**$300 Hong Kong Dollar Ingredients**

(Including Breakfast, Lunch and Dinner)

* Instant Noodle 36 packets - Enough for 36 meals
  + Brought from U-supermarket
  + Approximately $3.3 per packet
  + Price: $118.8
* Ham Yu Pin King Pork Luncheon Meat 397GM (Canned)
  + Brought from Supermarket
  + Approximately $15 per Canned
  + Price: $15
* Potato (6 packets – about 30 small potatos) - Enough for 30 meals
  + Brought from supermarket (Wellcome Supermarket) or market
  + Approximately ~ $13 per packet
  + Price: $77
* Chicken Chops (Large) 5 Pieces – Enough for 24 meals
  + Brought from market
  + Approximately $11 per Piece
  + Price: $55
* Portuguese Curry / Curry 2 Bottle – Enough for 24 meals
  + Brought from Supermarket or Store
  + Approximately $17 per Bottle
  + Price: $34

**Total Price: $299.8 (All in terms of Hong Kong Dollars)**

*Updated: 8h 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.**

* Marsh potato (Portion for 6 meals) with Ham (**25 potatos** for 30 meals)

*(Served for Breakfast or Lunch)*

1. Boiled 5 small Potatos **with skin** at one time (around 35 mins).
2. Prepare the Ham. Slice it into 6 portion for 6 meals.

Each portion cut it into very small tiny dice.

1. Marsh the Boiled Potato and add white pepper and salt.
2. Mixed it with the tiny dice ham througly.
3. Fill it on a large container and keep it inside the fridge (the place where you kept the meat).
4. 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).

* Instant Noodle – (36 meals)

*(Served for Breakfast or Lunch)*

* Portuguese Cury Chicken with Potato served with Rice (**5 potatos** for 24 meals)

*(Served for Dinner)*

1. Unfrozen the chicken. (Totally you have 5 large pieces)
2. Cut the chicken into small bite sizes that is enough for 24 meals.
3. Mixed the chicken with flavour: salt, sugar, pepper and leave it for half an hour.
4. Prepare the potato (**5 potatos**). Peel the potato and cut into small bite sizes (dices), which is enough for 24 meals. (Don’t cook it)
5. Keep the chicken inside the fridge (the place when you kept the meat).
6. Keep the potato inside the fridge, the place where you keep the vegetables.
7. When need for cook. Defrost the chicken.
8. Fill in the pot with water (base on your portion).
9. When water starts to boil, add a reason amount (base on your portion) of Portuguese Curry inside the pot.
10. Add the bite size potato (base on your portion) inside the pot.
11. Wait till the potato is fully cooked or soft.
12. If you want to facilitate the cooking process. You can first fried the potato in a pan first.
13. Add the bite size chicken (base on your portion).
14. Serve it with rice.

***Total 90 meals***