***Vegetables Biryani Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| Basmati Rice | 1 kg | 3,650 Cal. |
| Chopped Onion | 120 g | 48 Cal. |
| Chopped Garlic | 30 g | 45 Cal. |
| Leek | 120 g | 73 Cal. |
| Celery | 30 g | 5 Cal. |
| Bay Leaves | 2 g | 6 Cal. |
| Green Chili | 10 g | 4 Cal. |
| Carrot Cubes | 500 g | 200 Cal. |
| Chopped Ginger | 30 g | 100 Cal. |
| Salt | 20 g | 0 Cal. |
| Chicken Stock | 10 g | 38 Cal. |
| Olive Oil | 60 g | 540 Cal. |
| Fresh Coriander | 4 g | 12 Cal. |
| Fresh Cardamon | 2 g | 6 Cal. |
| Biryani Spices | 40 g | 120 Cal. |
| Cumin | 3 g | 6 Cal. |
| Turmeric | 5 g | 15 Cal. |
| Red Bell Pepper | 500 g | 80 Cal. |
| Green Peas | 300 g | 243 Cal. |
| Zucchini | 500 g | 60 Cal. |
| Osfor | 2 g | 0 Cal. |
| Light Butter | 25 g | 85 Cal. |
| ***All Vegetables to be cut cubes medium size*** | | |
| Water | 2.5 liters | 0 Cal. |
| ***Total*** | ***5,813 g before cooking, 4,761 g after cooking*** | ***5,336 Cal.*** |
|  | ***1.12 Cal./g.*** | |
| ***Sauce For 1 liter*** | | |
| Fresh Tomato no skin | 1 kg | 180 Cal. |
| Red Pepper | 150 g | 39 Cal. |
| Tomato Paste | 35 g | 30 Cal. |
| Salt | 10 g | 0 Cal. |
| Coriander Powder | 5 g | 3 Cal. |
| Chopped Fresh Mint | 5 g | 3 Cal. |
| Tabasco | 3 g | 0 Cal. |
| ***Total*** | ***1,208 g before cooking, 966 g after cooking*** | ***255 Cal.*** |
|  | ***0.26 Cal./g.*** | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Portions** | **1P** | **2P** | **3P** |
| Biryani Rice | 150 g / 180 Cal. | 250 g / 300 Cal. | 300 g / 360 Cal. |
| Biryani Sauce | 50 g / 13 Cal. | 70 g / 18.2 Cal. | 100 g / 26 Cal. |
| Roasted Cashew | 10 g / 50 Cal. | 15 g / 82 Cal. | 20 g / 110 Cal. |
| Chopped Coriander | Sprinkle | Sprinkle | Sprinkle |
| ***Total*** | ***215 g / 275 Cal.*** | ***335 g / 401 Cal.*** | ***420 g / 496 Cal.*** |

***Potato Souffle with Mozzarella Cheese Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| Water | 2,600 liters | 0 Cal. |
| Cooking Cream | 150 g | 490 Cal. |
| Potato Powder | 650 g | 2,320 Cal. |
| Minced Beef Mix with onion (Cooked) | 1 kg | 1,500 Cal. |
| White Pepper | 5 g | 10 Cal. |
| Chopped Parsley | 10 g | 20 Cal. |
| Breadcrumbs | 15 g | 60 Cal. |
| Mozzarella Cheese | 500 g | 1,585 Cal. |
| Almond Sticks | 50 g | 193 Cal. |
| ***Total*** | ***4,980 g*** | ***6,168 Cal.*** |
|  | ***1.2 Cal./G.*** | |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Minced Beef Recipe for Potato Souffle:*** | | |
| Canola Oil | 40 g | 360 Cal. |
| Chopped Onion | 625 g | 250 Cal. |
| Chopped Beef Topside (Raw) | 1 kg | 1,571 Cal. |
| Salt | 5 g | 0 Cal. |
| White Pepper | 2 g | 6 Cal. |
| ***Total*** | ***1,672 g before cooking, 1,400 g after cooking.*** | ***2,187 Cal.*** |
|  | ***1.5 Cal./G.*** | |

***Note: The cooking will be by tray, for each tray will 4.5 kg before cook, and after cook will be 4.3 kg.***

* ***So total of potato souffle is 1.35 Cal/G.***

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1P** | **2P** | **3P** |
| Potato Souffle | 200 g / 270 Cal. | 330 g / 445 Cal. | 400 g / 540 Cal. |
| Broccoli | 36 g / 12 Cal. | 36 g / 12 Cal. | 36 g / 12 Cal. |
| Carrots | 30 g / 12 Cal. | 30 g / 12 Cal. | 30 g / 12 Cal. |

***Method of Cooking:***

1. ***Put the breadcrumb in the base.***
2. ***Put 1.5 kg Potato as 1st layer.***
3. ***Put 1 kg of Minced Beef.***
4. ***Then again put 1.5 kg Potato as 2nd layer.***
5. ***Finally put 500 g of Mozzarella Cheese on the top of the tray.***
6. ***Cook on temperature 160 degree with 25 Minutes only.***

***Total tray before cook is 4.5 kg and after cook becomes 4.3 kg.***

***Each one tray can make 13 orders if the portion is 300 g.***

***Shrimp Kabse Recipe:***

|  |  |  |
| --- | --- | --- |
| ***Kabse Rice*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Bay Leaves | 1 g |  |
| Dry Cardamom | 2 g |  |
| Cinnamon Stick | 6 g |  |
| Turmeric | 10 g |  |
| Kabse Spices | 12 g |  |
| Basmati Rice | 1000 g |  |
| Raisins | 100 g |  |
| Garam Masala | 12 g |  |
| Carrot Cubes | 200 g |  |
| Chopped Onion | 200 g |  |
| Chopped Garlic | 40 g |  |
| Olive Oil | 30 g |  |
| Salt | 13 g |  |
| Chopped Ginger | 30 g |  |
| Chicken Stock | 40 g |  |
| Water | 2250 g |  |
| Green Capsicum | 100 g |  |
| Tomato | 100 g |  |
| ***Total*** | 4146 g before cook | 4650 Cal |
| 3580 g after cook |
| ***1.3 Cal/g*** | |

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| --- | --- | --- |
| ***Biryani Sauce*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Fresh Tomato no skin | 1000 g | 150 Cal |
| Red Pepper | 150 g | 60 Cal |
| Tomato Paste | 100 g | 100 Cal |
| Salt | 10 g | 0 Cal |
| Coriander Powder | 5 g | 15 Cal |
| Chopped Fresh Mint | 5 g | 0 Cal |
| Tabasco | 3 g | 0 Cal |
| Garlic | 18 g | 25 Cal |
| Cumin | 5 g | 20 Cal |
| ***Total*** | 1296 g | 370 Cal |
| ***0.30 Cal/g*** | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Portion** | **1p** | **2p** | **3p** |
| Rice Mix | 100g = 140 Cal | 150g = 210 Cal | 200g = 280 Cal |
| Shrimps | 75g = 150 Cal | 90g = 180 Cal | 120g = 240 Cal |
| Raisins | 5g / 15 Cal | 5g / 15 Cal | 5g / 15 Cal |
| Coriander | Garnish | Garnish | Garnish |
| Cashews | 5g / 25 Cal | 5g / 25 Cal | 5g / 25 Cal |
| Sauce Biryani (0.3 Cal/g) | 15 = 50g | 100g = 33 Cal | 100g = 33 Cal |

