

1. Thai Larb Gai

- Chicken breast, 170g → **240 | 42P | 0C | 5F**
- Fish sauce, 1.5 tbsp → **15 | 3P | 0C | 0F**
- Lime juice, 2 tbsp → **8 | 0P | 3C | 0F**
- Red onion, ¼ cup → **15 | 0P | 4C | 0F**
- Herbs (mint/cilantro) → **10 | 0P | 2C | 0F**
- Toasted rice powder, 1 tbsp → **35 | 1P | 7C | 1F**

Total: ~323 kcal | 46P | 16C | 6F

2. Vietnamese Lemongrass Chicken

- Chicken breast, 200g → **300 | 46P | 0C | 6F**
- Lemongrass, 2 tbsp → **15 | 0P | 3C | 0F**
- Garlic, 1 tbsp → **15 | 0P | 3C | 0F**
- Fish sauce, 1.5 tbsp → **15 | 3P | 0C | 0F**
- Sugar, 1 tsp → **16 | 0P | 4C | 0F**
- Oil, 1 tsp → **40 | 0P | 0C | 4.5F**

Total: ~401 kcal | 49P | 10C | 11F

3. Filipino Chicken Adobo

- Chicken breast, 170g → **240 | 42P | 0C | 5F**
- Soy sauce, 2 tbsp → **20 | 2P | 2C | 0F**
- Vinegar, 2 tbsp → **6 | 0P | 1C | 0F**
- Garlic, 1 tbsp → **15 | 0P | 3C | 0F**

Total: ~281 kcal | 44P | 6C | 5F

4. Lao Ping Gai

- Chicken breast, 185g → **270 | 45P | 0C | 6F**
- Lemongrass, 2 tbsp → **15 | 0P | 3C | 0F**
- Garlic, 1 tbsp → **15 | 0P | 3C | 0F**
- Fish sauce, 1.5 tbsp → **15 | 3P | 0C | 0F**
- Sugar, 1 tsp → **16 | 0P | 4C | 0F**

Total: ~331 kcal | 48P | 10C | 6F

5. Thai Basil Chicken (Pad Krapow)

- Ground chicken, 200g → **280 | 44P | 0C | 6F**
- Oyster sauce, 1 tbsp → **25 | 1P | 6C | 0F**
- Soy sauce, 1 tbsp → **10 | 1P | 1C | 0F**
- Fish sauce, 1 tsp → **5 | 1P | 0C | 0F**
- Sugar, 1 tsp → **16 | 0P | 4C | 0F**
- Sesame oil, ½ tsp → **20 | 0P | 0C | 2.5F**
- Basil, 1 cup → **10 | 1P | 2C | 0F**

Total: ~366 kcal | 48P | 15C | 9F

6. Pho Ga

- Chicken breast, 170g → **240 | 42P | 0C | 5F**
- Rice noodles, ¾ cup cooked → **150 | 3P | 34C | 0F**
- Broth → **30 | 2P | 3C | 1F**
- Herbs/sprouts → **15 | 1P | 3C | 0F**

Total: ~435 kcal | 48P | 40C | 6F

7. Cambodian Ginger Chicken

- Chicken breast, 170g → **240 | 42P | 0C | 5F**
- Ginger, 1 tbsp → **5 | 0P | 1C | 0F**
- Garlic, 1 tbsp → **15 | 0P | 3C | 0F**
- Oyster sauce, 1 tbsp → **25 | 1P | 6C | 0F**
- Oil, 1 tsp → **40 | 0P | 0C | 4.5F**
- Veggies, 1 cup → **30 | 2P | 6C | 0F**

Total: ~355 kcal | 45P | 16C | 10F

8. Thai Garlic Pepper Chicken

- Chicken breast, 170g → **240 | 42P | 0C | 5F**
- Garlic, 1.5 tbsp → **20 | 0P | 4C | 0F**
- Soy sauce, 1.5 tbsp → **15 | 1P | 2C | 0F**
- Oil, 1.5 tsp → **60 | 0P | 0C | 7F**

Total: ~335 kcal | 43P | 6C | 12F

9. Filipino Tinola

- Chicken breast, 170g → **240 | 42P | 0C | 5F**
- Ginger, 2 tbsp → **10 | 0P | 2C | 0F**
- Onion, ¼ cup → **15 | 0P | 4C | 0F**
- Fish sauce, 1 tbsp → **10 | 2P | 0C | 0F**
- Greens, 1.5 cups → **20 | 2P | 4C | 0F**

