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BATANGAS STATE UNIVERSITY
The National Engineering University



Pande-MEAL Plan:

A Guide to Healthy Eating during the Pandemic



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TO EAT <i>this week</i>		market LIST
MONDAY CHICKEN AND BROCCOLI CASSEROLE	THURSDAY LASAGNA & CHEESY BREAD	chicken salmon ground beef tomatoes broccoli beets quinoa spinach lasagna noodles balsamic dressing onion mozzarella cheese cottage cheese milk eggs bread
TUESDAY SALMON & W/ BASALMIC BEET SALAD	FRIDAY EAT OUT!	
WEDNESDAY LEFTOVERS	WEEKEND! HAVE SOME FUN!	



BATANGAS STATE UNIVERSITY
The National Engineering University



Pande-MEAL Plan:

A Guide to Healthy Eating during the Pandemic



University Vision

A premier national university that develops leaders in the global knowledge economy.

.....

University Mission

A university committed to producing leaders by providing a 21st century learning environment through innovations in education, multidisciplinary research, and community and industry partnerships in order to nurture the spirit of nationhood, propel the national economy, and engage the world for sustainable development.

.....

Core Values

Patriotism

Service

Integrity

Resilience

Excellence

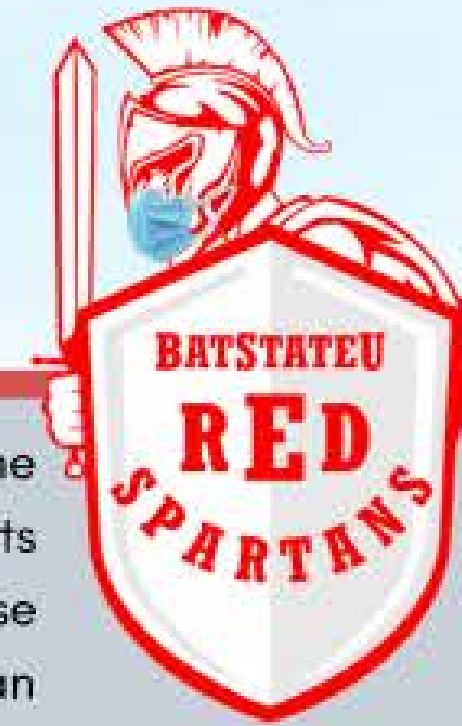
Faith



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MESSAGE FROM THE UNIVERSITY PRESIDENT




Batangas State University continues to help in rebuilding the nation through food innovation and research. The importance of proper nutrition is our best shield against any other disease, including COVID-19. Additionally, patients require sufficient nutrients to aid their recovery from the virus. That is why food preparation is a crucial stage, these materials provide easy-to-understand steps in ensuring the preparation of a nutritious meal. This Pande-MEAL Plan healthy eating guide during the pandemic is a useful tool for households and quarantine facilities to aid the recovery of male and female mild case patients suffering from COVID-19 by giving them nutritious food.

The steady decline of COVID 19 cases in the country is a sign of our victory against our battle with the pandemic. As such, more infected individuals were now treated at home and/or quarantine facilities, allowing our hospitals to breathe and recover from the rapid increase of infected individuals from the past surges. Having this set up, the (people of this project) devised a two-week meal plan that households and quarantine facilities can easily follow to further hasten the recovery of patients with their nutritious and kitchen-tested meals. The ingredients used are affordable and are also readily-available, making it even more easier to follow and implement both at home and in quarantine facilities.

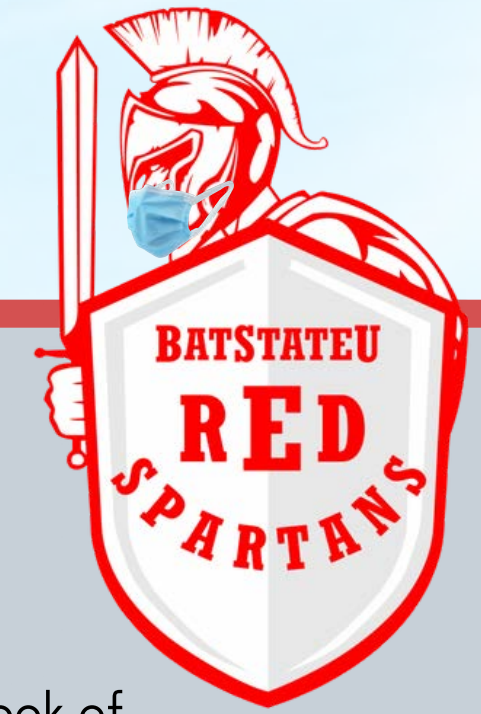
The benefits of eating healthy goes a long way. May we always be mindful of what we eat, stay healthy and fit so we could continue serving our families, communities and the entire nation.

May we all live a long, healthy life!


Dr. TIRSO A. RONQUILLO
University President



INTRODUCTION

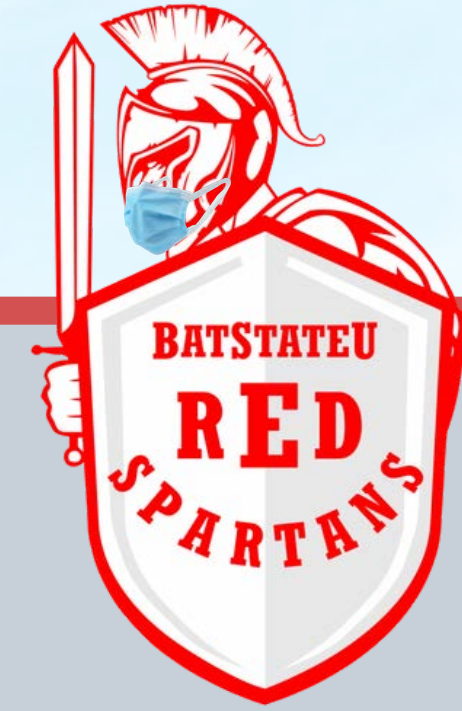


Coronavirus disease (COVID-19) is a viral infection caused by the SARS-CoV-2 virus. The majority of people infected with the virus will experience mild to moderate respiratory illness and will recover without the need for special treatment. Some, however, will become critically ill and require medical attention. Moreover, the Philippines remains one of the most severely affected countries in Asia by COVID-19. The highest rate of infection was reported in the last wave of infections in March 2021. With the exception of a brief spike in the first week of June, infections have been declining since then. The COVID-19 pandemic has caused a dramatic loss of human life all over the world, posing an unprecedented challenge to public health, food systems, and the workplace. As part of the solution, the Batangas State University launched a project to provide care for patients primarily around Batangas Province infected with mild cases of COVID-19 who are quarantined at home or in a facility. The project's goal is to create an information, education, and communication (IEC) material that promotes healthy diet meal plans, which can help improve a person's overall health and immune system after they become infected.