***Green Harissa Chicken with Dates Couscous***

|  |  |  |
| --- | --- | --- |
| ***Chicken Marination*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Chicken Breast | 1000 g | 1200 Cal |
| Shallots | 70 g | 50 Cal |
| Garlic | 15 g | 20 Cal |
| Fresh Mint | 15 g | 0 Cal |
| Fresh Coriander Leaves | 10 g | 0 Cal |
| Canola Oil | 60 g | 530 Cal |
| Lemon Juice | 80 g | 20 Cal |
| Fennel Seeds | 20 g | 70 Cal |
| Salt | to taste | 0 Cal |
| Black Pepper | to taste | 0 Cal |
| Cumin Seeds | 20 g | 80 Cal |
| ***Total*** | 1290 g before cook | 1970 Cal |
| 1097 g after cook |
| ***1.80 Cal/g*** | |

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| --- | --- | --- |
| ***Dates Couscous Mixed*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Couscous (Cooked) | 200 g | 220 Cal |
| Mix Bell Pepper | 90 g | 30 Cal |
| Dates | 100 g | 350 Cal |
| Mint leaves | 10 g | 0 Cal |
| Coriander leaves | 15 g | 0 Cal |
| Pepper | to taste | 0 Cal |
| Salt | to taste | 0 Cal |
| ***Total*** | 415 g before cook | 600 Cal |
| 353 g after cook |
| ***1.70 Cal/g*** | |

|  |  |  |  |
| --- | --- | --- | --- |
| ***Green Harissa Chicken with Dates Couscous*** | | | |
| **Item Name** | **1P** | **2P** | **3P** |
| Lemon Herb Chicken | 90g / 162 Cal. | 100 g /180 Cal. | 120 g / 216 Cal |
| Dates Couscous Mixed | 100 g / 170 Cal. | 120 g / 204 Cal. | 150 g / 255 Cal |
| Pomegranate Molasses | 20g/ 45 Cal | 20g/ 45 Cal | 20g/ 45 Cal |
| ***Total*** | ***210g /377 Cal*** | ***240 g /429Cal*** | ***290g /516 Cal*** |

***Vegetarian Meatballs with Sweet Potato Wedges***

|  |  |  |
| --- | --- | --- |
| ***Vegetable Meatballs*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Cooked Quinoa | 185 g | 220 Cal |
| Black Beans (Drained) | 450 g | 410 Cal |
| Water | 30 g | 0 Cal |
| Garlic | 10 g | 15 Cal |
| Diced Shallots | 75 g | 50 Cal |
| Salt | 1 g | 0 Cal |
| Fresh Oregano | 4 g | 10 Cal |
| Red Pepper Flakes | 2 g | 0 Cal |
| Fennel Seeds | 2 g | 5 Cal |
| Parmesan Cheese | 50 g | 210 Cal |
| Tomato Paste | 30 g | 25 Cal |
| Fresh Basil | 15 g | 0 Cal |
| Worcestershire Sauce | 20 g | 15 Cal |
| ***Total*** | 874 g before cook | 960 Cal |
| 743 g after cook |
| ***1.29 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| ***Tomato Sauce*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Fresh Tomato Pealed | 100 g | 170 Cal |
| Chopped Onion | 100 g | 40 Cal |
| Chopped Garlic | 30 g | 45 Cal |
| Tomato Paste | 150 g | 150 Cal |
| Olive Oil | 20 g | 180 Cal |
| Salt | 15 g | 0 Cal |
| White Pepper | 1 g | 3 Cal |
| Sugar | 5 g | 20 Cal |
| Water | 700 g | 0 Cal |
| ***Total*** | 1121 g before cook | 608 Cal |
| 953 g after cook |
| ***0.64 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Sweet Potato Wedges*** | | |
| Sweet Potato Wedges | 1 kg | 800 cal |
| Olive Oil | 10 g | 90 cal |
| Garlic Powder | 2.5 g | 7 Cal |
| Salt | 7.5 g | 0 |
| White Pepper | 1 g | 3 Cal |
| Turmeric Powder | 1.5 g | 5 Cal |
| Oregano | 1 g | 1 Cal |
| Fresh Thyme | 3 g | 3 cal |
|  | 1026g after cooking 718g | 909 Cal  1.26 Cal/g |

|  |  |  |  |
| --- | --- | --- | --- |
| ***Vegetarian Meatballs with Sweet Potato Wedges*** | | | |
| **Item Name** | **1P** | **2P** | **3P** |
| Meatballs | 120 g / 155 Cal | 150 g / 195 Cal | 180 g / 234 Cal |
| Tomato Sauce | 90 g / 57 Cal | 120 g / 77 Cal | 150 g / 96 Cal |
| Sweet Potato Wedges | 60g / 72 Cal | 100g / 120 Cal | 120g / 144 Cal |
| Parsley | 1 g | 1 g | 1 g |
| Almond Sticks | 5 g | 5 g | 5 g |
| ***Total*** | ***270 g / 284Cal*** | ***370 g / 392 Cal*** | ***450 g / 474 Cal*** |

***Koussa Bil Laban Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Zucchini*** | | |
| Zucchini |  |  |
| ***Filling*** | | |
| Chopped Beef (Minced) | 520 g | 1,320 Cal. |
| Egyptian Rice | 260 g | 930 Cal. |
| Chopped Onion | 130 g | 5 Cal. |
| Salt | 13 g | 0 Cal. |
| Cinnamon Powder | 8 g | 18 Cal. |
| Canola Oil | 26 g | 234 Cal. |
| Water | 40 g | 0 Cal. |
| ***Total*** | ***1,000 g*** | ***2,507 Cal.*** |
|  | ***2.5 Cal. /G.*** | |
| ***Yogurt*** | | |
| Light Yogurt | 1 kg | 640 Cal. |
| Water | 70 g | 0 Cal. |
| Chopped Garlic | 10 g | 15 Cal. |
| Salt | 8 g | 0 Cal. |
| Fresh Mint | 10 g | 1 Cal. |
| Corn Flour | 20 g | 72 Cal. |
| ***Total*** | ***1,118 g before cook, 1kg after cooking.*** | ***728 Cal.*** |
|  | ***0.72 Cal./ G.*** | |

***Note: Every 70 g of cooked Stuffed Zucchini is 40 g equal to 6 Cal. And 30 g of Rice with Meat Mix is equal to 66 Cal.***

* ***So, every 70 g of Stuffed Zucchini = 70 Cal.***
* ***1 pcs of cooked zucchini with meat is equal to 70 – 90 g according to the piece.***

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1p** | **2p** | **3p** |
| Cooked Yogurt | 180 g / 160 Cal. | 220 g / 216 Cal. | 250 g / 288 Cal. |
| Stuffed Cooked Zucchini | (120 g - 150 g) around 2 pcs | (170 g - 200 g) around 3 pcs | (280 g – 300 g) around 4 pcs |
| Dried Mint (Garnish) | Sprinkle | Sprinkle | Sprinkle |
| ***Total Calories*** | ***310 Cal.*** | ***466 Cal.*** | ***638 Cal.*** |

