce*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Coriander Fresh (finely chopped) | 100 g | 25 Cal |
| Parsley Fresh (finely chopped) | 100 g | 35 Cal |
| Cumin Powder | 5 g | 20 Cal |
| Chili Flakes | 10 g | 30 Cal |
| Dry Oregano (finely chopped) | 5 g | 15 Cal |
| Black Pepper | 5 g | 15 Cal |
| Salt | 1 g | 0 Cal |
| Lemon Juice | 50 g | 15 Cal |
| Olive Oil | 80 g | 688 Cal |
| ***Total*** | 356 g | 843 Cal |
| ***2.3 Cal/g*** | |

|  |  |  |  |
| --- | --- | --- | --- |
| ***The Green Chicken Story*** | | | |
| **Portions** | **1P** | **2P** | **3P** |
| Baguette Bread White | 60g/ 160 Cal | 60g / 160 Cal | 90g / 240 Cal |
| Herbed Shredded Chicken | 70g / 108 Cal | 80g / 144 Cal | 100 g / 180 Cal |
| Tomato Salsa | 20 g / 13 Cal. | 20 g / 13 Cal. | 30 g / 19 Cal |
| Iceberg Lettuce | 15 g | 15 g | 15 g |
| Chimichurri Sauce | 15 g / 35 Cal | 20 g / 54 Cal | 30 g / 81 Cal |
| Cheddar Cheese Slices | 10g/ 35 Cal | 15g / 60 Cal | 20g/ 70 Cal |
| *TOTAL* | 190g/ 335 Cal | 210g/ 430 Cal | 285g/ 590Cal |

***Sirloin Beef & Mushroom Gravy with Cauliflower Rice Recipe:***

|  |  |  |
| --- | --- | --- |
| ***Mushroom Sauce*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Dry Mushroom (Porcini Mushroom) | 100 g | 380 Cal |
| Button Mushroom | 1000 g | 220 Cal |
| Shitake Mushroom | 100 g | 35 Cal |
| Water | 1000 g | 0 Cal |
| Garlic Fresh | 10 g | 15 Cal |
| In-House Demi-Glace | 2000 g | 1320 Cal |
| Cooking Cream | 500 g | 620 Cal |
| Black Pepper | 5 g | 0 Cal |
| ***Total*** | 4710 g before cook | 2590 Cal |
| 4004 g after cook |
| ***0.65 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| ***Sauteed Mushroom*** | | |
| Light Butter | 5 g | 17 Cal. |
| Olive Oil | 5 g | 45 Cal. |
| Fresh Mushroom | 200 g | 44 Cal. |
| ***Total*** | ***210 g before cook, 130 g after cook. (Lose 709)*** | ***106 Cal.*** |
|  | **0.8 Cal. /G.** | |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Beef Marination*** | | |
| Beef Striploin | 5 kg | 7500 Cal |
| Water | 3 liters | 0 |
| Fresh Thyme | 6 g | 6 Cal |
| Brown Sugar | 70 g | 280 Cal |
| Bay Leaves | 4 g | 0 |
| Rosemary | 14 g | 14 Cal |
| Chopped Garlic | 30 g | 75 Cal |
| Star Anise | 3 g | 0 |
| Salt | 30 g | 0 |
| Soy Sauce | 150 g | 100 Cal |
| Black Pepper | 2 g | 0 |
| Meat Tenderized | 40 g | 120 Cal |
| ***Total*** | ***8,349 g*** | ***8095 Cal*** |

***Note: Gravy Sauce to be strained.***

***Note: Brisket steak need to be cleaned well from visible fat.***

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1P** | **2P** | **3P** |
| Marinated Beef (Cubes) | 90 g / 225 Cal. | 110g /275 Cal. | 125 g / 300 Cal. |
| Onion | 25 g / 8 Cal. | 40 g / 17 Cal. | 50 g / 20 Cal. |
| Mushroom | 25 g / 16 Cal. | 40 g / 35 Cal. | 50 g / 45 Cal. |
| Gravy Sauce | 80 g / 52 Cal. | 100 g / 65 Cal. | 120 g / 78 Cal. |
| Cauliflower rice | 100 g / 40 Cal. | 130 g / 52 Cal. | 160 g / 64 Cal. |
| ***Total*** | ***320 g / 341Cal.*** | ***420 g / 444 Cal.*** | ***505 g / 507 Cal.*** |

Note: Gravy Sauce to be strained.

Note: Brisket steak need to be cleaned well from visible fat.