This healthy eating guide was designed for both male and female COVID-19 mild case patients who are under home quarantine or in a quarantine facility. To define COVID-19 mild case patients, according to the National Institutes of Health (2021), these are individuals who have any of the various signs and symptoms of COVID-19 (e.g., fever, cough, sore throat, malaise, headache, muscle pain, nausea, vomiting, diarrhea, loss of taste and smell) but who do not have shortness of breath, dyspnea, or abnormal chest imaging. Furthermore, this IEC material can be used as the official guide of the meal providers of isolation facilities in the country for their daily meal preparations.

This IEC material features a kitchen-tested 2-week cycle menu, with 3 meals and 2 snacks each day. The meal plan is filled with healthy, mostly one-dish meal and easy-to-prepare recipes for the benefit of the patients. It also features affordable and accessible ingredients in the market. In addition, this presents the recipes for each meal with nutrition facts and budget plan.

OBJECTIVES



Generally, this Pande-MEAL Plan healthy eating guide during the pandemic aims to provide a guide for COVID-19 patients with mild symptoms under home quarantine or in a quarantine facility and for female household members who usually do the meal preparation at home on which this offers nutritious, affordable and easy-to-make meals that can aid in their recovery.

Specifically, it aims to:

1. Develop a gender-sensitive Information, Education and Communication (IEC) material highlighting a kitchen-tested 2-week meal plan with nutrition facts, recipes, and budget specifically designed for COVID-19 patients with mild symptoms.
2. Educate the target beneficiaries on the nutritious food choices that can help them improve resistance from COVID-19 infection.
3. Monitor and assess improvements in the health status of targeted beneficiaries after implementing the meal plan.
4. Encourage women household members and isolation facilities to utilize this healthy eating guide during the pandemic.
5. Increase knowledge among women and meal providers of isolation facilities on the nutritional requirements of COVID-19 patients.

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Ponkan Scrambled Egg with Tomatoes and Green Bell Pepper Pandesal Hot Chocolate Tablea Drink	Pear Sauteed Lean Meat with Green Beans and Carrots Boiled Rice Kapeng Barako	Fresh Pineapple Daing na Bangus with Sliced Tomatoes Yang Chow Fried Rice Low-fat Milk	Banana Latundan Arroz Caldo with Boiled Egg Hot Coffee	Ripe Papaya Beef Strips with Onion Sunny Side-up Egg Garlic Rice Hot Cocoa	Ripe Mango Tuna with Cabbage Hard-boiled Egg Veggie Rice Fresh Milk	Apple Chicken Macaroni Soup Malunggay Pandesal Strawberry Juice
AM SNACK	Pancit Bihon Guyabano Juice	Pichi-Pichi Unsweetened Orange Juice	Ensaymada Dalandan Juice	Bibingka Infused Lemon Water	Puto Salabat	Nilagang Saging na Saba Green Tea	Kutsinta Lemon Basil Tea
LUNCH	Pork Sinigang with Okra, Talong and Kangkong Boiled Rice Atis	Suam na Biya with Dahon ng Sili Boiled Rice Watermelon	Malunggay Soup Pork Adobong Dilaw with Potatoes and Garbanzos Boiled Rice Suha	Fried Tamban Ginisang Upo with Sotanghon Boiled Rice Ube Halaya	Pesang Bangus with veggies Boiled Rice Avocado with Condensed Milk	Chicken Binakol Boiled Rice Fruit Cocktail	Cream of Mushroom Soup Pork Bistek with Potato Boiled Rice Sago't Gulaman
PM SNACK	Boiled Corn Lemon Ginger Tea with Honey	Spaghetti with Meatballs Homemade Iced Tea	Boiled Kamote Turmeric Tea	Cheese Pimiento Sandwich Melon Juice	Pinikpik Cucumber Juice	Tamales Buko Juice	Munggo Siopao Carrot Juice
DINNER	Molo Soup Escabecheng Tilapia Boiled Rice Grapes	Chicken Tinola with Papaya, Salay and Dahon ng Sili Brown Rice Dragon Fruit	Clear Soup with Mushroom Pininyahang Manok with Veggies Boiled Rice Fruit Gelatin	Potato Soup Pork Giniling with Carrots and Green Peas Boiled Rice Guava	Sinampalukang Manok with Veggies Boiled Rice Tapioca Pudding	Misua Soup Sarciadong Galunggong Pandan Rice Dalanghita	Kinamatisang Tambakol Ginisang Sigarilyas Boiled Rice Cathedral Window

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Ripe Papaya Fried Tinapa Fresh Tomatoes Boiled Rice Kapeng Barako	Banana Lakatan Homemade Chicken Longganisa Poached Egg Boiled Rice Hot Milk	Melon Eggplant Omelette Veggie Rice Hot Tea	Apple Chicken Noodle Soup with Boiled Egg Puto Puti Celery Lemonade	Honeydew Melon Hotdog Pork and Beans Pan de Sal Champorado Fresh Milk	Dalanghita Corned Beef Scrambled Egg Fried Rice Hot Choco	Pancake with Syrup Oatmeal with Banana Low-Fat Milk
AM SNACK	Egg Sandwich Lemonade	Palitaw Unsweetened Pineapple Juice	Boiled Sweet Potato	Suman sa Lihya with Niyog Green Tea with Honey	Ginataang Bilo-bilo	Mamon Buko Juice	Grilled Cheese Sandwich Four Seasons Juice
LUNCH	Kalabasa with Ampalaya Leaves Soup Chicken Pastel with Carrots and Potatoes Boiled Rice Kiat Kiat	Wonton Soup Beef Kare-Kare Boiled Rice Fruit Jelly	Batchoy Breaded Fish Fillet Garlic Butter Mixed Vegetables Boiled Rice Watermelon	Sinaing na Isda Bulanglang Pandan Rice Minatamis na Saba with Coconut Milk	Egg Drop Soup Fried Chicken Adobong Sitaw and Kangkong Garlic Rice Santol	Tinolang Tahong with Dahon ng Sili Boiled Rice Guava	Corn Soup with Malunggay Breaded Porkchop Boiled Rice Mixed Fruits
PM SNACK	Pansit Palabok Infused Cucumber Water	Uraro Cookies Ginger Tea	Spanish Bread Calamansi Juice	Pork Empanada Mango Juice	Lumpiang Togue Orange Juice	Kamote Maruya Salabat	Lomi
DINNER	Chicken Soup Pork Lumpiang Shanghai Chopsuey Boiled Rice Maja Blanca	Malunggay Soup Ginataang Tulingan with Talong and Sitaw Boiled Rice Ripe Mango	Sotanghon Soup Pork Pochero Boiled Rice Coffee Jelly	Chicken Barbecue Patola con Misua Boiled Rice Suha	Fish Sinigang Boiled Rice Lechetin	Onion Soup Chicken Fillet Ampalaya with Egg Boiled Rice Fruit Compote	Bulalo Boiled Rice Star Apple

HOT CHOCOLATE TABLEA DRINK

Preparation time: 5 minutes
Cooking time: 10 minutes



INGREDIENTS:

- 2 tablets tablea chocolate
- 2 1/3 cup water
- 1 cup milk
- 1/2 cup granulated sugar

PROCEDURE:

1. To make the chocolate: In a pot, place the tableas and water.
2. Over medium heat, whisk well as the tableas starts to melt and the solid tableas turn to liquid in 8 to 10 minutes.
3. Mix and incorporate the melted chocolate with water. Add the milk and sugar. Pour the chocolate tablea drink in a cup and serve hot.