***Chicken Kebab with Vermicelli Rice Recipe:***

|  |  |  |
| --- | --- | --- |
| ***Chicken Kebab*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Chicken Breast Minced | 1000 g | 1200 Cal |
| Coriander Powder | 10 g | 0 Cal |
| Paprika Powder | 10 g | 30 Cal |
| Cumin Powder | 10 g | 40 Cal |
| Garlic Paste | 10 g | 15 Cal |
| Ginger Paste | 10 g | 10 Cal |
| Salt | 8 g | 0 Cal |
| Lime Juice | 20 g | 0 Cal |
| Sesame Oil | 20 g | 180 Cal |
| Black Pepper | 3 g | 0 Cal |
| Fresh Coriander | 20 g | 0 Cal |
| Onion Chopped | 20 g | 10 Cal |
| ***Total*** | 1141 g before cook | 1485 Cal |
| 970 g after cook |
| ***1.53 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Vermicelli Rice:*** | | |
| Rice | 1 kg | 3,640 Cal. |
| Vermicelli | 200 g | 730 Cal. |
| Canola Oil | 90 g | 810 Cal. |
| Salt | 25 g | 0 Cal. |
| Water | 2.250 liters | 0 Cal. |
| ***TOTAL*** | ***3,567 g after cooking 2,497 g*** | ***5,180 Cal./ 2.1 Cal./g.*** |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Tomato Sauce:*** | | |
| Olive Oil | 10 g | 90 Cal. |
| Chopped Onion | 100 g | 40 Cal. |
| Chopped Garlic | 10 g | 15 Cal. |
| Fresh Tomato (Raw) | 1 kg | 180 Cal. |
| Tomato Paste | 60 g | 50 Cal. |
| Salt | 10 g | 0 Cal. |
| *Note: 1 kg of fresh tomato gives 850 g after peeling.* | | |
| ***TOTAL*** | ***1,185 g after cooking 830 g*** | ***375 Cal./ 0.45 Cal./g*** |

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| --- | --- | --- | --- |
| **Portions** | **1P** | **2P** | **3P** |
| Vermicelli Rice | 40g = 80 Cal | 80g = 160 Cal | 120g = 240 Cal |
| Chicken Kabab (Burger Shape) | 2 pcs = 80g = 160 Cal | 3 pcs = 120g = 240 Cal | 4 pcs = 165g = 330 Cal |
| Red Tomato Sauce | 70g = 35 Cal | 100g = 50 Cal | 120g = 60 Cal |
| Grilled Eggplant (Round Shape) | 2 pcs = 30g = 15 Cal | 3 pcs = 45g = 22 Cal | 4 pcs = 60g = 30 Cal |
| Grilled Mushroom | 30g = 15 Cal | 30g = 15 Cal | 30g = 15 Cal |
| Grilled Red Bell Pepper | 25g = 9 Cal | 25g = 9 Cal | 25g = 9 Cal |
| ***TOTAL*** | 314 Cal | 496 Cal | 684 Cal |

**1 Piece Kabab = 40g after cooking (before cooking 45g)**

**Grilled Eggplant (Round Shape): 1 pc is equal to 10 to 15 g.**

***Cajun Salmon with Sundried Tomato Pesto Veggies serve in Lemon Dill Sauce***

|  |  |  |
| --- | --- | --- |
| ***Salmon Marination*** | | |
| *Item Name* | *Quantity (g)* | *Calories* |
| Salmon | 800 g | 1660 Cal |
| Cajun Seasoning | 15 g | 0 Cal |
| Smoked Paprika | 1 g | 0 Cal |
| Olive Oil | 10 g | 90 Cal |
| ***Total*** | 826 g before cook | 1750 Cal |
| 702 g after cook |
| ***2.49 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Dill Sauce*** | | |
| Milk low fat | 250 g | 120 Cal |
| Cooking Cream | 750 g | 2550 Cal |
| Salt | 7 g | 0 |
| White Pepper | 1 g | 0 |
| Lemon Juice | 40 g | 10 Cal |
| Dill | 15 g | 10 Cal |
|  | 1063g  850g after cooking | 2690 Cal  3.16 Cal/g |

|  |  |  |
| --- | --- | --- |
| ***Sundried Tomato-Blend until paste texture*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Sundried Tomato | 250 g | 560 Cal |
| Sundried Tomato Oil | 100 g | 200 Cal |
| Water | 50 g | 0 Cal |
| ***Total*** | 400 g | 760 Cal |
| ***1.90 Cal/g*** | |

|  |  |  |  |
| --- | --- | --- | --- |
| ***Item Name*** | ***1P*** | ***2P*** | ***3P*** |
| Salmon | 100 g / 158 Cal | 120 g / 298 Cal | 150 g / 373 Cal |
| Dill Sauce  (Separate) | 20 g / 63 Cal | 40 g / 126 Cal | 40 g / 126 Cal |
| Steamed Carrots  tossed in sundried tomato-10g/19 cal | 60 g/ 44 Cal | 60 g/ 44 Cal | 60 g/ 44 Cal |
| Steamed Baby Marrow  tossed in sundried tomato-10g/19 cal | 60 g/ 34 Cal | 60 g/ 34 Cal | 60 g/ 34 Cal |
| ***Total*** | ***240g/299 Cal*** | ***280/502 Cal*** | ***310g/577 Cal*** |

***Lasagna Verduri Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Red Sauce for 2 kg*** | | |
| Olive Oil | 60 g | 540 Cal. |
| Chopped Onion | 200 g | 80 Cal. |
| Chopped Garlic | 60 g | 90 Cal. |
| Fresh Tomato no skin | 2 kg | 360 Cal. |
| Tomato Paste | 600 g | 492 Cal. |
| Water | 1 liter | 0 Cal. |
| White Pepper | 2 g | 6 Cal. |
| Salt | 40 g | 0 Cal. |
| Oregano | 10 g | 2 Cal. |
| ***Total*** | ***3,972 g before cooking, 2,967 g after cooking*** | ***1,570 Cal.*** |
| ***Red Sauce*** | ***0.53 Cal./G.*** | |
| ***Note: Red Sauce before cook is 3,967 g, after cook becomes 2,967 g.*** | | |
| ***Sauce Bechamel*** | | |
| Light Butter | 75 g | 525 Cal. |
| White Flour | 75 g | 255 Cal. |
| Water (check the note down) | 1,800 ml | 0 Cal. |
| Chicken Stock (Mix with water) | 30 g | 68 Cal. |
| Cooking Cream | 500 ml | 1,640 Cal. |
| Corn Flour | 50 g | 170 Cal. |
| Low Fat Milk | 900 ml | 400 Cal. |
| Salt | 13 g | 0 Cal. |
| Nutmeg | 2 g | 0 Cal. |
| Black Pepper | 2 g | 0 Cal. |
| ***Total*** | ***3,447 g*** | ***3,058 Cal.*** |
| ***Bechamel Sauce*** | ***1.25 Cal./G.*** | |
| ***Note: Bechamel Sauce before cook is 3,447 g, after cook becomes 2,447 g.*** | | |
| ***Note: Mix water with chicken stock together then put in the pan little by little nd mix it well.*** | | |
| ***Sauteed Vegetables:*** | | |
| Olive Oil | 40 g | 360 Cal. |
| Carrots | 250 g | 100 Cal. |
| Zucchini | 350 g | 60 Cal. |
| Eggplant (Raw) | 350 g | 88 Cal. |
| Bell Pepper | 350 g | 56 Cal. |
| Asparagus | 120 g | 22 Cal. |
| Mushroom | 350 g | 77 Cal. |
| ***Total*** | ***1,810 g before cooking, 1,448 g after cooking.*** | ***763 Cal.*** |
|  | ***0.52 Cal./g.*** | |

