

Vegan Diet Costing vs Others

Vegan Dish				Others Dish			
Item	Size	Ph level	Cost	Item	Ph level	Size	Cost
Green Lettuce	4 leaves	2.2	0.55	Chicken	-18	15	2.25
Cucumber	half	32	1.57	Tomatoes	14	2	1.49
Tomatoes	2	14	1.49	Onion	3	half	0.4
Avocado	half	16	0.91	Noodles	3	2	0.9
Garlic	3 pieces	13.2	0.5	Cauliflower	3.1	half	1.55
Cayenne Pepper	1/4 tea spoon	18.8	0.45	Cayenne Pepper	18.8	1/4 tea spoon	0.45
Dhania	quarter	2.2	0.48	Rice	-12.5	half kg	0.75
Sub Total		96.2	5.95		11.4		7.79
	Optional						
Bu Flesh & Juice	1	0.5	0.5	Bu flesh & Juice	0.5	1	0.5
Total		96.7	6.45		11.9		8.29