Total: ~295 kcal | 46P | 10C | 5F

10. Vietnamese Chicken Salad (Goi Ga)

- Chicken breast, 170g → **240 | 42P | 0C | 5F**
- Cabbage, 1.5 cups → **35 | 2P | 8C | 0F**
- Carrot, ½ cup → **25 | 0P | 6C | 0F**
- Fish sauce, 1.5 tbsp → **15 | 3P | 0C | 0F**
- Lime juice, 2 tbsp → **8 | 0P | 3C | 0F**
- Sugar, 1 tsp → **16 | 0P | 4C | 0F**

Total: ~339 kcal | 47P | 21C | 5F

11. Thai Chili-Lime Chicken Bowl

- Chicken breast, 170g → **240 | 42P | 0C | 5F**
- Chili sauce, 1 tbsp → **35 | 0P | 9C | 0F**
- Soy sauce, 1 tbsp → **10 | 1P | 1C | 0F**
- Veggies, 1.5 cups → **45 | 3P | 9C | 0F**
- Oil, 1 tsp → **40 | 0P | 0C | 4.5F**

Total: ~370 kcal | 46P | 19C | 9F

12. Chicken Lok Lak

- Chicken breast, 200g → **300 | 46P | 0C | 6F**
- Oyster sauce, 1.5 tbsp → **38 | 1P | 9C | 0F**
- Soy sauce, 1 tbsp → **10 | 1P | 1C | 0F**
- Garlic, 1 tbsp → **15 | 0P | 3C | 0F**
- Veggies → **30 | 2P | 6C | 0F**

Total: ~393 kcal | 50P | 19C | 6F

13. Lao Chicken Herb Salad

- Chicken breast, 170g → **240 | 42P | 0C | 5F**
- Herbs/onion → **25 | 1P | 5C | 0F**
- Fish sauce, 1.5 tbsp → **15 | 3P | 0C | 0F**
- Lime juice, 2 tbsp → **8 | 0P | 3C | 0F**
- Rice powder, 1 tbsp → **35 | 1P | 7C | 1F**

Total: ~323 kcal | 47P | 15C | 6F

14. Thai Coconut-Lime Chicken

- Chicken breast, 170g → **240 | 42P | 0C | 5F**
- Light coconut milk, ½ cup → **100 | 1P | 4C | 10F**
- Fish sauce, 1 tbsp → **10 | 2P | 0C | 0F**
- Lime juice → **5 | 0P | 2C | 0F**

Total: ~355 kcal | 45P | 6C | 15F

15. Vietnamese Chicken Bun

- Chicken breast, 170g → **240 | 42P | 0C | 5F**
- Rice noodles, ¾ cup → **150 | 3P | 34C | 0F**
- Fish sauce, 2 tbsp → **20 | 4P | 0C | 0F**
- Sugar, 1 tsp → **16 | 0P | 4C | 0F**
- Veg/herbs → **30 | 2P | 6C | 0F**

Total: ~456 kcal | 51P | 44C | 5F

16. Tom Yum Shrimp

- Shrimp, 200g → **210 | 35P | 0C | 2F**
- Tom yum paste, 1½ tbsp → **30 | 1P | 6C | 1F**
- Mushrooms, 1 cup → **15 | 2P | 3C | 0F**
- Lemongrass, 1 tbsp → **5 | 0P | 1C | 0F**
- Lime juice, 2 tbsp → **8 | 0P | 3C | 0F**
- Chili → **5 | 0P | 1C | 0F**

Total: ~273 kcal | 38P | 14C | 3F

17. Sinigang Shrimp

- Shrimp, 200g → **210 | 35P | 0C | 2F**
- Tamarind mix, 1½ tbsp → **35 | 0P | 9C | 0F**
- Tomato, 1 cup → **30 | 1P | 7C | 0F**
- Onion, ½ cup → **30 | 1P | 7C | 0F**
- Green beans, 1 cup → **35 | 2P | 8C | 0F**
- Fish sauce, 1 tbsp → **10 | 2P | 0C | 0F**