5 servings: ₱38
1 serving: ₱8


Serving size:

1 piece Ponkan

1 cup Scrambled Egg with Tomatoes and Green Bell Pepper

3 pieces Pan de Sal

1 cup Hot Chocolate Tablea Drink



Estimated Energy and Nutrient Content of the Meal

<div>678 per meal</div> <div>kcal meal</div>	Protein	Amount per serving	% Contribution
	Fat	22.1g	31
	Carbohydrate	15.8g	–
		11.6g	–
		Amount per serving	% Contribution *
Calcium	222 mg	30	
Phosphorus	271 mg	39	
Iron	6.5 mg	54	
Vitamin A	216 µg RE	31	
Thiamin	0.41 mg	34	
Riboflavin	0.57 mg	44	
Niacin	9.3 mg NE	58	
Vitamin C	34 mg	49	

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Phosphorus

High in Iron

High in Vit. A

High in Thiamin

High in Riboflavin

High in Niacin

High in Vit. C

PANCIT BIHON

Preparation time: 20 minutes
Cooking time: 20 minutes



INGREDIENTS:

- 1 tablespoon oil
- 1/2 kg chicken breast
- 3 cloves garlic, minced
- 1 1/2 small onion, finely chopped
- 1/2 pack bihon
- 1/2 cup cabbage, chopped
- 1/2 cup carrots, chopped
- 1/2 cup baguio beans
- 5 cups chicken stock
- 5 tablespoons soy sauce
- 4 tablespoons oyster sauce
- 1 1/4 teaspoons sugar

5 servings: ₱ 463
1 serving: ₱ 92.60

PROCEDURE:

1. In a large pan over medium heat, add the oil and chicken and cook until tender. Transfer to plate and set aside.
2. Add garlic and onion and cook for 2 minutes. Add the cooked chicken and season with a little salt and pepper.
3. Stir in vegetables and cook for another 3-4 minutes or until tender.
4. Add all the ingredients for the pancit.
5. Add the Bihon noodles and stir until the bihon is coated with the sauce. Keep on stirring until the noodles are tender (3-4 minutes).
6. Add more stock if the dish is dry before the noodles are tender.
7. Season with more salt and pepper and soy sauce if necessary. Serve immediately after cook.

Serving size:

1 cup Pancit Bihon
1 glass Guyabano Juice



Estimated Energy and Nutrient Content of the Meal

399 per kcal meal		Amount per serving	% Contribution
	Protein	23.3g	33
	Fat	8.2g	–
	Carbohydrate	58.2g	–
	Amount per serving	% Contribution *	
Calcium	54 mg	7	
Phosphorus	199 mg	28	
Iron	2.5 mg	21	
Vitamin A	163 µg RE	23	
Thiamin	0.12 mg	10	
Riboflavin	0.11 mg	8	
Niacin	13.4 mg NE	84	
Vitamin C	20 mg	29	

*Based on the RENI for 19 to 29 years old, male

High in Phosphorus

High in Iron

High in Vit. A

High in Vit. C

High in Niacin

PORK SINIGANG

Preparation time: 15 minutes
Cooking time: 1 hour



INGREDIENTS:

- 1/2 kg pork liempo
- 10 cups water
- 3 cups tomato, chopped
- 1 piece onion, sliced
- 3 tablespoons fish sauce
- 2 pieces gabi
- 1 piece radish
- 3 pieces siling haba
- 2 cups string beans
- 1 piece eggplant
- 5 pieces okra
- 1 cup tamarind pods
- 1 bunch kangkong

PROCEDURE:

- 1.If using tamarind pods, combine the tamarind and 2 cups water in a saucepan. Cook over medium-high heat for 10 minutes or until the tamarind is soft. Using the back of a spoon, mashed the softened tamarind. Strain the juice into a bowl and set aside. Discard the seeds and shells.
- 2.Place pork ribs in a large pot. Pour water and bring to a rolling boil over high heat. Use a slotted spoon to remove the scum that floats to the surface.
- 3.Add the red onion, tomatoes and fish sauce and salt and pepper .Once it starts to boil again, cover the pot with the lid and lower the temperature to low. Let it simmer until pork becomes tender.
- 4.Add the taro and cover and simmer again for 5 minutes.
- 5.Toss in the string beans and radish and let it cook for 2 minutes. Add the okra, eggplant, finger chili, and the kangkong stalks.
- 6.Stir in the tamarind juice and simmer for 5 minutes.
- 7.Before all the vegetables are done, toss in the kangkong leaves. Turn off the heat and let the vegetables finish cooking from the residual heat.
- 8.Transfer to bowl and serve hot.

5 servings: ₱ 247.56
1 serving: ₱ 49.51

Serving size:

1 cup Pork Sinigang with Okra, Talong and Kangkong
1 cup Boiled Rice
1 piece Atis



Estimated Energy and Nutrient Content of the Meal

678 per kcal meal		Amount per serving	% Contribution*
	Protein	25.4g	36
	Fat	27.5g	–
	Carbohydrate	82.1g	–
	Amount per serving	% Contribution *	
Calcium	167 mg	22	
Phosphorus	387 mg	55	
Iron	5.5 mg	46	
Vitamin A	211 µg RE	30	
Thiamin	0.81 mg	68	
Riboflavin	0.36 mg	28	
Niacin	11.3 mg NE	71	
Vitamin C	90 mg	129	

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Phosphorus

High in Iron

High in Vit. A

High in Thiamin

High in Riboflavin

High in Niacin

High in Vit. C

MOLO SOUP

Preparation time: 15 minutes
Cooking time: 15 minutes

INGREDIENTS:

- 2 pieces chicken breast
- 9 cloves garlic
- 1 piece medium red onion
- 1 piece medium white onion
- 1/2 teaspoon ground black pepper
- 1 1/4 teaspoon salt
- 25 pieces small wonton wrappers
- 8 cups chicken broth
- 3 tablespoons fish sauce (to taste)
- 2 stalks spring onion (optional)

PROCEDURE:

1. Mix together all the ingredients (except the wonton wrappers) for the dumplings.
2. Place half teaspoon of filling at the center of a wrapper, gather the edges together and press the edges to seal.
3. Repeat until all wrappers have been filled.
4. In a pot, boil the chicken broth, sliced onions and crushed garlic. Season with fish sauce, as needed, stir in pepper. Allow to boil for about 5 minutes.
5. Drop in the dumplings one by one. If there are any leftover fillings, break up any large clumps and drop into broth as well.
6. When broth comes to boil, set the heat low, cover the pot, and cook the dumplings for 6-7 minutes.
7. Taste the broth, adjust seasonings then stir in spring onions.
8. Ladle your Molo soup into bowl, sprinkle more spring onions.

