**$300 Hong Kong Dollar Ingredients**

(Including Breakfast, Lunch and Dinner)

* Sau Tao Beijing Noodle 375GM (6 packets) - Enough for 30 meals
  + Brought from ParkNshop supermarket
  + Approximately $5.06 per packet
  + Price: $30.36
* Vegetables 1 Kg
  + Brought from Market
  + Approximately $12 per Kg
  + Price: $12
* Red Onion 2 pecies
  + Brought from Wellcome Supermarket
  + Approximately $4 for 1
  + Price: $8
* Potato For Marsh Potato (6 packets – about 30 small potatos) - Enough for 30 meals
  + Brought from supermarket (Wellcome Supermarket) or market
  + Approximately ~ $12 per packet (5 potatos)
  + Price: $72
* Potato For Curry Chicken (2 packets – about 10 small potatos)
  + Brought from supermarket (Wellcome Supermarket) or market
  + Approximately ~ $12 per packet (5 potatos)
  + Price: $24

* Best Mart 360 Premium Thai Hom Mali Rice – Enough for 30 meals
  + Brought from supermarket (ParkNshop Supermarket) or market
  + Approximately ~ $46 per packet
  + Price: $46
* Chicken Chops (Large) 3 Pieces – Enough for 30 meals
  + Brought from market
  + Approximately $9 per Piece
  + Price: $27
* Portuguese Curry / Curry 2 Bottles – Enough for 30 meals
  + Brought from ParkNShop Supermarket or Store
  + Approximately $17.9 per Bottle
  + Price: $35.8
* Volcano Coconut Curry Paste 8OZ 1 Bottle – Enough for 30 meals
  + Brought from Supermarket or Store
  + Approximately $16 per Bottle
  + Price: $16
* Select Choice Brand Chicken Powder 120 gram – Enough for 30 meals
  + Brought from ParkNShop Supermarket
  + Approximately $12.5 per Can
  + Price: $12.5
* Pigeon Brand Fermented Vegetable 140g 2 Can – Enough for 30 meals
  + Brought from ParkNShop Supermarket
  + Approximately $7.9 per Can
  + Price: $15.8

**Total Price: Approximate $299.46 (All in terms of Hong Kong Dollars)**

*Updated: 17h November 2024 price subject to change*

**Meals And Menus (Total 90 Meals)**

3 Meals Per Day (Breakfast, Luch and Dinner) for 90 days

**This ingredinets are base on portions. In case you don’t how to accurately divide it into portion. You can use a balance to weight the net weight of the ingredients and then divide it into portions base on the net weight.**

* *Beijing Noodle with vegetables – (30 meals) (Served for Breakfast or Lunch)*

1. Fill the pot with water.
2. Add salt.
3. Add one serving size of noodle into the pot.
4. Add a portion of Vegetables into the pot.
5. Served.

* Marsh potato *(30 meals) (Can be Served for Breakfast or Lunch)*

1. Boiled the Potatos **with skin** (around 35 mins).
2. Peel the skin.
3. Marsh the Boiled Potato and add white pepper and salt.
4. Fill it on a large container and keep it inside the fridge.
5. When serve, cut it base on your portion, put it on an air fryer for 8 mins at 200 degrees. (Option - Add cheeze on top).

* Portuguese Cury / Coconut Curry Chicken with Rice *(30 meals) (Served for Dinner)*

1. Unfrozen the chicken.
2. Cut the chicken into small bite sizes.
3. Mixed the chicken with flavour: salt, sugar, pepper and leave it for half an hour.
4. Keep the chicken inside the fridge.
5. When need for cook. Defrost the chicken.
6. Peel and Cut the Onion into Slices.
7. Peel the potato. Cut into small bite sizes base on your portion.
8. Fill the pot with water (base on your curry portion).
9. When water starts to boil, base on your portion add the Portuguese Curry / Coconut Curry inside the pot.
10. Base on your portion, add the potato inside the pot. For fast cooking, you can fry the potato in a pan first.
11. Base on your portion , add Onion and the cutted bite size chicken into the pot.
12. Serve it with **Rice**.

**Recommended Portion For 10 days**:

* 1 bottle of Portuguese Curry / Coconut Curry Sauce.
* 1 Large Chicken Chop.
* 3 Potatos.
* 1 Onion.
* Rice (not cooked) 150 gram.

***Total 90 meals***