* ***Lasagna for one Tray:***

1. **Lasagna 425 g => 1,470 Cal.**
2. **Red Sauce 1 kg => 530 Cal.**
3. **Sauteed Veg. 1 kg => 520 Cal.**
4. **Bechamel Sauce 1.5 kg => 1,875 Cal.**
5. **Mozzarella Cheese 500 g => 1,580 Cal.**

***Total: 4,420 g => 6,000 Cal.***

* ***1.3 Cal./g.***

***Method of Cooking:***

***Lasagna Tray:***

1. Lasagna Pasta: 1 pack for 500 g
2. First put 600 g of bechamel sauce in the base.
3. Put lasagna pasta around 10 pcs.
4. ***In another tray,*** put 1 Kg of Red Sauce, then add Vegetables 1 kg so total will be Sauce with Vegetables around 2 kg. Then add bechamel sauce 250 g, Mix all together (Vegetables, red sauce, and bechamel sauce).
5. Will go again for 1st tray, add 1 kg of mixed vegetables from 2nd tray.
6. For 2nd layer add lasagna pasta around 10 pcs.
7. Add again 1 kg of mixed Vegetables (Veg., red sauce, bechamel sauce).
8. For 3rd layer, put lasagna pasta around 10 pcs.
9. Add 600 g of Bechamel sauce on top.
10. Put 500 g of Mozzarella Cheese on the top.
11. Temperature cook: 160-degree, time: 25 min.

* ***Note***: We used red sauce 1 kg only.
* ***Note***: We used bechamel sauce 1.5 kg only.
* ***Note:*** We used Vegetables 1 kg.

|  |  |  |  |
| --- | --- | --- | --- |
| **Portions** | **1P** | **2P** | **3P** |
| Lasagna | 250 g / 325 Cal. | 350 g / 455 Cal. | 450 g / 585 Cal. |
| Cherry Tomato (Garnish) | 15 g / 2.5 Cal. | 15 g / 2.5 Cal. | 15 g / 2.5 Cal. |
| Fresh Basil (Garnish) | 3 leaves’ (1g) | 3 leaves’ (1g) | 3 leaves’ (1g) |
| ***Total*** | ***265 g / 328 Cal.*** | ***365 g/ 457 Cal.*** | ***465 g / 588 Cal.*** |

***Shrimp Provencal***

|  |  |  |
| --- | --- | --- |
| ***Provencale Sauce*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Olive Oil | 50 g | 450 Cal |
| Garlic Minced | 20 g | 30 Cal |
| Onion Chopped | 200 g | 80 Cal |
| Red Sweet Pepper | 200 g | 60 Cal |
| Diced Tomatoes | 500 g | 90 Cal |
| Vegetable Broth | 150 g | 10 Cal |
| Ground Cumin | 2 g | 10 Cal |
| Ground Coriander | 2 g | 5 Cal |
| Paprika Powder | 2 g | 5 Cal |
| Turmeric Powder | 1 g | 0 Cal |
| Black Pepper Ground | 1 g | 0 Cal |
| Cinnamon | 1 g | 0 Cal |
| Lemon Juice | 15 g | 0 Cal |
| Basil Fresh (chopped) | 5 g | 0 Cal |
| Fresh Thyme | 1 g | 0 Cal |
| Parsley Fresh | 15 g | 5 Cal |
| Salt | to taste | 0 Cal |
| ***Total*** | 1165 g before cook | 745 Cal |
| 990 g after cook |
| ***0.8 Cal/g*** | |

**Note: Season the shrimp with salt and pepper, then grill it until the color changes.**

|  |  |  |
| --- | --- | --- |
| ***White Rice*** | | |
| **Item Name** | **Quantity** | **Calorie** |
| 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. |
| ***Total*** | ***3,048 g before cooking, 2,743 g after cooking*** | ***3,920 Cal.*** |
|  | 1.4 Cal./g. | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1P** | **2P** | **3P** |
| White Rice | 80g / 120 Cal | 120g / 180 Cal | 150g / 210 Cal |
| Grilled Shrimps | 90 g / 153 Cal | 125 g / 212 Cal | 150 g / 254 Cal |
| Provencal Sauce | 80g / 64 Cal | 120g / 96 Cal | 120g / 96 Cal |
| Parsley Fresh | Garnish | Garnish | Garnish |
| ***Total*** | ***250g/321 Cal*** | ***365 g/488 cal*** | ***420g/560 Cal*** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Portions** | **1P** | **2P** | **3P** |
| Grilled Shrimp | 75g / 110 Cal | 110g / 170 Cal | 125g / 185 Cal |
| White Rice | 120g / 120 Cal | 150g / 150 Cal | 200 g / 200 Cal |
| Sauce | 60g / 72 Cal | 90g / 108 Cal | 120g / 144 Cal |
| Lemon Wedges | 20 g | 20 g | 20 g |
| Parsley | 1 g | 1 g | 1 g |
| ***Total*** | 297 cal | 378 cal | 494 cal |

***Dijon Mustard Chicken with green beans, peas and carrots tossed in pesto sauce Recipe:***

|  |  |  |
| --- | --- | --- |
| ***Mustard Sauce*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Olive Oil | 20 g | 170 Cal |
| Chopped Onion | 80 g | 30 Cal |
| Turmeric Powder | 10 g | 35 Cal |
| Water | 100 g | 0 Cal |
| Low Fat Milk | 500 g | 210 Cal |
| Cooking Cream | 1000 g | 3600 Cal |
| Whole Grain Mustard | 80 g | 80 Cal |
| Chicken Stock | 20 g | 0 Cal |
| White Pepper | 1 g | 3 Cal |
| Salt | 3 g | 0 Cal |
| ***Total*** | 1814 g before cook | 4128 Cal |
| 1542 g after cook |
| ***2.7 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Chicken Marination*** | | |
| Chicken Breast | 5 kg | 6000 Cal. |
| Fresh Rosemary Paste | 100 g | 167 Cal. |
| Garlic Paste | 50 g |  |
| Salt | 20 g | 0 Cal. |
| White Pepper | 20 g | 15 Cal. |
| Fresh Oregano Paste | 100 g | 500 Cal. |
| Lemon Juice | 100 g | 370 Cal. |
|  | 6510g  After cooking 4557 g | 7052 Cal  1.54 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.*** | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1P** | **2P** | **3P** |
| Chicken Breast | 90 g/139 Cal | 120 g/185 Cal | 150 g/231 Cal |
| Mustard Sauce (On the Side) | 25 g/72 Cal | 60 g/173Cal | 80 g/230 Cal |
| Green Peas  tossed in Pesto Sauce 10g/17 Cal | 30 g/ 47 Cal | 40 g/57 Cal | 50 g/67 Cal |
| Green Beans  tossed in Pesto Sauce 10g/17 Cal | 30 g/29 Cal | 40 g/31 Cal | 50 g/31 Cal |
| Carrot  tossed in Pesto Sauce 10g/17 Cal | 30 g/29 Cal | 40 g/31 Cal | 50 g/31 Cal |
| ***Total*** | ***195 g / 316 Cal.*** | ***340 g / 477 Cal.*** | ***450 g / 590Cal.*** |