5 servings: ₱144
1 serving: ₱22.80

Serving size:

1 cup Molo Soup
1 slice Escabeche Tilapia
1 cup Boiled Rice
4 pieces Grapes



Estimated Energy and Nutrient Content of the Meal

749 per kcal meal		Amount per serving	% Contribution
	Protein	38.3g	54
	Fat	17.42g	–
	Carbohydrate	109.7g	–
–	Amount per serving	% Contribution *	
Calcium	204.6 mg	27	
Phosphorus	429.8 mg	61	
Iron	4.8 mg	40	
Vitamin A	124.6 µg RE	18	
Thiamin	0.29 mg	24	
Riboflavin	0.46 mg	35	
Niacin	15.74 mg NE	98	
Vitamin C	10.9 mg	16	

*Based on the RENI for 19 to 29 years old, male

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Phosphorus

High in Iron

High in Thiamin

High in Riboflavin

High in Niacin

ESCABECHENG TILAPIA

Preparation time: 10 minutes
Cooking time: 25 minutes



INGREDIENTS:

- 2 large tilapia
- 2 pieces red bell pepper
- 2 pieces onion, chopped
- 1 cup vinegar
- 8 cloves garlic
- 1/4 teaspoon salt
- 1/2 cup sugar
- 3/4 cup oil
- 1 1/2 teaspoons whole peppercorn
- 1 tablespoon atsüete

PROCEDURE:

1. Heat cooking oil in a pan they fry both sides of the fish until a bit crispy. Set aside.
2. Soak and mix annatto with hot water to extract red color. Set aside.
3. Heat a clean pan and pour-in vinegar. Let boil.
4. Add sugar, whole peppercorn and garlic. Cook for 1 minute.
5. Strain and add the red annatto mix. Stir well.
6. Put-in the onion and red bell pepper. Stir and cook until the vegetables are tender.
7. Sprinkle salt and pepper.
8. Put in the fried fish. Cook for 2-3 minutes.
9. Turn-off heat and transfer to serving plate. Serve hot.

5 servings: ₱195.60
1 serving: ₱39.12

Serving size:

1 cup Molo Soup
1 slice Escabecheng Tilapia
1 cup Boiled Rice
4 pieces Grapes



Estimated Energy and Nutrient Content of the Meal

749 per kcal meal		Amount per serving	% Contribution*
	Protein	38.3g	54
	Fat	17.42g	—
	Carbohydrate	109.7g	—
	Amount per serving	% Contribution *	
Calcium	204.6 mg	27	
Phosphorus	429.8 mg	61	
Iron	4.8 mg	40	
Vitamin A	124.6 µg RE	18	
Thiamin	0.29 mg	24	
Riboflavin	0.46 mg	35	
Niacin	15.74 mg NE	98	
Vitamin C	10.9 mg	16	

*Based on the RENI for 19 to 29 years old, male

High in
Calcium

High in
Phosphorus

High in
Iron

High in
Thiamin

High in
Riboflavin

High in
Niacin

SAUTEED LEAN MEAT WITH GREEN BEANS AND CARROTS



Preparation time: 15 minutes
Cooking time: 15 minutes

INGREDIENTS:

- 4 tablespoons oil
- 3/4 cup onion, chopped
- 1 tablespoon garlic cloves, minced
- 1 tablespoon ginger, minced
- 1/4 kg ground pork
- 2 tablespoons brown sugar
- 3 tablespoons soy sauce
- 1/2 cup water
- 3 cups green beans
- 1 1/2 cup medium carrots
- 1 teaspoon salt
- 1 teaspoon pepper

PROCEDURE:

1. In a pan over medium heat, heat oil. Add onions, garlic and ginger. Cook until softened.
2. Add ground pork and cook, breaking into pieces with the back of spoon, until lightly browned. Drain excess oil as needed.
3. In a bowl, combine soy sauce, oyster sauce, water and brown sugar. Stir until blended and sugar is dissolved.
4. Add to ground pork and bring to simmer.
5. Increase heat to high. Add green beans and carrots. Continue to cook, stirring regularly for about 2-3 minutes or until vegetables are tender.
6. Season with salt and pepper to taste. Serve hot.

5 servings: ₱180.23
1 serving: ₱36.46

Serving size:

1 piece Pear
1 cup Sauteed Lean Meat with Green Beans and Carrots
1 cup Boiled Rice
1 cup Kapeng Barako



Estimated Energy and Nutrient Content of the Meal

709 per kcal meal		Amount per serving	% Contribution*
	Protein	13.4g	19
	Fat	26.2g	–
	Carbohydrate	105.1g	–
	Amount per serving	% Contribution *	
–	151 mg	20	
Calcium	202 mg	29	
Phosphorus	2.8 mg	23	
Iron	416 µg RE	59	
Vitamin A	0.33 mg	28	
Thiamin	0.15 mg	12	
Riboflavin	5.7 mg NE	36	
Niacin	9 mg	13	
Vitamin C			

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Phosphorus

High in Iron

High in Vitamin A

High in Thiamin

High in Niacin

SUAM NA BIYA WITH DAHON NG SILI

Preparation time: 10 minutes
Cooking time: 30 minutes



INGREDIENTS:

- 1/2 kg biya
- 1 1/2 cup dahon ng sili
- 2 tablespoons ginger
- 5 pieces garlic
- 2 tablespoons onion
- 1 tablespoon oil
- 4 cups rice water
- 1 teaspoon salt
- 1 teaspoon ground black pepper

PROCEDURE:

1. Heat oil in a pan. Saute garlic until brown.
2. Add onion and ginger and cook for 5 minutes.
3. Pour-in rice water and bring to a boil.
4. Once boiling, add dahon ng sili then season with salt and pepper.
5. Then add the fish and cook for 25 minutes over low medium heat.
6. Serve hot.

