**$300 Hong Kong Dollar Ingredients**

(Including Breakfast, Lunch and Dinner)

* Sau Tao Beijing Noodle 375GM (12 packets) - Enough for 60 meals
  + Brought from ParkNshop supermarket
  + Approximately $5.5 per packet
  + Price: $66
* Red Onion 3 pieces (large)
  + Brought from market
  + Approximately $3.6 for 1
  + Price: $11
* Potatoes For Curry Chicken 1 packet for 3 potatoes (2 packets ~ 6 potatoes) – Enough for 30 meals
  + Brought from market
  + Approximately $8 for 1 packet
  + Price: $16
* Rice – Enough for 30 meals
  + Brought from 360 Mart
  + Approximately ~ $55 per packet
  + Price: $55
* Chicken Chops for Curry Chicken (Large) 3 Pieces – Enough for 30 meals
  + Brought from market
  + Approximately $9.3 per Piece
  + Price: $28
* Chicken Chops for Noodle (Large) 4 Pieces – Enough for 60 meals
  + Brought from market
  + Approximately $9.3 per Piece
  + Price: $37.2
* Portuguese Curry / Curry 3 Bottles – Enough for 30 meals
  + Brought from ParkNShop Supermarket or Store
  + Approximately $17.9 per Bottle
  + Price: $53.7
* Lee Kam Kee Premium Soy Sauce Special Pack – Enough for 30 meals
  + Brought from Wellcome Supermarket
  + Approximately $20 per Packet
  + Price: $20
* Vegetable 1kg
  + Brought from market
  + Approximately $13
  + Price: $13

**Total Price: Approximate $299.9 (All in terms of Hong Kong Dollars)**

*Updated:5th December 2024 price subject to change*

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

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

**These ingredients are based 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 Vegetable Soup Base *– (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.

* Beijing Noodle with chicken and Soy Sauce *– (30 meals) (Served for Breakfast or Lunch)*

1. Fill the pot with water.
2. Add one serving size of noodle into the pot.
3. Cut the chicken into slices.
4. Add chicken slices.
5. Wait till fully cooked.
6. Rinse out the water.
7. Add Soy Sauce
8. Served.

* Portuguese Cury 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 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, based on your portion add the Portuguese 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 around 3 bite sizes chicken into the pot.
12. Serve it with **Rice**.

**Recommended Portion for Noodle with vegetable and chicken Soup base**:

* 1 unit set of noodles (there are total 5 sets per packet).
* Salt.
* Vegetable ~ 2 bunches or according to your needs.

**Recommended Portion for Noodle with chicken and Soy sauce**:

* 1 unit set of noodles (there are total 5 sets per packet).
* Chicken ~ 4 slices.
* Soy Sauces not more than 25ml.

**Recommended Portion for Curry Chicken enough for 10 days**:

* 1 bottle of Portuguese Curry.
* 1 Large Chicken Chop.
* 3 Potatoes.
* 1 Onion.
* Rice (not cooked) 150 gram.

***Total 90 meals***