Double Container

***Bulgur Bi Bandoura Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Grams** | **Calories** |
| Bulgur Cooked | 500 g | 420 Cal. |
| Olive Oil | 20 g | 17080 Cal. |
| Onions | 80 g | 30 Cal. |
| Fresh Tomato | 120 g | 30 Cal. |
| Tomato Paste | 85 g | 80 Cal. |
| Sweet Pepper Green | 80 g | 20 Cal. |
| Salt | 5 g | 0 Cal. |
| White Pepper | 2 g | 0 Cal. |
| Cardamom | 5 g | 20 Cal. |
| Total Before cooking | 897 g | 770 Cal. |
| ***Total After cooking*** | ***805 g*** |  |
| ***1 Cal./g.*** | | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredients** | **1p** | **2p** | **3p** |
| Bulgur Bi Bandoura | 250 g | 350 g | 400 g |
| Rocca | 5 g | 5 g | 5 g |
| Cherry Tomato | 30 g | 30 g | 30 g |
| Radish | 10 g | 10 g | 10 g |
| Low Fat Yogurt fennel and cucumber mix | 50g | 100g | 100g |
| ***Total*** | ***345g/280 Cal*** | ***495g/410Cal*** | ***545g/450 Cal*** |

***Kafta Skewers with Yogurt Tahini***

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** | |
| Beef Topside  (95% Lean Meat 5% Fat) | 1 kg | 1370 Cal | |
| Chopped Onion | 120 g | 50 Cal | |
| Red Curry Paste | 60 g | 80 Cal | |
| Sweet Pepper Green | 100 g | 20 Cal | |
| Salt | 10 g | 0 Cal | |
| White Pepper | 2 g | 0 Cal | |
| Nutmeg Powder | 7 g | 40 Cal | |
| White Bread | 50 g | 140 Cal | |
| Low Fat Milk | 50 g | 20 Cal | |
| Spray Oil |  |  | |
| ***Total*** | ***1399 g***  ***After cooking 1245 g*** | | ***1720 Cal***  ***1.38 Cal/g*** |

|  |  |  |
| --- | --- | --- |
| ***Greek Style Yogurt Tahini*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Tahini | 50 g | 300 Cal |
| Greek Style Yogurt | 80 g | 45 Cal |
| Lemon Juice | 15 g | 0 Cal |
| Water | 30 g | 0 Cal |
| Sumac | 10 g | 5 Cal |
| Salt | to taste | 0 Cal |
| Pepper | to taste | 0 Cal |
| ***Total*** | 175 g | 350 Cal |
| ***2 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Bread with Veg.*** | | |
| Arabic Bread | 15 g | 40 Cal |
| Red Pepper Paste | 30 g | 10 Cal |
| Parsley | 8 g | 10 Cal |
| Onion | 15 g | 0 Cal |
| Fresh Tomato | 50 g | 10 Cal |
| ***Total*** | 118 g | 70 Cal per portion of Bread |

|  |  |  |  |
| --- | --- | --- | --- |
| **Item Name** | **1p** | **2p** | **3p** |
| Kafta | 90g / 120 Cal | 135 g / 190 Cal | 150g / 210 Cal |
| Yogurt Tahini  Sauce on the side | 40 g / 80 Cal | 60g / 110 Cal | 80g / 150 Cal |
| Bread with Veg. inside | 1 portion / 70 Cal | 2 portion / 150 Cal | 2 portion / 150 Cal |
| Grilled Onion | 20g / 10 Cal | 30g / 10 Cal | 40g / 10 Cal |
| Grilled Tomato | 20g / 10 Cal | 30g / 10 Cal | 40g / 10 Cal |
| Grilled Mixed Bell Pepper | 20g / 10 Cal | 30g / 40 Cal | 40g / 60 Cal |
| ***TOTAL*** | 308 g/ 310Cal | 521 g/ 510Cal | 586 g/590 Cal |

***Shrimp with Saffron Risotto Recipe:***

***Shrimps raw (7 pcs): 105 g after cooking 70 g.***

***Asparagus Steamed 3 pcs for 10 g.***

***Grilled Cherry Tomato: 1 pc for 10 g.***

|  |  |  |  |
| --- | --- | --- | --- |
| **Portions** | **1P** | **2P** | **3P** |
| Risotto Rice | 150g / 202 Cal | 225g / 303 Cal | 300g / 404 Cal |
| Shrimp Cooked | 60g / 90 | 80g / 120 | 100g / 150 |
| Steamed Asparagus | 10 g (3pcs) | 10 g (3pcs) | 10 g (3pcs) |
| Cherry Tomato Grilled | 10g | 10g | 10g |
| Dill (Garnish) | 1g | 1g | 1g |
| Parmesan Cheese | 5g | 5g | 5g |
| ***Total*** | ***310*** | ***430*** | ***560*** |

***Falafel with Tahini and Couscous Salad***

|  |  |  |
| --- | --- | --- |
| ***Cooked Couscous*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Olive Oil | 10 g | 90 Cal |
| Couscous | 250 g | 940 Cal |
| Garlic | 25 g | 35 Cal |
| Chicken Stock | 250 g | 90 Cal |
| ***Total*** | 535 g before cook | 975 Cal |
| 530 g after cook |
| ***1.8 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| ***Couscous Mixed*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Cooked Couscous | 500 g | 900 Cal |
| Fresh Mint Chopped | 20 g | 10 Cal |
| Fresh Parsley Chopped | 50 g | 20 Cal |
| ***Total*** | 570 g | 930 Cal |
| ***1.6 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| ***Salsa*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Roasted Almond Sticks | 20 g | 120 Cal |
| Big Tomato (no seeds) Cubes | 100 g | 20 Cal |
| Cucumber (Cubes) | 100 g | 15 Cal |
| Feta Crumble | 40 g | 110 Cal |
| Salt | to taste | 0 Cal |
| Pepper | to taste | 0 Cal |
| ***Total*** | 260 g | 265 Cal |
| ***1.02 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| **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***  ***Falafel Filling*** | ***32340 g***  ***After cooking 22638g*** | ***45321 Cal.***  ***2 Cal. / G.*** |