***Method of Cooking:***

* ***Marination: Soya Sauce, garlic, Rosemary, sugar, Salt, meat tenderized, 3 liters water, bay leaves, Clove, Black Pepper.***
* ***Mixing: 40 g Dijon Mustard, Rosemary, Paprika, Black Pepper.***
* ***Cooking: Cover it with the paper and aluminium, and then put in the oven for 4 hrs. under 150 tem;peratures.***

***Green Boost Bowl Recipe:***

|  |  |  |
| --- | --- | --- |
| ***Vinaigrette Dressing*** | | |
| White vinegar | 15 g | 0 Cal |
| Salt | 3 g | 0 cal |
| Olive Oil | 20 g | 180 Cal |
| Lemon Juice | 15 g | 3 Cal |
| Dijon mustard | 10g | 8 Cal |
| Honey | 10g | 40 Cal |
| Oregano | 2g | 2 Cal |
| Black pepper | Pinch | 0 |
| Water | 5 g | 0 Cal |
| ***Total*** | ***80g*** | ***233 Cal***  ***2.8 cal/g*** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1p** | **2p** | **3p** |
| Asparagus | 10 g / 4 Cal | 10 g / 4 Cal | 10 g / 4 Cal |
| Avocado | 20 g / 33 Cal | 20 g / 33 Cal | 20 g / 33 Cal |
| Smoked Salmon | 30 g / 45 Cal | 45 g / 67 Cal | 60 g / 90 Cal |
| Artichoke | 30 g / 15 Cal | 30 g / 15 Cal | 30 g / 15 Cal |
| Iceberg Lettuce | 50 g / 6 Cal | 50 g / 6 Cal | 50 g / 6 Cal |
| Rocca | 5 g / 3 Cal | 5 g / 3 Cal | 5 g / 3 Cal |
| Lollo Rosso Lettuce | 5 g / 3 Cal | 5 g / 3 Cal | 5 g / 3 Cal |
| Sunflower Seeds | 5 g / 25 Cal | 10 g / 50 Cal | 10 g / 50 Cal |
| Mustard Vinegar Dressing | 40 g / 112 Cal | 50 g / 140 Cal | 50 g / 140 Cal |
| ***TOTAL*** | **275 Cal** | ***321 Cal*** | ***345 Cal*** |

***Mushroom Cheese Pide:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***White Dough (Mankoushe)*** | | |
| White Flour | 1 kg | 3,640 Cal. |
| Light Butter | 50 g | 358 Cal. |
| White Sugar (Maltitol) | 40 g | 80 Cal. |
| Powder Milk | 50 g | 250 Cal. |
| Salt | 15 g | 0 Cal. |
| Yeast | 15 g | 15 Cal. |
| Water | 700 ml | 0 Cal. |
| Flaxseed | 2 g | 0 Cal. |
| ***Total*** | ***1,872 g*** | ***3,343 Cal.*** |
|  | ***30 g*** | ***70 Cal.*** |

|  |  |  |
| --- | --- | --- |
| *Mushroom Duxelle* | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Button Mushroom | 100 g | 20 Cal |
| Salt | 2 g | 0 Cal |
| White Pepper | 10 g | 30 Cal |
| Canola oil | 5 g | 45 Cal |
| ***Total*** | 117 g | 95 Cal |
| ***0.81 Cal/g*** | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1p** | **2p** | **3p** |
| White Dough | 60 g / 140 Cal. | 80 g /185 Cal. | 100 g / 231 Cal. |
| Mushroom Duxelle | 40 g / 32 Cal. | 50 g / 41 Cal. | 60 g / 49 Cal. |
| Mozzarella Cheese | 40g / 133 Cal | 55g / 165 Cal | 70 g / 210 Cal |
| White Sesame | 1 g (Garnish) | 1 g (Garnish) | 1 g (Garnish) |
| Black Sesame | 1 g (Garnish) | 1 g (Garnish) | 1 g (Garnish) |
| ***TOTAL*** | **140 g / 305 Cal.** | **185 g / 391Cal.** | **230 g / 490 Cal.** |

***Smoked Salmon Sandwich Recipe:***

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1P** | **2P** | **3P** |
| Baguette Bread | 60 g / 150 Cal. | 60 g / 150 Cal. | 75 g / 200 Cal. |
| Cream Cheese | 20 g / 68 Cal. | 30 g / 100 Cal. | 40 g / 135 Cal. |
| Smoked Salmon | 45 g / 70 Cal. | 60 g / 90 Cal. | 75 g / 110 Cal. |
| Capers | 3 g / 1 Cal. | 5 g / 2 Cal. | 5 g / 2 Cal. |
| Rocca | 10 g / 6 Cal. | 20 g / 12 Cal. | 20 g / 12 Cal. |
| Lemon Slice | 15 g / 3 Cal. | 15 g / 3 Cal. | 15 g / 3 Cal. |
| Dill Fresh | 1 g | 1 g | 1 g |
| ***Total*** | ***= 279 Cal.*** | ***360 Cal.*** | ***465 Cal.*** |