5 servings: ₱ 214.28
1 serving: ₱ 42.86

Serving size: 1 cup Suam na Biya with Dahon ng Sili 1 cup Rice 1 slice Watermelon			
Estimated Energy and Nutrient Content of the Meal			
375 per kcal meal		Amount per serving	% Contribution*
	Protein	24.1 g	34
	Fat	3.9 g	-
	Carbohydrate	60.7 g	-
	Amount per serving	% Contribution *	
Calcium	132 mg	18	
Phosphorus	216 mg	31	
Iron	2.2mg	18	
Vitamin A	241 µg RE	34	
Thiamin	0.12 mg	10	
Riboflavin	0.19 mg	15	
Niacin	7.8 mg NE	49	
Vitamin C	14mg	20	

*Based on the RENI for 19 to 29 years old, male

High in Phosphorus

High in Vitamin A

High in Niacin

SPAGHETTI WITH MEATBALLS

Preparation time: 10 minutes
Cooking time: 45 minutes



INGREDIENTS:

- 1/3 pack spaghetti pasta
- 7 1/2 cups water
- 1/4 kg ground beef
- 1/3 cup bread crumbs
- 1 piece egg
- 5 pieces garlic cloves
- 1/4 cup cheese
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon salt
- 5 tablespoons oil
- 2 cups tomato sauce
- 1 piece onion, chopped
- 250g spaghetti sauce
- 2 tablespoons sugar
- grated cheese (Optional)

PROCEDURE:

1. Prepare the meatballs by combining the ground beef in a bowl, and then add bread crumbs, half of the mince garlic, egg, cheese, salt and ground black pepper. Mix together until all ingredients are well distributed.
2. Scoop around 1 1/2 tablespoon of meat mixture. Put a cube of cheese in the middle. Roll into a ball. Do the same procedure until all the mixture is completely consumed.
3. Heat oil in a pan. Fry the meatballs until brown. Remove from the pan. Set aside.
4. Cook the spaghetti pasta according to package instruction.
5. Prepare the sauce. Saute onion and garlic on the remaining oil used to fry the meatballs.
6. Add the tomato sauce and spaghetti sauce. Stir. Add the sugar/condensed milk then stir again. Cover and cook between low to medium heat for 20 minutes.
7. Put the meatballs into the cooking pot. Cover and cook for 10 minutes.
8. Season with salt and pepper. Set aside.
9. Cook the spaghetti according to package instruction.
10. Arrange the cook spaghetti in a bowl or plate. Top with sauce and meatballs. Add more cheese on top (optional) and Serve.

5 servings: ₱ 303
1 serving: ₱ 60.60

Serving size:

1 cup Spaghetti with Meatballs
1 glass Homemade Iced Tea



Estimated Energy and Nutrient Content of the Meal

632 per kcal meal	Protein	Amount per serving	% Contribution*	
		25.4g	36	
		Fat	21g	–
		Carbohydrate	86.82g	–
	Amount per serving	% Contribution *		
–				
Calcium	170.8 mg	23		
Phosphorus	250.5 mg	36		
Iron	5.3mg	44		
Vitamin A	82.1 µg RE	12		
Thiamin	0.35 mg	29		
Riboflavin	0.38 mg	29		
Niacin	9.3 mg NE	58		
Vitamin C	20.14 mg	29		

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Phosphorus

High in Iron

High in Thiamin

High in Riboflavin

High in Niacin

High in Vit. C

CHICKEN TINOLA WITH PAPAYA, SALAY AND DAHON NG SILI

Preparation time: 5 minutes
Cooking time: 30 minutes



INGREDIENTS:

- 1 tablespoon oil
- 2 tablespoons ginger
- 2 pieces garlic cloves
- 1 piece onion, sliced
- 1/2 kg chicken
- 4 tablespoons fish sauce
- 4 cups water
- 1 cup salay/tanglad
- 3/4 cup dahon ng sili
- 2 cups green papaya

PROCEDURE:

1. In a pot over medium heat, sauté ginger, garlic and onion in oil until tender.
2. Add the chicken pieces and fish sauce. Cover and let simmer for 5 minutes.
3. Add water and salay stalk. Bring to boil. Once it starts to boil, lower heat and cover pot. Let it simmer for 20 minutes or until chicken is tender.
4. Add the green papaya and let it cook for 5 minutes or until it becomes soft.
5. Add more fish sauce, if needed.
6. Mix in dahon ng sili and simmer for another minute. Transfer to bowl and serve hot.

5 servings: ₱ 156
1 serving: ₱ 31.50

Serving size:

1 cup Chicken Tinola with Papaya,
Salay and Dahon ng Sili
1 cup Brown Rice
1 piece Dragon Fruit



Estimated Energy and Nutrient Content of the Meal

913 per kcal meal		Amount per serving	% Contribution*
	Protein	34.9g	49
	Fat	23.5g	–
	Carbohydrate	140.7g	–
	Amount per serving	% Contribution *	
–			
Calcium	175 mg	23	
Phosphorus	554 mg	79	
Iron	3.9 mg	33	
Vitamin A	747 µg RE	107	
Thiamin	0.86 mg	72	
Riboflavin	0.28 mg	22	
Niacin	22.5 mg NE	141	
Vitamin C	19 mg	27	

*Based on the RENI for 19 to 29 years old, male

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Phosphorus

High in Iron

High in Vit. A

High in Thiamin

High in Riboflavin

High in Niacin

High in Vit. C

DAING NA BANGUS

Preparation time: 5 minutes
Cooking time: 10 minutes



INGREDIENTS:

- 1 piece big bangus, butterflied
- 1 1/4 cup vinegar
- 6 pieces garlic cloves
- 1 piece tomato (for sides)
- 1 1/4 teaspoons salt
- 1 1/2 teaspoons peppercorn
- cooking oil

PROCEDURE:

1. Wash bangus under cold running water, removing any leftover blood and entrails. Drain well.
2. In a wide, deep dish or bowl, combine vinegar, garlic, peppercorns and salt. Whisk together until salt is dissolved.
3. Add fish, making sure they are fully submerged in the solution. Marinate in the refrigerator for at least 4 hours or over night.
4. Drain the fish from the solution. Discard marinate.
5. In a wide pan over medium heat, heat about 1-inch deep of oil. Gently slide in fish and cook for about 3-5 minutes on each side or until golden and cooked through.
6. Remove from the pan and drain on paper towels. Serve hot.