|  |  |  |
| --- | --- | --- |
| ***Greek Style Yogurt Tahini*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Tahini | 50 g | 300 Cal |
| Greek Style Yogurt | 80 g | 45 Cal |
| Lemon Juice | 15 g | 0 Cal |
| Water | 30 g | 0 Cal |
| Salt | to taste | 0 Cal |
| Pepper | to taste | 0 Cal |
| ***Total*** | 175 g | 345 Cal |
| ***1.9 Cal/g*** | |

|  |  |  |  |
| --- | --- | --- | --- |
| ***Item Name*** | ***1P*** | ***2P*** | ***3P*** |
| Couscous with Fresh Mixed Veg. | 80 g / 128 Cal | 100 g / 160 Cal | 120 g / 192 Cal |
| Salsa | 70 g / 71Cal | 80 g / 81 Cal | 110 g / 112 Cal |
| Crushed Falafel  *Tossed in olive oil to have crunchy texture* | (120g before cooking) 80 g cooked/ 160 Cal | (120g before cooking) 80 g cooked/ 160 Cal | (180g before cooking) 120 g cooked / 240 Cal |
| Yogurt Tahina Sauce | 40 g/78 Cal | 40 g/78 Cal | 40 g/78 Cal |
| ***Total*** | ***270 g / 357 Cal*** | ***360 g / 479 Cal*** | ***390 g / 622 Cal*** |

***Farfalle Al Salmon in White Sauce Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***White Sauce for 1 Liters*** | | |
| Low Fat Milk | 700 ml | 312 Cal. |
| Low Fat Cooking Cream | 300 ml | 978 Cal. |
| Salt | 5 g | 0 Cal. |
| White Pepper | 1 g | 0 Cal. |
| Parmesan Cheese | 100 g | 431 Cal. |
| Lemon Juice | 25 g |  |
| ***Total*** | ***1,127 g after cooking 960 g*** | ***1,721 Cal.***  ***1.8 cal/g*** |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Veg. Sauce.*** | | |
| Chopped Red Bell Pepper | 25 g | 7 |
| Chopped Ginger | 10 g | 8 |
| Chopped Dill | 10 g | 2 |
| Olive Oil | 10 g | 90 |
| Lemon Juice | 10 g | 2 |
| Salt | 2 g | 0 |
| Lemon Small Cubes | 10 g | 2 |
| ***Total*** | ***77 g*** | ***111 cal***  ***1.44 cal*** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Portions** | **1p** | **2p** | **3P** |
| Farfalle Pasta | 100g / 130 cal | 150g / 200 | 200g / 260 |
| Salmon Fillet | 60g / 120 cal | 75g / 150 | 90g / 180 |
| White Sauce | 50g /90 cal | 60g / 108 | 100 g / 180 |
| Veg. Sauce | 10 g / 14 | 15 g / 21 | 20 g / 28 |
| Parmesan Cheese | 5g / 20 cal | 5g / 20 cal | 5g / 20 cal |
| Chopped Dill Garnish | 1 g | 1 g | 1 g |
| Chopped Red Bell Pepper Garnish | 1 g | 1 g | 1 g |
| ***Total*** | ***374 cal*** | ***499 cal*** | ***668 cal*** |

***Oriental Chicken with Rice Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Chicken Marination:*** | | |
| Raw Chicken | 1 kg | 1,200 Cal. |
| Dijon Mustard | 10 g | 8 Cal. |
| Low Fat Yogurt | 160 g | 80 Cal. |
| Canola Oil | 20 g | 180 Cal. |
| Salt | 10 g | 0 Cal. |
| Chicken Spices | 5 g | 15 Cal. |
| White Pepper | 5 g | 15 Cal. |
| ***TOTAL*** | ***1,220 g after cooking 854 g*** | ***1,8 Cal./g.*** |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Minced Beef Recipe:*** | | |
| Canola Oil | 40 g | 360 Cal. |
| Chopped Onion | 625 g | 250 Cal. |
| Chopped Beef Topside (Raw) | 1 kg | 1,571 Cal. |
| Salt | 5 g | 0 Cal. |
| White Pepper | 2 g | 6 Cal. |
| ***TOTAL*** | ***1,672 g after cooking 1,400 g*** | ***2,187 Cal./ 1.5 Cal/g.*** |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Minced Beef Rice:*** | | |
| Rice | 1 kg | 3,536 Cal. |
| Minced Beef | 500 g | 1,150 Cal. |
| Canola Oil | 40 g | 354 Cal. |
| Chopped Onion | 250 g | 100 Cal. |
| Chicken Stock | 40 g | 14 Cal. |
| Cardamon Powder | 3 g | 9 Cal. |
| Cinnamon Powder | 10 g | 25 Cal. |
| Salt | 24 g | 0 Cal. |
| Water | 2 liters | 0 Cal. |
| ***TOTAL*** | ***3,867 g = 3093 after cooking*** | ***5,188 Cal.***  ***1.67 Cal/g*** |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Sauce:*** | | |
| Light Butter | 30 g | 110 Cal. |
| White Flour | 30 g | 20 Cal. |
| Water | 1 liter | 0 Cal. |
| Chicken Stock | 20 g | 50 Cal. |
| Cinnamon Powder | 8 g | 9 Cal. |
| Cardamon Powder | 3 g | 15 Cal. |
| ***TOTAL*** | ***1,091 g = 764g after cooking*** | ***204 Cal.***  ***0.26 Cal/g*** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Portions** | **1P** | **2P** | **3P** |
| Chicken Breast Cooked | 90g = 162 Cal | 120g = 216 Cal | 150g = 270 Cal |
| Rice Mix with Ground Beef | 80g = 133Cal | 120g = 200 Cal | 150g = 250 cal |
| Cooked Sauce | 50g = 13 Cal | 100g = 26 Cal | 100g = 26 Cal |
| Cashew Nuts (Garnish) | 2 g = 12 Cal | 5 g = 25 Cal | 5 g = 25 Cal |
| Pistachio Stick (Garnish) | 2 g = 12 Cal | 5 g = 25 Cal | 5 g = 25 Cal |
| ***TOTAL*** | 332 Cal | 492 Cal | 596 Cal |

***NOTE: While Cooking the Chicken, there is Carrot, Onion, Celery, Bay Leaves, Leek for tasting.***

***Royal Steak with Rosemary Sauce Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Rosemary Sauce*** | | |
| Light Butter | 15 g | 100 Cal |
| Demi-Glace | 80 g | 300 Cal |
| Water | 1 liter | 0 |
| Cooking Cream | 20 g | 70 Cal |
| Chopped Onion | 20 g | 8 |
| Rosemary | 15 g | 2 |
| White Pepper | 1 g | 0 |
|  | 1250g | 480 Cal |
| Weight after cooking | 1000 | 0.48 Cal/g |

|  |  |  |  |
| --- | --- | --- | --- |
| ***Item Name*** | ***1P*** | ***2P*** | ***3P*** |
| Beef | 90 g / 200 Cal | 110 g / 244 Cal | 125 g / 277 Cal |
| Rosemary Sauce | 50 g / 25 Cal | 70 g / 35 Cal | 100 g / 50 Cal |
| Artichoke | 40 g / 15 Cal | 50 g / 17 Cal | 60 g / 22 Cal |
| Green Beans | 40 g / 8 Cal | 50 g / 10 Cal | 60 g / 12 Cal |
| Pumpkin | 40 g / 8 Cal | 50 g / 10 Cal | 60 g / 12 Cal |
| ***Total*** | ***256 Cal*** | ***316 Cal*** | ***373 Cal*** |