***Minute Steak in Chimichurri Sauce with Potato Cakes***

|  |  |  |
| --- | --- | --- |
| ***Chimichurri Sauce*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Coriander Fresh (finely chopped) | 100 g | 25 Cal |
| Parsley Fresh (finely chopped) | 100 g | 35 Cal |
| Cumin Powder | 5 g | 20 Cal |
| Chili Flakes | 10 g | 30 Cal |
| Dry Oregano (finely chopped) | 5 g | 15 Cal |
| Black Pepper | 5 g | 15 Cal |
| Salt | 1 g | 0 Cal |
| Lemon Juice | 50 g | 15 Cal |
| Olive Oil | 80 g | 688 Cal |
| ***Total*** | 356 g | 843 Cal |
| ***2.3 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| ***Potato Cakes*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Mashed Potato | 1000 g | 970 Cal |
| Eggs | 2 pcs | 130 Cal |
| White Flour | 100 g | 360 Cal |
| Mozzarella Cheese | 100 g | 140 Cal |
| Salt | 10 g | 0 Cal |
| White Pepper | 3 g | 0 Cal |
| Shredded Potato (not cooked) | 500 g | 290 Cal |
| ***Total*** | 1713 g before cook | 1890 Cal |
| 1456 g after cook |
| ***1.30 Cal/g*** | |

|  |  |  |  |
| --- | --- | --- | --- |
| ***Item Name*** | ***1P*** | ***2P*** | ***3P*** |
| Beef | 90 g/ 200 Cal | 110 g/ 244 Cal | 125 g/277 Cal |
| Chimichurri Sauce | 40 g/ 92 Cal | 40 g/ 92 Cal | 40 g/ 92 Cal |
| Potato Cake | 60 g/78 Cal | 100 g/130 Cal | 150g/195 Cal |
| ***Total*** | ***190g/ 370 Cal*** | ***250G / 466 Cal*** | ***315g / 564 Cal*** | |

***Chicken Chef Salad Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| **All Vegies must cut cubes** | | |
| **Lemon Mayo** | | |
| Mayonnaise light | 3.76kg | 10039 Cal |
| Dijon Mustard | 120g | 80 Cal |
| Lemon Juice | 1.8 kg | 396 Cal |
| Salt | 95g | 0 |
| White pepper | 18g | 0 |
| Water | 3.85L | 0 |
| Oregano dried | 40g | 120 Cal |
|  | 9683g | 10635 Cal  1.1 Cal/g |

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1P** | **2P** | **3P** |
| Iceberg Lettuce | 80 g / 10 Cal. | 80 g / 10 Cal. | 80 g / 10 Cal. |
| Cherry Tomato | 30 g / 5 Cal. | 30 g / 5 Cal. | 50 g / 8 Cal. |
| Corn | 40 g / 40 Cal. | 50 g / 50 Cal. | 60 g / 60 Cal. |
| Chicken Breast | 50 g / 75 Cal. | 60 g / 90 Cal. | 90 g / 135 Cal. |
| Emmental Cheese (Shredded) | 15 g / 60 Cal. | 30 g / 120 Cal. | 30 g / 120 Cal. |
| Smoked turkey slices | 25g / 25 Cal | 35g / 35 Cal | 40g / 40 Cal |
| Lemon Mayo Sauce | 50 g / 90 Cal. | 50 g / 90 Cal. | 50 g / 90 Cal. |
| ***Total*** | ***275 g / 295 Cal.*** | ***330 g / 400 Cal.*** | ***390 g / 463 Cal.*** |

***Chicken BBQ Pizza***

|  |  |  |
| --- | --- | --- |
| ***Pizza Dough*** | | |
| **Item Name** | **Quantity** | **Calorie** |
| White Flour | 1000 g | 3600 |
| Egg | 1 pc | 75 |
| Sugar (Maltitol) | 30 g | 66 |
| Low Fat Butter | 100 g | 500 |
| Milk Powder | 50 g | 179 |
| Water | 580 g | 0 |
| Yeast | 15 g | 15 |
| ***Total*** | ***1690 g*** | ***4435 Cal***  ***2.6 cal/g raw dough*** |

|  |  |  |  |
| --- | --- | --- | --- |
| ***BBQ Pizza Pizza*** | | | |
|  | 1p | 2p | 3p |
| Pizza Dough | 60g / 156 Cal | 80g / 208 Cal | 100 g / 260 Cal. |
| Cooked Chicken | 30g / 60 Cal | 40g / 80 Cal | 50 g/ 90 Cal. |
| BBQ Sauce | 7g / 10 Cal | 8g / 12 Cal | 10 g / 15 Cal. |
| Sweet pepper | 15g / 4 cal | 20g / 5 cal | 20 g / 5 Cal. |
| Cheddar | 6g / 25 Cal | 8g / 32 Cal | 10 g / 40 Cal |
| Mozzarella | 10g / 33 Cal | 15g / 50 Cal | 20 g / 60 Cal |
| **Total** | **128g/ 288 Cal** | **163g/ 387 Cal** | **210 g/ 470 Cal** |

