**$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 (17 packets ~ 51 potatoes) – Enough for 30 meals
  + Brought from market
  + Approximately $8 for 1 packet
  + Price: $136
* Rice 5kg – Enough for 30 meals
  + Brought from 360 Mart
  + Approximately ~ $55 per packet
  + Price: $55
* Campbell’s Chunky New England Clam Chowder 505GM – 8 cans (Enough for 30 meals)
  + Brought from parknshop supermarket
  + Approximately $23.9 for 1 can
  + Price: $191.2
* Vegetables 2.5kg – Enough For 30 meals
  + Brought from Market ~ $12 per kg
  + Price: $30

**Total Price: Approximate $500.2 (All in terms of Hong Kong Dollars)**

*Updated:17th 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 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.
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 with vegetables *– (30 meals) (Served for Lunch)*

1. Fill the pot with water.
2. Add Noodle’s Favouring.
3. Add a few bunches of vegetables.
4. Add Noodle.
5. Served.

* Campbell’s Chunky New England Clam Chowder served with Rice *(30 meals) (Served for Dinner)*

1. Open the can of cream of mushroom.
2. Add 134 gram of the Cream Clam Chowder paste into the pot.
3. Add 134ml of water and stir.
4. To make a thick soup base add some corn starch (mixed with water).
5. Serve it with **Rice**.

**Recommended Portion for Marsh Potatoes for 10 meals**:

* 17 potatoes net weight / 10 days per meal
* Salt
* Cook 10 mins for 200 degrees Air Fryer

**Recommended Portion for Instant Noodle with vegetables for 1 meal**:

* 1 instant Noodle
* A few bunches of Vegetables.

**Recommended Portion for Campbell’s Chunky New England Clam Chowder for 1 meal**:

* 134 grams of Campbell’s Chunky New England Clam Paste
* 134ml ~ 200ml of Water
* Corn Starch Water Mix
* Rice (Raw not cooked) 125gram ~ 150 gram

***Total 90 meals***