5 servings: ₱194.50
1 serving: ₱38.90

Serving size:

1 slice Fresh Pineapple
1 slice Daing na Bangus with Sliced Tomato
1 cup Yang Chow Fried Rice
1 cup Low Fat Milk



Estimated Energy and Nutrient Content of the Meal

618 per kcal meal		Amount per serving	% Contribution*
	Protein	26g	37
	Fat	21.8g	–
	Carbohydrate	79.5g	–
	Amount per serving	% Contribution *	
Calcium	424 mg	57	
Phosphorus	442 mg	63	
Iron	3.5 mg	29	
Vitamin A	171 µg RE	24	
Thiamin	0.17 mg	14	
Riboflavin	0.23 mg	18	
Niacin	7.6 mg NE	48	
Vitamin C	21 mg	30	

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Phosphorus

High in Iron

High in Vit. A

High in Niacin

High in Vit. C

YANG CHOW FRIED RICE

Preparation time: 15 minutes
Cooking time: 20 minutes



INGREDIENTS:

- 5 cups cooked white rice, refrigerated
- 1 1/4 tablespoons soy sauce
- 1 1/2 teaspoons salt
- 7 pieces shrimp, shelled and deveined
- 1/2 cup green peas
- 1/4 cup onion, chopped
- 2 pieces egg
- 3/4 teaspoon sugar
- 3/4 teaspoon garlic, minced
- 3/4 teaspoon ginger, minced
- 2 1/2 tablespoons oil

PROCEDURE:

1. Heat cooking oil and saute garlic and ginger.
2. Add shrimp and cook for a minute. Remove the shrimp and set aside.
3. Pour-in beaten eggs and cook. When cooked, divide into small pieces and then add the rice and mix as well.
4. Put-in soy sauce, sugar and salt. Mixed the other ingredients.
5. Add green peas and shrimp. Cook for another 3 minutes.
6. Put-in green onions. Cook for 2 minutes while mixing the other ingredients.
7. Turn the heat off and transfer to bowl. Serve while hot.

5 servings: ₱ 155.07
1 serving: ₱ 31.01

Serving size:

1 slice Fresh Pineapple
1 slice Daing na Bangus with Sliced Tomato
1 cup Yang Chow Fried Rice
1 cup Low Fat Milk



Estimated Energy and Nutrient Content of the Meal

618 per kcal meal		Amount per serving	% Contribution*
	Protein	26g	37
	Fat	21.8g	–
	Carbohydrate	79.5g	–
		Amount per serving	% Contribution *
Calcium		424 mg	57
Phosphorus		442 mg	63
Iron		3.5 mg	29
Vitamin A		171 µg RE	24
Thiamin		0.17 mg	14
Riboflavin		0.23 mg	18
Niacin		7.6 mg NE	48
Vitamin C		21 mg	30

*Based on the RENI for 19 to 29 years old, male

High in
Calcium

High in
Phosphorus

High in
Iron

High in
Vit. A

High in
Niacin

High in
Vit. C

MALUNGgay SOUP

Preparation time: 10 minutes
Cooking time: 20 minutes

INGREDIENTS:

- 1 1/4 cups malunggay leaves
- 2 1/2 cups water
- 2 cloves garlic
- salt (to taste)

PROCEDURE:

- 1.Heat a cooking pan/pot and pour 2 ½ cups of water.
- 2.Add the garlic and let boil
- 3.Add salt then cook for 2 minutes more.
- 4.Put-in malunggay leaves. Stir and simmer for 3 minutes more.
- 5.Turn-off heat and transfer to bowl. Serve hot.

5 servings: ₱ 11
1 serving: ₱ 2

Serving size:

1 cup Malunggay Soup
1 cup Pork Adobong Dilaw with
Potatoes and Garbanzos
1 cup Boiled Rice
3 slices Suha



Estimated Energy and Nutrient Content of the Meal

843 per kcal meal		Amount per serving	% Contribution*
	Protein	35.3g	50
	Fat	43.9g	–
	Carbohydrate	76.4g	–
	Amount per serving	% Contribution *	
Calcium	135 mg	18	
Phosphorus	481 mg	69	
Iron	4.6 mg	38	
Vitamin A	107 µg RE	15	
Thiamin	0.92 mg	77	
Riboflavin	0.32 mg	25	
Niacin	14.3 mg NE	89	
Vitamin C	69 mg	99	

*Based on the RENI for 19 to 29 years old, male

High in
Phosphorus

High in
Iron

High in
Thiamine

High in
Riboflavin

High in
Niacin

High in
Vit. C

PORK ADOBONG DILAW WITH POTATO AND GARBANZOS

Preparation time: 15 minutes
Cooking time: 1 hour



INGREDIENTS:

- 3/4 tablespoon oil
- 1 piece onion
- 1 garlic head, minced
- 3/4 tablespoon turmeric, sliced
- 3/4 kg pork belly
- 3/4 cup vinegar
- 1 1/4 cups water
- 2 pieces bay leaves
- 2 potatoes
- 1 can garbanzos
- salt and pepper (to taste)

PROCEDURE:

1. In a pot over medium heat, heat oil.
2. Add onions, garlic and turmeric and cook until softened.
3. Add pork and cook, stirring occasionally, until lightly seared and evenly colored with turmeric.
4. Add vinegar and bring to a boil. Cook uncovered and without stirring for about 4-5 minutes.
5. Add water and bay leaves. Continue to cook for about 2-3 minutes.
6. Add potatoes and cook until tender.
7. Lower heat, cover and cook for about 50 minutes or until the pork is tender and sauce is reduced.
8. Add the garbanzos and cook for about 2-3 minutes. After, transfer into a bowl and serve hot.

5 servings: ₱ 428.75
1 serving: ₱ 85.75

Serving size:
1 cup Malunggay Soup
1 cup Pork Adobong Dilaw
with Potatoes and Garbanzos
1 cup Boiled Rice
3 slices Suha



Estimated Energy and Nutrient Content of the Meal

843 per kcal meal		Amount per serving	% Contribution*
	Protein	35.3g	50
	Fat	43.9g	-
	Carbohydrate	76.4g	-
	Amount per serving	% Contribution *	
Calcium	135 mg	18	
Phosphorus	481 mg	69	
Iron	4.6 mg	38	
Vitamin A	107 µg RE	15	
Thiamin	0.92 mg	77	
Riboflavin	0.32 mg	25	
Niacin	14.3 mg NE	89	
Vitamin C	69 mg	99	

*Based on the RENI for 19 to 29 years old, male

High in
Phosphorus

High in
Iron

High in
Thiamine

High in
Riboflavin

High in
Niacin

High in
Vit. C

PININYAHANG MANOK WITH VEGGIES

Preparation time: 10 minutes
Cooking time: 45 minutes



INGREDIENTS:

- 3/4 kg chicken
- 1 1/4 cup pineapple chunks
- 2 pieces tomato
- 3/4 cup bell pepper, chopped
- 1 piece carrot, chopped
- 3 tablespoons fish sauce
- 1 1/2 tablespoons garlic, minced
- 1/2 cup milk (fresh or evaporated)
- 1 piece onion
- 1 1/2 tablespoons oil
- 1 Knorr chicken cubes/ 1 cup chicken broth
- salt and pepper (to taste)

PROCEDURE:

1. Marinate the chicken in pineapple juice (derived from the pineapple chunks) for 20-30 minutes.
2. Pour the cooking oil in pot then apply heat.
3. Saute garlic, onion and tomatoes.
4. Put-in the chicken and cook until color of the outer part turns light brown.
5. Add the pineapple marinade, fresh milk and chicken broth then bring to boil.
6. Add the pineapple chunks and simmer until the chicken is tender and half of the liquid evaporates (about 20-30 minutes).
7. Put-in carrots and simmer for 5 minutes. Add the bell pepper and fish sauce, then simmer for another 3 minutes.
8. Remove from the pot and transfer to bowl/plate. Serve hot.