***Kabab Orfali Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Beef Marination for 1 Kg*** | | |
| Topside Beef Minced | 1 kg | 1500 |
| Paprika | 2 g | 6 |
| Sweet Pepper Paste | 10 g | 8 |
| White Pepper | 2 g | 6 |
| Cinnamon Powder | 2 g | 6 |
| Salt | 10 g | 0 |
| ***Total*** | ***1026g***  ***700g after cooking*** | 1526 Cal  2.2 Cal/g |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Tahini Sauce*** | | |
| Tahini | 1 kg | 6000 Cal |
| Salt | 20 g | 0 Cal |
| Lemon Juice | 20 g | 5 Cal |
| Water | 1.5 liters | 0 Cal |
| ***Total*** | ***2540 g*** | 6005 Cal  2.36 Cal/g |

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1p** | **2p** | **3p** |
| Kabab orfali grilled | 110g / 240 Cal | 120g /240 Cal | 150g / 300 Cal |
| Yogurt Dip | 40 g / 40 Cal | 60g / 60 Cal | 80g / 80 Cal |
| Bread with Veg. inside | 15g total bread with veg inside / 20 Cal | 45g / 60 Cal | 60g / 80 Cal |
| Grilled Onion | 20g / 10 Cal | 30g / 15 Cal | 40g / 25Cal |
| Grilled Tomato | 20g / 10 Cal | 30g / 15 Cal | 40g / 25Cal |
| Grilled Mixed Bell Pepper | 20g / 10 Cal | 30g / 15 Cal | 40g / 25Cal |
| Grilled eggplant | 20g / 10 Cal | 30g / 15 Cal | 40g / 25Cal |
| Onion (Garnish) | Garnish | Garnish | Garnish |
| Chopped Parsley (Garnish) | Garnish | Garnish | Garnish |
| Sumac (Garnish) | Garnish | Garnish | Garnish |
| ***TOTAL*** | 335 Cal | 425 Cal | 575 Cal |

***Harissa Chicken with Quinoa Tabbouleh***

|  |  |  |
| --- | --- | --- |
| ***Chicken Harissa Marination*** | | |
| *Item Name* | *Quantity (g)* | *Calories* |
| Chicken Breast | 1000 g | 1300 Cal |
| Salt | 10 g | 0 Cal |
| White Pepper | 2 g | 6 Cal |
| Paprika | 2 g | 6 Cal |
| Harissa Paste | 30 g | 24 Cal |
| Fresh Garlic Paste | 15 g | 45 Cal |
| Canola Oil | 30 g | 240 Cal |
| Mustard Dijon | 10 g | 10 Cal |
| Fresh Zaatar | 4 g | 4 Cal |
| Lemon Juice | 45 g | 10 Cal |
| ***Total*** | 1148 g before cook | 1645 Cal |
| 976 g after cook |
| ***1.69 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| ***Quinoa Cooked*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Quinoa (Raw) | 200 g | 740 Cal |
| Chicken Broth | 500 g | 35 Cal |
| ***Total*** | 700 g before cook | 775 Cal |
| 595 g after cook |
| ***1.30 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| ***Quinoa Tabbouleh Mix*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Quinoa Cooked | 1000 g | 1300 Cal |
| Lemon Zest | 3 g | 0 Cal |
| Olive Oil | 15 g | 130 Cal |
| Radish | 75 g | 10 Cal |
| Fresh Parsley | 10 g | 0 Cal |
| Fresh Mint | 10 g | 0 Cal |
| ***Total*** | 1113 g | 1440 Cal |
| ***1.29 Cal/g*** | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1P** | **2P** | **3P** |
| Harissa Chicken | 90 g/ 153 Cal | 110 g/ 185 Cal | 120 g/ 202 Cal |
| Quinoa Tabbouleh Mix | 100g/ 129 Cal | 120g/ 155 Cal | 150g/ 194 Cal |
| Pomegranate Molasses | 20g/ 45 Cal | 20g/ 45 Cal | 20g/ 45 Cal |
| ***Total*** | ***210g /327 Cal*** | ***240 g /385Cal*** | ***290g /441 Cal*** |