***Mushroom Risotto Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Risotto Rice:*** | | |
| Risotto | 250 g after cooking 640 g | 960 |
| ***Total*** | ***250 g, after cooking 640 g*** | ***960 Cal***  ***1.5 Cal/g*** |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Chicken Stock Water*** | | |
| Chicken Stock Powder | 20 g | 60 |
| Water | 1 liter | 0 |
| ***Total*** | ***1,020 g*** | ***0.06 Cal/g*** |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Risotto Cooking:*** | | |
| Risotto Rice | 200 g | 300 |
| Chopped Onion | 20 g | 9 |
| Light Butter | 15 g | 50 |
| Fresh Thyme | 1 g | 3 |
| Sauteed Mushroom Sliced | 50 g | 50 |
| Chicken Stock Water | 170 g | 10 |
| Cooking Cream | 40 g | ***140*** |
| Parmesan Cheese | 20 g | ***80*** |
| Truffle Oil | 5 g | ***45*** |
| Salt | 3 g | ***0*** |
| White Pepper | 1 g | ***3*** |
| ***Total*** | ***475 g after cook*** | ***690 cal***  ***1.45 cal/g*** |
|  |  | |

***Sauteed Mushroom 50 g inside rice recipe, and 50 g cubes as garnish so total mushroom 100 g.***

***Baby Asparagus Steamed 3 pcs for 10 g.***

***Grilled Cherry Tomato: 1 pc for 15 g.***

|  |  |  |  |
| --- | --- | --- | --- |
| **Portions** | **1P** | **2P** | **3P** |
| Risotto Rice | 180g/ 261 Cal | 270g / 391 Cal | 360g / 520 Cal |
| Sauteed Mushroom Cubes | 30g / 30 Cal | 40g /40 | 50g /50 |
| Cherry Tomato Grilled (Garnish) | 10g /5 | 10g/5 | 10g/5 |
| Chopped Parsley (Garnish) | 1g | 1g | 1g |
| Parmesan Cheese | 5g/25 | 5g /25 | 5g / 25 |
| ***Total*** | ***320*** | ***460*** | ***600*** |

***Beef Ragu Lasagna***

|  |  |  |
| --- | --- | --- |
| ***Meat Bolognese for 1 kilo*** | | |
| Chopped Beef Topside (Raw) | 1 kg | 1,571 Cal. |
| Chopped Onion | 625 g | 250 Cal. |
| Salt | 5 g | 0 Cal. |
| White Pepper | 2 g | 6 Cal. |
| Canola Oil | 40 g | 360 Cal. |
| ***Total*** | ***1,672 g before cooking, 1,400 g after cooking*** | ***2,187 Cal.*** |
|  | ***1.5 Cal./G.*** | |

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Sauce Bolognese for 2 kg*** | | |
| Olive Oil | 60 g | 540 Cal. |
| Chopped Onion | 200 g | 80 Cal. |
| Chopped Garlic | 60 g | 90 Cal. |
| Fresh Tomato no skin | 2 kg | 360 Cal. |
| Tomato Paste | 600 g | 492 Cal. |
| Salt | 40 g | 0 Cal. |
| White Pepper | 2 g | 6 Cal. |
| Water | 1 liter | 0 Cal. |
| Oregano | 10 g | 2 Cal. |
| ***Total*** | ***3,972 g before cooking, 2,967 g after cooking*** | ***1,570 Cal.*** |
| ***Red Sauce*** | ***0.53 Cal./G.*** | |
| ***Note: Red Sauce before cook is 3,967 g, after cook becomes 2,967 g.*** | | |
| ***Sauce Bechamel*** | | |
| Light Butter | 75 g | 525 Cal. |
| White Flour | 75 g | 255 Cal. |
| Water (check the note down) | 1,800 ml | 0 Cal. |
| Chicken Stock (Mix with water) | 30 g | 68 Cal. |
| Low Fat Cooking Cream | 500 ml | 1,640 Cal. |
| Corn Flour | 50 g | 170 Cal. |
| Low Fat Milk | 900 ml | 400 Cal. |
| Salt | 13 g | 0 Cal. |
| Nutmeg | 2 g | 0 Cal. |
| Black Pepper | 2 g | 0 Cal. |
| ***Total*** | ***3,447 g*** | ***3,058 Cal.*** |
| ***Bechamel Sauce*** | ***1.25 Cal./G.*** | |
| ***Note: Bechamel Sauce before cook is 3,447 g, after cook becomes 2,447 g.*** | | |
| ***Note: Mix water with chicken stock together then put in the pan little by little nd mix it well.*** | | |

***Method of Cooking:***

***Lasagna Tray:***

1. Lasagna Pasta: 1 pack for 500 g
2. First put 600 g of bechamel sauce in the base.
3. Put lasagna pasta around 10 pcs.
4. ***In another tray,*** put 1 Kg of Minced beef, then add red sauce 1 kg so total will be beef with sauce 2 kg. Then add bechamel sauce 250 g, Mix all together (Beef, red sauce, and bechamel sauce).
5. Will go again for 1st tray, add 1 kg of mixed sauce from 2nd tray.
6. For 2nd layer add lasagna pasta around 10 pcs.
7. Add again 1 kg of mixed sauce (beef, red sauce, bechamel sauce).
8. For 3rd layer, put lasagna pasta around 10 pcs.
9. Add 600 g of Bechamel sauce on top.
10. Put 500 g of Mozzarella Cheese on the top.
11. Temperature cook: 160-degree, time: 25 min.

* ***Note***: We used red sauce 1 kg only.
* ***Note***: We used bechamel sauce 1.5 kg only. => for 3 Layers, 500 g each layer).
* ***Note:*** We used Minced Beef 1 kg.

***Lasagna:***

* ***420 g Lasagna Sheets = 1,470 Cal.***
* ***1 kg red sauce = 530 Cal.***
* ***1.5 kg Bechamel Sauce = 1,875 Cal.***
* ***1 kg of Minced Beef = 1,500 Cal.***
* ***Total all: 3,920 g = 5,375 Cal.***
* ***🡺 1.4 Cal./g.***

|  |  |  |  |
| --- | --- | --- | --- |
| **Portions** | **1P** | **2P** | **3P** |
| Lasagna | 200 g / 280 Cal. | 330 g / 462 Cal. | 400 g / 560 Cal. |
| Basil Leaf (Garnish) | 1 pc | 1 pc | 1 pc |