5 servings: ₱ 297.55
1 serving: ₱ 59.51

Serving size:

1 cup Clear Soup with Mushroom
1 cup Pininyahang Manok with Veggies
1 cup Boiled Rice
1 slice Fruit Gelatin



Estimated Energy and Nutrient Content of the Meal

832 per kcal meal		Amount per serving	% Contribution*
	Protein	47.8g	67
	Fat	20.9g	-
	Carbohydrate	114.3g	-
	Amount per serving	% Contribution *	
Calcium	370 mg	49	
Phosphorus	555 mg	79	
Iron	4.8 mg	40	
Vitamin A	378 µg RE	54	
Thiamin	0.29 mg	24	
Riboflavin	0.44 mg	34	
Niacin	25.3 mg NE	158	
Vitamin C	38.4 mg	55	

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Phosphorus

High in Iron

High in Vit. A

High in Thiamin

High in Riboflavin

High in Niacin

High in Vit. C

FRUIT GELATIN

Preparation time: 5 minutes
Cooking time: 10 minutes



INGREDIENTS:

- 1/2 pack gelatin powder
- 1/2 cup fruit cocktail
- 1/2 can evaporated milk
- 2 1/2 cups water
- 1/2 can condensed milk
- 1/4 teaspoon vanilla
- 1/4 cup sugar

PROCEDURE:

1. Drain the fruit cocktail. Set aside fruit cocktail syrup. In a gelatin molder, spread fruit cocktail on the bottom. Set aside.
2. In a pot, combine water, sugar and jelly powder. Cook in medium heat and stir constantly until mixture is incorporated.
3. Add the condensed milk and evaporated milk. Add vanilla. Stir constantly until all mixtures dissolved.
4. Pour the mixture using strainer into molder. Put in fridge. When cold, invert and serve.

5 servings: ₱ 87.44
1 serving: ₱ 17.49

Serving size:

1 cup Clear Soup with Mushroom
1 cup Pininyahang Manok with Veggies
1 cup Boiled Rice
1 slice Fruit Gelatin



Estimated Energy and Nutrient Content of the Meal

832 per kcal meal		Amount per serving	% Contribution
	Protein	47.8g	67
	Fat	20.9g	–
	Carbohydrate	114.3g	–
	Amount per serving	% Contribution *	
–			
Calcium	370 mg	49	
Phosphorus	555 mg	79	
Iron	4.8 mg	40	
Vitamin A	378 µg RE	54	
Thiamin	0.29 mg	24	
Riboflavin	0.44 mg	34	
Niacin	25.3 mg NE	158	
Vitamin C	38.4 mg	55	

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Phosphorus

High in Iron

High in Vit. A

High in Thiamin

High in Riboflavin

High in Niacin

High in Vit. C

GINISANG UPO WITH SOTANGHON

Preparation time: 10 minutes
Cooking time: 10 minutes



INGREDIENTS:

- 1 pc medium upo
- 1 tablespoon cooking oil
- 1 small onion, peeled and sliced thinly
- 2 ½ tsp garlic, peeled and minced
- 250 grams ground pork, diced
- 1 tablespoon fish sauce
- 5 cups water
- 1 tsp salt
- pepper
- 1 pack 40 g sotanghon

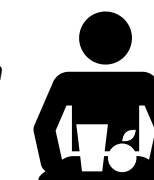
5 servings: ₱119.85
1 serving: ₱23.97

PROCEDURE:

1. Cut and discard ends of upo. Using a peeler or a paring knife, peel skin. Cut the gourd lengthwise. If interior is "too spongy" and has mature seeds, remove spongy flesh using a spoon and discard. Slice gourd into 1 inch cubes.
2. In a pot over medium heat, heat oil. Add onions and garlic and cook until softened.
3. Add ground pork and cook, stirring occasionally, until lightly browned and juices run clear.
4. Add fish sauce and cook for about 1 minute.
5. Add water and bring to a boil. Season with salt and pepper to taste.
6. Add upo and cook for about 2 to 3 minutes or until half-done.
7. Add sotanghon and push down into the broth.
8. Continue to cook for about 3 to 5 minutes or until noodles are translucent and upo is tender yet crisp.
9. Ladle into serving bowls and garnish with fried garlic bits, if desired. Serve hot.

Serving size:

1 piece Fried Tamban
1 cup Ginisang Upo with Sotanghon
1 cup Boiled Rice
1 cup Ube Halaya



Estimated Energy and Nutrient Content of the Meal

645 per kcal meal		Amount per serving	% Contribution*
		Protein	22 g 31
	Fat	27.5 g	–
	Carbohydrate	77.6 g	–
	Amount per serving	% Contribution *	
Calcium	252mg	34	
Phosphorus	326 mg	47	
Iron	3.3 mg	27	
Vitamin A	158 µg RE	23	
Thiamin	0.35 mg	29	
Riboflavin	0.43 mg	33	
Niacin	8.7 mg NE	54	
Vitamin C	13 mg	19	

*Based on the RENI for 19 to 29 years old, male

High in
Calcium

High in
Phosphorus

High in
Iron

High in
Vit. A

High in
Thiamin

High in
Riboflavin

High in
Niacin

POTATO SOUP

Preparation time: 20 minutes
Cooking time: 30 minutes



INGREDIENTS:

- ½ cup celery, diced
- 1 onion, chopped
- 2 cloves garlic, minced
- 5 potatoes, peeled and cubed
- 2 ½ cups chicken stock
- 1 tablespoons butter, for cream
- 2 ½ tablespoons all-purpose flour
- ½ cup heavy cream
- salt and pepper to taste
- 2 tbsp butter, for sautéing
- scallions, for garnish (optional)

PROCEDURE:

1. Cook celery and onion in reserved bacon drippings until onion is translucent, about 5 minutes. Stir in garlic, and continue cooking for 1 to 2 minutes. Add cubed potatoes, and toss to coat. Saute for 3 to 4 minutes. Add enough chicken stock to just cover the potatoes. Cover, and simmer until potatoes are tender.
2. In a separate pan, melt butter over medium heat. Whisk in flour. Cook, stirring constantly, for 1 to 2 minutes. Whisk in the heavy cream. Bring the cream mixture to a boil, and cook, stirring constantly, until thickened. Stir the cream mixture into the potato mixture. Puree about 1/2 the soup, and return to the pan. Adjust seasonings to taste.