**Soy Good Beef Bowl**

|  |  |  |
| --- | --- | --- |
| ***Beef Bulgogi Marination*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Beef Striploin | 500 g | 750 Cal |
| Low Sodium Soy Sauce | 60 g | 35 Cal |
| Honey | 20 g | 60 Cal |
| Apple Cider Vinegar | 30 g | 0 Cal |
| Sesame Oil | 5 g | 45 Cal |
| Garlic Minced | 5 g | 5 Cal |
| Fresh Ginger Minced | 3 g | 0 Cal |
| Ground Black Pepper | 1 g | 0 Cal |
| Smoked Paprika | 5 g | 0 Cal |
| ***Total*** | 629 g | 895 Cal |
| ***1.42 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| ***Beef Bulgogi Sauteed*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Beef Bulgogi | 629 g | 895 Cal |
| Onion White | 15 g | 5 Cal |
| Canola Oil | 5 g | 45 Cal |
| ***Total*** | 649 g before cook | 945 Cal |
| 552 g after cook |
| ***1.71 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| ***Mushroom Sauteed with Gochujang*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Mushroom | 100 g | 20 Cal |
| Gochujang | 15 g | 20 Cal |
| Canola Oil | 5 g | 45 Cal |
| ***Total*** | 115 g | 85 Cal |
| ***0.74 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Soy Good Dressing*** | | |
| Low Sodium Soy Sauce | 60g |  |
| White Vinegar | 5g |  |
| Honey | 15g |  |
| Sesame Oil | 5g |  |
| Minced Garlic | 5g |  |
| Fresh Ginger | 5g |  |
| Water | 15g |  |
| ***Total*** | ***110g*** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Soy Good Beef Bowl** | | | |
| **Item Name** | **1p** | **2p** | **3p** |
| Beef Bulgogi | 50 g / 85 Cal. | 75 g / 128 Cal. | 90 g / 153 Cal. |
| Iceberg Lettuce | 50 g / 8 Cal. | 50 g / 8 Cal. | 50 g / 8 Cal. |
| Lolloroso Lettuce | 10 g / 2 Cal. | 10 g / 2 Cal. | 10 g / 2 Cal. |
| Rocca | 20 g / 2 Cal. | 20 g / 2 Cal. | 20 g / 2 Cal. |
| Jasmin Rice | 50 g / 100 Cal. | 70 g / 150 Cal. | 100 g / 200 Cal. |
| Kimchi Cabbage | 50 g / 10 Cal. | 50 g / 10 Cal. | 50 g / 10 Cal. |
| Green Peas | 20 g / 20 Cal. | 30 g / 30 Cal. | 40 g / 40 Cal. |
| Grilled Mushroom | 40 g / 30 Cal. | 40 g / 30 Cal. | 40 g / 30 Cal. |
| Soy Good Dressing | 50 g / 40 Cal. | 50 g / 40 Cal. | 50 g / 40 Cal. |
| ***TOTAL*** | ***340 g / 297 Cal.*** | ***395 g / 400 Cal.*** | ***450 g / 485 Cal.*** |

***Spinach Pie Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Spinach Pie Filling*** | | |
| Chopped Onion (Raw) | 500 g | 200 Cal. |
| Salt | 20 g | 0 Cal. |
| Sumac | 35 g | 0 Cal. |
| Olive Oil | 50 g | 450 Cal. |
| Spinach (Raw) | 1 kg | 230 Cal. |
| Lemon juice | 15g | 3 Cal |
| Pomegranate molasses | 25g | 100 Cal |
| ***Total*** | ***1,645 g*** | ***983Cal.*** |
| ***Filling*** | ***0.6 Cal./ G.*** | |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Pizza Dough (White)*** | | |
| White Flour | 1 kg | 3,640 Cal. |
| Eggs | 1 pc | 75 Cal. |
| Sugar (Maltitol) | 30 g | 60 Cal. |
| Low Fat Butter | 100 g | 717 Cal. |
| Milk Powder | 50 g | 250 Cal. |
| Salt | 15 g | 0 Cal. |
| Water | 600 ml | 0 Cal. |
| Yeast | 15 g | 15 Cal. |
| ***Total*** | ***1,885 g*** | ***4,757 Cal.*** |
|  | ***30 g*** | ***79 Cal.*** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1p** | **2p** | **3p** |
| White Dough | 60 g / 140 Cal. | 80 g /185 Cal. | 100 g / 231 Cal. |
| Spinach Filling | 60 g / 36 Cal. | 80 g / 48 Cal. | 100 g / 60 Cal. |
| ***TOTAL*** | **120 g / 176 Cal.** | **160 g / 233 Cal.** | **200 g / 291 Cal.** |

***BRISKET POTATO PIE***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Beef Marination for Brisket*** | | |
| Beef Striploin | 5 kg | 7500 Cal |
| Water | 3 liters | 0 |
| Fresh Thyme | 6 g | 6 Cal |
| Brown Sugar | 70 g | 280 Cal |
| Bay Leaves | 4 g | 0 |
| Rosemary | 14 g | 20 Cal |
| Chopped Garlic | 30 g | 45 Cal |
| Star Anise | 3 g | 9 Cal |
| Salt | 30 g | 0 |
| Soy Sauce | 150 g | 100 Cal |
| Black Pepper | 2 g | 0 |
| Meat Tenderized | 40 g | 120 Cal |
| ***Total*** | ***8,349 g***  ***4174g after cooking*** | ***8080 Cal***  ***1.94 Cal/g*** |

***Steak before cook 3,300 g, after cook is 1,900 g (Lose 1,400 g)***

***Note: Brisket steak need to be cleaned well from visible fat.***

***After Marination the beef:***

* ***After marination, put Thyme, Paprika, Salt, Black Pepper.***

|  |  |
| --- | --- |
| **Item Name** | **Quantity** |
| Paprika | 15 g |
| Black Pepper | 10 g |
| Rosemary & Thyme | 10 g |
| Salt | 10 g |
| Dijon Mustard | 30 g |

