**$400 Ingredients**

(Including Breakfast, Lunch and Dinner)

* Oats 1.6Kg - Enough for 30 meals
  + Brought from Mong Kok
  + Approximately $18 per 800 grams
  + Price: $36
* Chicken Chops (Large) 15 Pieces – Enough for 30 meals
  + Brought from market
  + Approximately ~ $10 per Piece
  + Price: $150



* Vegetables 6kg - Enough for 30 meals
  + Brought from market
  + Approximate $8 per kg
  + Price $48



* Best Mart 360 Premium Thai Fragrant Rice 5kg – Enough for 30 meals
  + Brought from Best Mart 360
  + Approximately ~ $49 per packet
  + Price: $49



* Longevity Filled Evaporated 3 cans 400GM
  + Brought from welcome supermarket
  + Approximate $11 per can
  + Price: $33



* Edo Pack Biscuit Brought from welcome supermarket
  + Approximate $45 for 3 box (7 packets)
  + Price: $45

* Edo Pack Oat Plus Cracker x 3 (Brought from welcome supermarket)
  + Approximate $13 for 1 pack (6 packets)
  + Price: $39

**Total Price: Approximate $400 (All in terms of Hong Kong Dollars)**

*Updated: 20th March 2025 price subject to change*

**Ingredients 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.**

* Breakfast meal *– (30 meals) (Served for Breakfast)*

1. Oat meal (8 spoonfull of dried Oats, equilvanent to 40 grams).
2. Longevity Filled Evaporated ~ 40ml (equilvanet to 40 grams).
3. Sugar

* Luch meal*– (30 meals) (Served for Lunch)*

1. Broth Soup (Optional).
2. Fish or Meat 3 onces (90 grams)
3. Vegetables not less than 2/3 (two third fractional) Bowl.
4. Rice 1 2/5 (one and two fifth fractional) Bowl.

* Dinner *– (30 meals) (Served for Dinner)*

1. Broth Soup (Optional).
2. Fish or Meat 3 onces (90 grams)
3. Vegetables not less than 2/3 (two third fractional) Bowl.
4. Rice 1 2/5 (one and two fifth fractional) Bowl.

* Snacks *– (30 meals)*

1. Skimmed Milk 1 Cup.
2. Fruits (Eg. 1 orange or 1 apple).

* Everyday
  + Only allow 3 tea spoon of oil.
  + One Bowl equals 300 milligrams (300 grams).