**$500 Hong Kong Dollar Ingredients**

(Including Breakfast, Lunch and Dinner)

* Instant Noodles (30 packets) - Enough for 30 meals
  + Brought from U-mart
  + Approximately $88 per box (30 packets per box)
  + Price: $88
* Potatoes 1 packet for 3 potatoes (20 packets ~ 60 potatoes) – Enough for 30 meals
  + Brought from market
  + Approximately $8 for 1 packet
  + Price: $160
* Rice – Enough for 30 meals
  + Brought from 360 Mart
  + Approximately ~ $55 per packet
  + Price: $55
* Chicken Chops (Large) 8 Pieces – Enough for 30 meals
  + Brought from market
  + Approximately $8.6 per Piece
  + Price: $69
* Campbell’s Cream of Mushroom 295gram – 4 cans (Enough for 15 meals)
  + Brought from welcome supermarket
  + Approximately $43.9 for 3 cans / $20 for 1 can
  + Price: $63.9
* Campbell’s Cream Pumpkin Soup 305gram – 4 cans (Enough for 15 meals)
  + Brought from welcome supermarket
  + Approximately $43.9 for 3 cans / $20 for 1 can
  + Price: $63.9

**Total Price: Approximate $499.8 (All in terms of Hong Kong Dollars)**

*Updated:16th 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.**

* Marsh Potato *– (30 meals) (Served for Breakfast)*

1. Fill the pot with water.
2. Add 2 potatoes.
3. Boiled for 40 minutes.
4. Cooling and peel of the potato skin.
5. Marsh the potatoes with spoon.
6. During Marsh add salt and pepper.
7. Keep inside the fridge.
8. When serve, add the marsh potato into the bowl.
9. Place into the air fryer and cook for 200 degrees for 10 mins.
10. Served.

* Instant Noodle *– (30 meals) (Served for Lunch)*

1. Fill the pot with water.
2. Add Noodle’s Favouring.
3. Add Noodle.
4. Served.

* Cream of Mushroom / Cream Pumpkin Soup with chicken slices served with Rice *(30 meals) (Served for Dinner)*

1. Unfrozen the chicken.
2. Cut the chicken into slices.
3. Mixed the chicken with flavour: salt and leave it for half an hour.
4. Keep the chicken inside the fridge.
5. Open the can of cream of mushroom.
6. Add 78 gram of the cream mushroom paste into the pot.
7. Add water and stir.
8. During cook add chicken slices. To make a thick soup base add some corn starch (mixed with water).
9. Serve it with **Rice**.

***Total 90 meals***