* ***Cooking: Cover it with the paper and aluminium, and then put in the oven for 3 hrs. under 200-degree temperatures.***

|  |  |  |
| --- | --- | --- |
| ***Brisket Batch Cooked:*** | | |
| Shredded Onion | 500 g | 200 Cal |
| Sugar | 10 g | 40 Cal |
| Brisket Beef | 500 g | 1000 Cal |
| Demi-Glace Sauce | 200 g | 60 Cal |
| Canola Oil | 50 g | 450 Cal |
| Salt | 10 g | 0 |
| White Pepper | 5 g | 15 Cal |
| Pomegranate Molasses | 30 g | 120 Cal |
| Crushed Black Pepper | 1 g | 3 Cal |
| ***Total*** | ***1306g***  ***1045 after cooking*** | ***1888 Cal***  ***1.8 Cal/g*** |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Potato:*** | | |
| Water | 2,600 liters | 0 |
| Cooking Cream | 150 g | 540 Cal |
| Potato Powder | 650 g | 2317 Cal |
|  |  |  |
| ***Total*** | ***3,400 g after cooking 2380g*** | ***2857 Cal***  ***1.2 Cal/g*** |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Potato Hash Full Batch:*** | | |
| Potato | 1,750 g | **2100 Cal** |
| Filling (Brisket Batch) | 1,300 g | **2340 Cal** |
| Breadcrumbs (on top) | 150 g | 400 Cal |
| Parmesan Cheese (on top) | 150 g | 600 Cal |
| Paprika | 5 g | 15 Cal |
| ***Total*** | ***3355g*** | ***5455 Cal***  ***1.62 Cal/g*** |
|  |  | |

***Method of cooking:***

1. ***Put 1 kg of potato in the base.***
2. ***Put 1.300 kg filling in the middle.***
3. ***Put 750 g of potato on top.***
4. ***Put 150 g of Breadcrumb on top.***
5. ***Put 150 g of Parmesan Cheese on top.***
6. ***Put 5 g Paprika on top for coloring.***

|  |  |  |  |
| --- | --- | --- | --- |
|  | 1p | 2p | 3p |
| Potato Hash piece | 200g = | 300g = | 350g = |
| Broccoli | 1 pcs | 1 pcs | 1 pcs |
| Carrot slices | 2 pcs = 20g | 2 pcs = 20g | 2 pcs = 20g |
|  | 270 Cal | 405 Cal | 472 Cal |

***Shrimp Curry with Mixed Vegetable Rice***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Curry Sauce:*** | | |
| Canola Oil | 15 g | 135 Cal. |
| Shredded Onion | 100 g | 40 Cal. |
| Chopped Garlic | 20 g | 30 Cal. |
| Chopped Ginger | 20 g | 20 Cal. |
| Green Apple | 75 g | 37 cal |
| Celery | 40 g | 8 Cal. |
| Carrot | 50 g | 20 Cal |
| Chopped Red Bell Pepper | 50 g | 17 Cal. |
| Chopped Fresh Tomato | 60 g | 10 Cal |
| Curry Powder | 25 g | 75 Cal. |
| Fish Stock | 1 liter | 100 Cal |
| Coconut Milk Powder | 40 g | 30 Cal. |
| Cooking Cream | 100 g | 350 Cal |
| Corn Flour | 10 g | 120 Cal |
| Salt | 10 g | 0 Cal. |
| White Pepper | 3 g | 9 Cal. |
| ***NOTE: Sauce to be Blended.*** | | |
| ***Total*** | ***1,618 g after cooking 1132 g*** | ***1000 Cal***  ***0.88 Cal/g*** |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Rice with Veg. Recipe:*** | | |
| White Rice | 1 kg | 3,650 Cal. |
| Canola Oil | 30 g | 270 Cal. |
| Bay Leaf | 2 g | 0 Cal. |
| Salt | 16 g | 0 Cal. |
| Water | 2 Liters | 0 Cal. |
| Steamed Green Peas | 120 g | 162 Cal. |
| Steamed Chopped Carrots | 120 g | 50 Cal. |
| Steamed Red Bell Pepper | 120 g | 30 Cal. |
| ***Total*** | ***3,408 g after cooking 2726g*** | ***4,162 Cal.*** |
|  | ***1.52 Cal./g.*** | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Portions** | **1P** | **2P** | **3P** |
| Shrimps | 75g / 110 Cal | 110g / 170 Cal | 125g / 185 Cal |
| Curry Sauce | 60g / 55 Cal | 90g / 80 Cal | 110g / 100 Cal |
| Rice with Veg. | 60g / 90 cal | 80g / 120 Cal | 120g / 180 Cal |
| Steamed Potato (Cubes) | 30g / 30 Cal | 30g / 30 Cal | 30g / 30 Cal |
| Steamed Carrot (Cubes) | 30g / 12 Cal | 30g / 12 Cal | 30g / 12 Cal |
| Coriander (Garnish) | Garnish) | Garnish) | Garnish) |
| ***Total*** | 310 Cal | 412 Cal | 510 Cal |