Total: ~350 kcal | 41P | 31C | 2F

18. Garlic Chili Shrimp

- Shrimp, 200g → **210 | 35P | 0C | 2F**
- Garlic, 1½ tbsp → **20 | 0P | 4C | 0F**
- Chili garlic sauce, 1 tbsp → **25 | 0P | 5C | 1F**
- Soy sauce, 1 tbsp → **10 | 1P | 1C | 0F**
- Neutral oil, 1 tsp → **40 | 0P | 0C | 4.5F**

Total: ~305 kcal | 36P | 10C | 8F

19. Thai Basil Shrimp

- Shrimp, 200g → **210 | 35P | 0C | 2F**
- Garlic, 1 tbsp → **15 | 0P | 3C | 0F**
- Thai chili → **5 | 0P | 1C | 0F**
- Oyster sauce, 1 tbsp → **25 | 1P | 6C | 0F**
- Soy sauce, 1 tbsp → **10 | 1P | 1C | 0F**
- Sugar, 1 tsp → **16 | 0P | 4C | 0F**
- Neutral oil, 1 tsp → **40 | 0P | 0C | 4.5F**
- Thai basil, 1 cup → **10 | 1P | 2C | 0F**

Total: ~331 kcal | 38P | 17C | 7F

20. Lime Pepper Shrimp

- Shrimp, 200g → **210 | 35P | 0C | 2F**
- Garlic, 1 tbsp → **15 | 0P | 3C | 0F**
- Black pepper, 1 tsp → **5 | 0P | 1C | 0F**
- Lime juice, 2 tbsp → **8 | 0P | 3C | 0F**
- Fish sauce, 1 tbsp → **10 | 2P | 0C | 0F**

Total: ~248 kcal | 37P | 7C | 2F

21. Shrimp Herb Salad

- Shrimp, 200g → **210 | 35P | 0C | 2F**
- Lettuce, 1½ cups → **15 | 1P | 3C | 0F**
- Mint, ¼ cup → **5 | 0P | 1C | 0F**
- Cilantro, ¼ cup → **5 | 0P | 1C | 0F**
- Fish sauce, 1½ tbsp → **15 | 3P | 0C | 0F**
- Lime juice, 2 tbsp → **8 | 0P | 3C | 0F**
- Sugar, 1 tsp → **16 | 0P | 4C | 0F**

Total: ~274 kcal | 39P | 12C | 2F

22. Coconut Shrimp (Light)

- Shrimp, 200g → **210 | 35P | 0C | 2F**
- Light coconut milk, ½ cup → **100 | 1P | 4C | 10F**
- Garlic, 1 tbsp → **15 | 0P | 3C | 0F**
- Fish sauce, 1 tbsp → **10 | 2P | 0C | 0F**
- Lime juice, 1 tbsp → **4 | 0P | 1C | 0F**

Total: ~339 kcal | 38P | 8C | 12F

23. Lao Shrimp Skewers

- Shrimp, 200g → **210 | 35P | 0C | 2F**
- Garlic, 1 tbsp → **15 | 0P | 3C | 0F**
- Lemongrass, 1½ tbsp → **10 | 0P | 2C | 0F**
- Fish sauce, 1½ tbsp → **15 | 3P | 0C | 0F**
- Sugar, 1 tsp → **16 | 0P | 4C | 0F**

Total: ~266 kcal | 38P | 9C | 2F

24. Steamed Ginger Fish

- White fish (cod/tilapia), 200g → **240 | 40P | 0C | 3F**
- Ginger, 2 tbsp → **10 | 0P | 2C | 0F**
- Soy sauce, 1½ tbsp → **15 | 1P | 2C | 0F**

- Sesame oil, ½ tsp → **20 | 0P | 0C | 2.5F**
- Green onion → **5 | 0P | 1C | 0F**

Total: ~290 kcal | 41P | 5C | 6F

25. Canh Chua Fish Soup

- White fish, 200g → **240 | 40P | 0C | 3F**
- Tamarind paste, 1½ tbsp → **35 | 0P | 9C | 0F**
- Tomato, 1 cup → **30 | 1P | 7C | 0F**
- Pineapple, ¼ cup → **20 | 0P | 5C | 0F**
- Greens, 1 cup → **15 | 2P | 3C | 0F**
- Fish sauce, 1 tbsp → **10 | 2P | 0C | 0F**

Total: ~350 kcal | 45P | 24C | 3F