**$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 $5.5 per packet
  + Price: $33
* Red Onion 3 pieces (large)
  + Brought from market
  + Approximately $3.6 for 1
  + Price: $11
* Potato For Marsh Potato and Curry Chicken (10 packets – about 40 small potatoes)
  + Brought from supermarket (ParkNShop Supermarket) or market
  + Approximately ~ $9.9 per packet (4 potatoes)
  + Price: $99
* Rice – Enough for 30 meals
  + Brought from market
  + Approximately ~ $50 per packet
  + Price: $50
* Chicken Chops (Large) 3 Pieces – Enough for 30 meals
  + Brought from market
  + Approximately $9.3 per Piece
  + Price: $28
* Portuguese Curry / Curry 3 Bottles – Enough for 30 meals
  + Brought from ParkNShop Supermarket or Store
  + Approximately $17.9 per Bottle
  + Price: $53.7
* Select Choice Brand Chicken Powder 120 gram – Enough for 30 meals
  + Brought from ParkNShop Supermarket
  + Approximately $12.5 per Can
  + Price: $12.5
* Vegetable 1kg – Enough for 30 meals
  + Brought from market
  + Approximately $12
  + Price: $12

**Total Price: Approximate $299.2 (All in terms of Hong Kong Dollars)**

*Updated:27th November 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 – (30 meals) (Served for Breakfast or Lunch)*

1. Fill the pot with water.
2. Add Chicken Powder.
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 Potatoes **with skin** (around 35 mins).
2. Peel the skin.
3. Marsh the Boiled Potato and add Chicken Powder.
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.

* 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: Chicken Powder 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 the cutter bite size chicken into the pot.
12. Serve it with **Rice**.

**Recommended Portion For 10 days**:

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

***Total 90 meals***