***Falafel Bowl Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Falafel Recipe*** | | |
|  |  |  |
| Chickpeas (soaked in water) | 10 kg will become 25kg after soaking in water | 38000 Cal. |
| Chopped Garlic | 1250 g | 3125 Cal. |
| Chopped Onion | 2500 g | 1000 Cal. |
| Leek (Raw) | 1000 g | 400 Cal. |
| Celery | 1000 g | 200 Cal. |
| Falafel Spices | 350 g | 1050 Cal. |
| Sesame | 250 g | 1500 Cal. |
| Salt | 140 g | 0 Cal. |
| Fresh coriander | 200g | 46 Cal |
| Ice | 500g | 0 |
| Sodium Bicarbonate | 70g | 0 |
| ***Total*** | ***32340 g***  ***After cooking 22638g*** | ***45321 Cal.*** |
| ***Fallafil Filling*** | ***2 Cal. / G.*** | |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Tahini Sauce*** | | |
| Tahini | 1 kg | 6000 Cal |
| Salt | 20 g | 0 Cal |
| Lemon Juice | 20 g | 5 Cal |
| Water | 1.5 liters | 0 Cal |
| ***Total*** | ***2540 g*** | 6005 Cal  2.36 Cal/g |

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1p** | **2p** | **3p** |
| Baked Falafel | (120g before cooking) 80 g cooked/ 160 Cal | (180g before cooking) 120 g cooked / 240 Cal | (200g before cooking) 150 g cooked / 300 Cal |
| Iceberg Lettuce | 80 g / 12 cal | 100 g / 15 Cal | 100 g / 15 Cal |
| Radish | 15 g / 3 Cal | 15 g / 3 Cal | 25 g / 4 Cal |
| Parsley | 5 g / 2 Cal | 5 g / 2 Cal | 5 g / 2 Cal |
| Chopped Tomato | 50 g / 9 Cal | 50 g / 9 Cal | 60 g / 11 Cal |
| Green Onion | 5 g / 2 Cal | 5 g / 2 Cal | 10 g / 4 Cal |
| Pickles | 20 g / 3 Cal | 20 g / 3 Cal | 30 g / 4 Cal |
| Tahini Sauce | 50 g / 118 Cal | 50 g / 118 Cal | 70 g / 165 Cal |
| ***TOTAL*** | ***325 g / 310 Cal.*** | ***365 g / 382 Cal.*** | ***450 g / 517 Cal.*** |

***Italian Chicken Pesto Pie:***

|  |  |  |
| --- | --- | --- |
| ***Pizza Dough*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| White Flour | 1000 g | 3600 Cal |
| Egg | 50 g | 75 Cal |
| Sugar (Maltitol) | 30 g | 66 Cal |
| Low Fat Butter | 100 g | 500 Cal |
| Milk Powder | 50 g | 179 Cal |
| Water | 580 g | 0 Cal |
| Yeast | 15 g | 15 Cal |
| ***Total*** | 1825 g before cook | 4435 Cal |
| 1679 g after cook |
| ***2.6 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Pesto Sauce*** | | |
| Fresh Basil | 100 g | 22 Cal. |
| Fresh Spinach | 50 g | 12 Cal. |
| Parmesan Cheese | 60 g | 259 Cal. |
| Ice Cubes | 30 g | 0 Cal. |
| Olive Oil | 30 g | 270 Cal. |
| Salt | 10 g | 0 Cal. |
| White Pepper | 1 g | 0 Cal. |
| Fresh Garlic | 10 g | 15 Cal |
| Water | 60 g | 0 Cal. |
| ***Total*** | ***350g*** | ***578Cal*** |
|  | ***1.65 Cal./G.*** | |

|  |  |  |  |
| --- | --- | --- | --- |
| ***Italian Chicken Pie*** | | | |
|  | 1p | 2p | 3p |
| Pizza Dough | 60g / 156 Cal | 80g / 208 Cal | 100 g / 260 Cal |
| Cooked Chicken | 30g / 60 Cal | 40g / 80 Cal | 50 g/ 90 Cal |
| Pesto Sauce | 10g / 17 cal | 15g / 25 Cal | 20 g / 33 Cal |
| Mozzarella | 15g / 50 Cal | 20g / 66 Cal | 40 g / 133 Cal |
| Parmesan Cheese | 5g / 20 Cal | 8g / 32 Cal | 10 g / 40 Cal |
| ***Total*** | ***120g/303 Cal*** | ***163 g/ 411 Cal*** | ***220 g/ 556 Cal*** |

