**$600 Hong Kong Dollar Ingredients**

(Including Breakfast, Lunch and Dinner)

* Chicken Chops (Large) 6 Pieces – Enough for 24 meals
  + Brought from market
  + Approximately $11 per Piece
  + Price: $66
* Potato Large 3 or Equivalent
  + Brought from market
  + Approximately $5.5 per One
  + Price: $16.5
* Eggplant Large 3 or Equivalent
  + Brought from market
  + Approximately $5 per One
  + Price: $15
* Onion Large 6
  + Brought from market
  + Approximately $3 per One
  + Price: $18
* Portuguese Curry / Curry / Satay 6 Bottle
  + Brought from supermarket (Wellcome Supermarket)
  + Approximately $18 per Bottle
  + Price: $108
* Instant Noodle 10 sets 5 packet per sets
  + Brought from supermarket (Wellcome Supermarket)
  + Approximately $15 per set
  + Price: $150
* Egg (15 eggs per set) 3 set (additional 3 eggs can negotiate for $4)
  + Brought from market
  + Approximately $22 per set
  + Price: $70
* Bread (8 slices per Loaf) 6 Loaf
  + Brought from Supermarket (Wellcome Supermarket)
  + Approximately $13.95 per Loaf
  + Price: $83.7
* Coconut Milk 4 packets per Set 1 Set
  + Brought from Supermarket (Wellcome Supermarket)
  + Approximately $14 per Set
  + Price: $14
* Dumplings 1 Large Package
  + Brought from Supermarket (PankNShop Supermarket)
  + Price: $58

**Total Price: $599.2 (All in terms of Hong Kong Dollars)**

*Updated: 22th August 2024 price subject to change*

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

3 Meals (Breakfast, Luch and Dinner) for 30 days

* Egg Sandwitch served with one egg only – 24 meals

*(Served for Breakfast or Lunch)*

* Portuguese Cury (without Coconut milk) or Curry (with Coconut milk) or Satay paste with Potato / Eggplant served with Rice (12 meals)

*(Served for Lunch or Dinner)*

* Portuguese Cury (without Coconut milk) or Curry (with Coconut milk) or Satay paste with Potato / Eggplant served with Instant Noodle (12 meals)

*(Served for Breakfast or Lunch or Dinner)*

* Egg (one egg) with Instant Noodle – 24 meals

*(Served for Breakfast or Lunch or Dinner)*

* Dumplings (Large Bowl) – 4 meals

*(Served for Breakfast or Lunch or Dinner)*

* Dumplings served with Instant Noodle – 3 meals

*(Served for Breakfast or Lunch or Dinner)*

* Instant Noodle Only – 11 meals

*(Served for Breakfast or Lunch)*

***Total 90 meals***