

Breakfast

Vegan Dish				Others Dish			
Item	Size	Ph Level	Cost	Item	Ph Level	Size	Cost
Porridge	1 & half cup	-10.1	4.95	Whole Bread	-4.5	half loaf	1.53
Chia Seed	3 spoon	12.5	0.50	Peanut Butter	-3.9	3spoons	1.575
Banana	2 small	-10.1	0.25	Milk	-1	half cup	0.84
Apple green	half	12.5	0.46	Banana	-10.1	4	0.5
Almonds	10pieces	3.60	0.99	Fruit juice	-8.7	2 bags	0.16
Coconut Water & flesh	1	9.4	0.25	Coconut Water & flesh	9.4	2spoons	0.79
Avocado	half	15.6		Avocado	15.6		
Barley green	2 tea spoon	28.7					
Soy Milk	half cup	12	0.56	Egg	-18	4	1.05
Total		74.1	7.96		-21.2		6.44