***Mexican Beef Wrap Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| Beef Topside | 1 kg | **1500** |
| Olive Oil | 20 g | **180** |
| Fajita Seasoning | 20 g | **60** |
| Paprika | 5 g | **15** |
| Worchester Sauce | 20 g | **10** |
| Mix Bell Pepper | 200 g | **50** |
| Chopped Onion | 200 g | **80** |
| Salt | 10 g | **0** |
| ***Total*** | ***1475g after cooking 1032g*** | ***1895 cal***  ***1.85 cal/g*** |

|  |  |  |
| --- | --- | --- |
| ***Thousand Island Sauce for 1 Kg*** | | |
| Light Mayonnaise | 100 g | 270 |
| Worchester Sauce | 10 g | 8 |
| Dijon Mustard | 15 g | 12 |
| Pickles | 20 g | 0 |
| Ketchup | 40 g | 60 |
| Tabasco | 2 g | 0 |
| ***Total*** | ***187g*** | ***350 Cal***  ***1.87 cal/g*** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1P** | **2P** | **3P** |
| White Tortilla Bread | 60g / 160 | 60g / 160 | 90 g / 240 Cal |
| Mexican Beef | 50g / 92 | 60g / 108 | 80 g / 148 Cal |
| Cheese Mix ***(Mozzarella (20 g) & Cheddar (10 g)*** | 15g / 50 | 20g / 66 | 30 g / 100 Cal |
| Thousand Island | 15g / 28 Cal | 20g / 37 | 30 g / 56 cal |
| Rocca | 5g | 5g | 5g |
| Crushed Black Pepper | To taste | To taste | 1 g (To Taste) / 3 Cal |
| ***Total*** | ***330 cal*** | ***371 cal*** | ***546 Cal*** |

***Roast Chicken Rich in Mushroom Sauce with Broccoli, Carrots & Zucchini***

|  |  |  |
| --- | --- | --- |
| ***Mushroom Sauce*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Dry Mushroom (Porcini Mushroom) | 100 g | 380 Cal |
| Button Mushroom | 1000 g | 220 Cal |
| Shitake Mushroom | 100 g | 35 Cal |
| Water | 1000 g | 0 Cal |
| Garlic Fresh | 10 g | 15 Cal |
| In-House Demi-Glace | 2000 g | 1320 Cal |
| Cooking Cream | 500 g | 620 Cal |
| Black Pepper | 5 g | 0 Cal |
| ***Total*** | 4710 g before cook | 2590 Cal |
| 4004 g after cook |
| ***0.65 Cal/g*** | |

|  |  |  |  |
| --- | --- | --- | --- |
| ***Item Name*** | ***1P*** | ***2P*** | ***3P*** |
| Chicken Breast | 90 g / 180 Cal | 110 g / 220 Cal | 125 g / 250 Cal |
| Mushroom Sauce | 50 g / 33 Cal | 70 g / 46 Cal | 100 g / 65 Cal |
| Broccoli | 50 g / 17 Cal | 50 g / 17 Cal | 50 g / 17 Cal |
| Carrot | 50 g / 17 Cal | 50 g / 17 Cal | 50 g / 17 Cal |
| Zucchini | 50 g / 10 cal | 50 g / 10 cal | 50 g / 10 cal |
| ***Total*** | ***257 Cal*** | ***310 Cal*** | ***359 Cal*** |

***Buddha Bowl Recipe:***

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1p** | **2p** | **3p** |
| Cooked Sweet Potato | 50 g / 38 Cal. | 80 g / 61 Cal. | 100 g / 76 Cal. |
| Cooked Chickpeas | 30 g / 49 Cal. | 50 g / 82 Cal. | 60 g / 98 Cal. |
| Cooked Onion | 30 g / 12 Cal. | 30 g / 12 Cal. | 30 g / 24 Cal. |
| Spring Onions | 10 g / 3 Cal. | 10 g / 3 Cal. | 20 g / 6 Cal. |
| Beetroot | 50 g / 13 Cal. | 60 g / 15 Cal. | 100 g / 26 Cal. |
| Raw Avocado | 30 g / 50 Cal. | 50 g / 84 Cal. | 60 g / 100 Cal. |
| Tarator Sauce | 45 g / 99 Cal. | 50 g / 120 Cal. | 50 g / 120 Cal. |
| Iceberg Lettuce | 50 g / 8 Cal. | 50 g / 8 Cal. | 50 g / 8 Cal. |
| Rocca | 10 g / 5 Cal. | 10 g / 5 Cal. | 10 g / 5 Cal. |
| ***TOTAL*** | ***305 g / 277 Cal.*** | ***390 g / 390 Cal.*** | ***500 g / 515 Cal.*** |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Tarator Sauce*** | | |
| Lemon Juice | 20 g | 5.5 Cal. |
| Tahini Paste | 550 g | 3,256 Cal. |
| Salt | 15 g | 0 Cal. |
| Water | 750 g | 0 Cal. |
| ***Total*** | ***1,335 g*** | ***3,261.5 Cal.*** |
|  | ***2.4 Cal. / G.*** | |