***Firecracker Salmon w/ Stir Fry Vegetables***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| Garlic | 25 g | 40 Cal |
| Ginger | 20 g | 20 Cal |
| Olive Oil | 25 g | 240 Cal |
| Soy Sauce | 30 g | 20 Cal |
| Sweet Chili Sauce | 100 g | 250 Cal |
| Chicken stock | 5 g | 15 Cal |
| Corn Flour | 25 g | 91 Cal |
| Water | 500 ml | 0 |
| **Total** | **730g after cooking 511 g** | **676 Cal**  **1.3 Cal/g** |

|  |  |  |
| --- | --- | --- |
| **Stir Fry Vegetables** | | |
| **Item Name** | **Quantity** | **Calorie** |
| Mixed Sweet Pepper  Julienne cut | 500g | 160 Cal |
| Broccoli | 350 g | 120 Cal |
| Carrots | 500g | 210 Cal |
| Fresh Ginger Chopped | 10g | 10 Cal |
| Light Soy Sauce | 10g | 5 Cal |
| Olive Oil | 10g | 90 Cal |
| **Total** | **1380 g before cooking**  **1173 g after cooking** | **595 Cal**  **0.51 Cal/g** |

|  |  |  |  |
| --- | --- | --- | --- |
| ***Item Name*** | ***1P*** | ***2P*** | ***3P*** |
| Salmon | 90 g/ 180 Cal | 110 g / 220 Cal | 125 g / 250 Cal |
| Sauce | 20 g / 26 Cal | 40 g / 52 Cal | 60 g / 78 Cal |
| Stir fry Veg | 100 g / 51 Cal | 120 g / 62 Cal | 150 g / 18 Cal |
| Sesame Seeds  (top of stir fry veg) | Garnish | Garnish | Garnish |
| ***Total*** | ***257 Cal*** | ***334 Cal*** | ***405 Cal*** |

***Makhlouta Recipe:***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Makhlouta** | | | | | |
| Green lentil | | 200 g | | 720 Cal | |
| Wheat | | 200 g | | 720 Cal | |
| Bulgur | | 200 g | | 720 Cal | |
| Red Beans | | 100 g | | 130 Cal | |
| White beans | | 100 g | | 130 Cal | |
| Chickpeas | | 100 g | | 130 Cal | |
| Cumin | | 10 g | | 30 Cal | |
| Cinnamon | | 5 g | | 15 Cal | |
| Chopped Onion | | 100 g | | 40 Cal | |
| Salt | | 15 g | | 0 | |
| Olive Oil | | 20 g | | 180 Cal | |
| Water | | 2 liters | | 0 | |
| ***Total*** | | ***3050g***  ***After cooking 2440g*** | | ***4315 Cal***  ***1.77 Cal/g*** | |
|  | | | |  | |
|  | | | | | |
| **Portions:** | **1P** | | **2P** | | **3P** |
| Makhlouta | 150g = 265 Cal | | 250g = 442 Cal | | 300g = 531 Cal |
| Radish | 10g = 2 Cal | | 10g = 2 Cal | | 10g = 2 Cal |
| Olive oil | 3g = 27 Cal | | 3g = 27 Cal | | 3g = 27 Cal |
| Rocca | 10g | | 10g | | 10g |
|  | 294 Cal | | 472 Cal | | 561 Cal |

***Salmon with Honey Mustard Sauce & Beetroot Potato Mash Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Honey Mustard Sauce:*** | | |
| Light Butter | 10 g | 40 Cal. |
| Canola Oil | 20 g | 160 Cal. |
| Chopped Onion | 80 g | 30 Cal. |
| Milk | 400 ml | 250 Cal. |
| Cooking Cream | 1 liter | 3,600 Cal. |
| Dijon Mustard | 80 g | 90 Cal. |
| White Vinegar | 10 g | 0 Cal. |
| White Pepper | 1 g | 3 Cal. |
| Salt | 5 g | 0 Cal. |
| Honey MORE HONEY | 40 g | 160 Cal |
| Chili Powder | 5 g | 15 Cal |
| Fish Stock | 250 g | 50 Cal |
| ***Total*** | ***1,901 g (lose 15%)***  ***1615 after cooking*** | ***4398 Cal***  ***2.72 Cal*** |

|  |  |  |
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| **Item Name** | **Quantity** | **Calorie** |
| ***Beetroot Mashed Potato*** | | |
| Light Butter | 30 g | 170 Cal |
| Potato Powder | 200 g | 700 Cal |
| Water | 800 ml | 0 |
| Cooking Cream | 75 g | 270 Cal |
| Salt | 5 g | 0 |
| White Pepper | 1 g | 3 Cal |
| Blended Beetroot | 400 g | 40 Cal |
| ***Total*** | ***1057 g*** | ***1183 Cal***  ***1.1 Cal/g*** |

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| **Portions** | **1P** | **2P** | **3P** |
| Salmon Fillet | 90g = 180 Cal | 110g = 220 Cal | 125g = 250 Cal |
| Beetroot Mashed Potato | 60g = 65 Cal | 100 = 110 Cal | 120 = 130 Cal |
| Boiled Carrot | 50g = 17 Cal | 60g = 20 Cal | 70g = 24 Cal |
| Boiled Zucchini | 50g = 17 Cal | 60g = 20 Cal | 70g = 24 Cal |
| Honey Mustard Sauce | 20g = 54 Cal | 40g = 108 Cal | 50g = 135 Cal |
| ***Total*** | 333 Cal | 478 Cal | 567 Cal |

***Beef Steak in Bordelaise Sauce Zucchini Gratin***

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| --- | --- | --- |
| ***Bordelaise Sauce*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Shallots | 100 g | 70 Cal |
| Unsalted Butter | 50 g | 360 Cal |
| Thyme | 10 g | 10 Cal |
| Bay leaves | 2 g | 5 Cal |
| Cloves | 5 g | 15 Cal |
| Rosemary | 10 g | 15 Cal |
| Red Wine/Red Vinegar | to taste | 0 Cal |
| Brown sauce | 200 g | 166 Cal |
| Sugar Brown | 50 g | 190 Cal |
| Salt | 12 g | 0 Cal |
| Black pepper crushed | 6 g | 15 Cal |
| Red wine vinegar | 50 g | 10 Cal |
| Tomato Paste | 20 g | 20 Cal |
| ***Total*** | 515 g | 876 Cal |
| ***1.70 Cal/g*** | |

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| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Zucchini Gratin - Mix to put on steamed zucchini slices*** | | |
| Lite cream | 100 g | 340 Cal |
| Diced Zucchini | 300 g | 51 Cal |
| Diced Carrots | 300 g | 51 Cal |
| Diced mixed pepper | 300 g | 51 Cal |
| Parsley | 30g | 2 Cal |
| ***Total*** | ***1030g after cooking 700g*** | ***495 Cal***  ***0.7 Cal/g*** |

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| --- | --- | --- | --- |
| ***Item Name*** | ***1P*** | ***2P*** | ***3P*** |
| Beef Steak | 90 g/ 200 Cal | 110 g/ 244 Cal | 125 g/277 Cal |
| Bordelaise Sauce | 40 g/ 68 Cal | 60 g/ 102 Cal | 75 g/ 128 Cal |
| Zucchini gratin | 2 pieces / 94 Cal | 3 pieces = 141 cal | 4 pieces = 188 Cal |
| ***Total*** | ***210g/ 302 Cal*** | ***280g / 391 Cal*** | ***330g / 458 Cal*** |