5 servings: ₱99.9
1 serving: ₱19.60

Serving size:

1 cup Potato Soup
1 cup Pork Giniling
1 cup Boiled Rice
1 piece Guava



Estimated Energy and Nutrient Content of the Meal

749 per kcal meal		Amount per serving	% Contribution*
	Protein	19.3 g	27
	Fat	31.5 g	—
	Carbohydrate	97 g	—
	Amount per serving	% Contribution *	
Calcium	172 mg	23	
Phosphorus	271 mg	39	
Iron	5.3 mg	44	
Vitamin A	324 µg RE	46	
Thiamin	0.53 mg	44	
Riboflavin	0.36 mg	28	
Niacin	10.7 mg NE	67	
Vitamin C	230 mg	329	

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Phosphorus

High in Iron

High in Vit. A

High in Thiamin

High in Riboflavin

High in Niacin

High in Vit. C

PORK GINILING WITH VEGGIES

Preparation time: 10 minutes
Cooking time: 10 minutes



INGREDIENTS:

- 1 tablespoon coconut oil
- 1 onion, peeled and chopped
- 2 ½ tbsp garlic, peeled and minced
- 300 g pound ground pork
- 1 cup tomato sauce
- 1 cup water
- ½ cup carrot, peeled and cubed
- 2 tbsp green peas
- salt and pepper to taste

PROCEDURE:

1. In a wide pan over medium heat, heat oil. Add onions and garlic and cook until softened.
2. Add ground pork and cook, breaking to pieces with the back of a spoon, for about 3 to 5 minutes, or until no longer pink.
3. Add tomato sauce, and water, stirring to combine. Bring to a boil. Lower heat, cover, and continue to simmer until meat is tender and fully cooked.
4. Add carrots and cook until tender.
5. Add green peas and continue to cook until completely heated through and sauce is reduced.
6. Season with salt and pepper to taste. Serve hot.

5 servings: ₱127.25
1 serving: ₱25.59

Serving size:

1 cup Potato Soup
1 cup Pork Giniling
1 cup Boiled Rice
1 piece Guava



Estimated Energy and Nutrient Content of the Meal

749 per kcal meal		Amount per serving	% Contribution*
	Protein	19.3 g	27
	Fat	31.5 g	—
	Carbohydrate	97 g	—
		Amount per serving	% Contribution *
Calcium		172 mg	23
Phosphorus		271 mg	39
Iron		5.3 mg	44
Vitamin A		324 µg RE	46
Thiamin		0.53 mg	44
Riboflavin		0.36 mg	28
Niacin		10.7 mg NE	67
Vitamin C		230 mg	329

*Based on the RENI for 19 to 29 years old, male

High in
Calcium

High in
Phosphorus

High in
Iron

High in
Vit. A

High in
Thiamin

High in
Riboflavin

High in
Niacin

High in
Vit. C

BEEF STRIPS WITH ONIONS

Preparation time: 15minutes
Cooking time: 45 minutes



INGREDIENTS:

- 0.30 kg beef
- 1 small can 198 g mushroom
- 1 big white onion
- garlic powder to taste
- 2 tsp coconut oil
- salt and pepper to taste

PROCEDURE:

1. Tenderize the beef in a hot water for 10 minutes.
2. Slice beef into thin strips and season with salt, garlic powder and fresh pepper to taste.
3. Heat a large skillet over high heat. When the skillet is very hot, add canola oil and add the beef
4. Cook 2 minutes, then turn steak and cook an additional 1 minute. In a separate pan, add white onion and season with salt and pepper.
5. Cook one minute, then turn and cook onions an additional 30 seconds or until onions are golden. Lower heat to medium and add 1/2 tsp canola oil in a pan with onion, add mushrooms, salt and pepper.
6. Cook 1 1/2 minutes, then turn mushrooms together with the onion and cook another minute and a half.
7. Add to dish with steak and stir to combine.

5 servings: ₱262.59
1 serving: ₱52.52

Serving size:

1 piece Ripe Papaya
1 cup Beef Strips with Onion
1 piece Sunny Side-up Egg
1 cup Garlic Rice
1 cup Hot Cocoa/Choco



Estimated Energy and Nutrient Content of the Meal

818 per kcal meal		Amount per serving	% Contribution*
	Protein	40 g	51
	Fat	28.9 g	–
	Carbohydrate	144.6 g	–
	Amount per serving	% Contribution *	
Calcium	371 mg	49	
Phosphorus	516 mg	74	
Iron	9.8 mg	65	
Vitamin A	221 µg RE	32	
Thiamin	0.22 mg	18	
Riboflavin	0.72 mg	55	
Niacin	15.2 mg NE	95	
Vitamin C	51 mg	46	

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Phosphorus

High in Iron

High in Vit. A

High in Riboflavin

High in Niacin

High in Vit. C

PESANG BANGUS WITH VEGGIES

Preparation time: 10 minutes
Cooking time: 40 minutes



INGREDIENTS:

- 1 pc bangus (milkfish)
- 1 tbsp ginger sliced and pounded
- 1 pc onion quartered
- 1/2 tsp whole black pepper
- 7 cups water
- 3 tbsp fish sauce
- 6 pcs baguio beans sliced
- 8 pcs leaves pechay tagalog
- 1/2 cup cabbage, sliced
- 4 cloves garlic

PROCEDURE:

1. Rub fish with salt. Set aside.
2. Heat oil in a pot over medium heat. Sauté garlic and onions.
3. Add the water and ginger. Put the black pepper and fish sauce. Cover and simmer for 10 minutes.
4. Note: You can add more fish sauce depending on your desired saltiness.
5. Then, add the milkfish. Simmer for 10 minutes.
6. Add the Baguio beans, pechay and cabbage. Cook for 3-5 minutes.
7. Serve while hot!

5 servings: ₱188
1 serving: ₱37.6

Serving size:

1 cup Pesang Bangus with Veggies
1 cup Boiled Rice
1 piece Avocado with Condensed Milk



Estimated Energy and Nutrient Content of the Meal

332 per kcal meal		Amount per serving	% Contribution
	Protein	12.2 g	17
	Fat	6.7 g	–
	Carbohydrate	55.7 g	–
	Amount per serving	% Contribution *	
–			
Calcium	72 mg	9	
Phosphorus	152 mg	22	
Iron	3.2 mg	27	
Vitamin A	90 µg RE	13	
Thiamin	0.08 mg	7	
Riboflavin	0.13 mg	10	
Niacin	6.5 mg NE	41	
Vitamin C	17 mg	24	

*Based on the RENI for 19 to 29 years old, male

High in
Phosphorus

High in
Iron

High in
Niacin

High in
Vit. C

PINIKPIK

Preparation time: 20 minutes
Cooking time: 10 minutes



INGREDIENTS:

- 2 cup cassava
- 100 g sugar
- 5 tbsp cooking oil

PROCEDURE:

1. Grate the peeled cassava root.
1. Add sugar and mix well.
2. Heat the pan with cooking oil over medium-high heat.
3. Take 3 tablespoon of mixture and press into burger patty size.
4. Fry both side till golden brown. Place in paper towel to remove excess oil.
5. Ready to serve.

5 servings: ₱17.00
1 serving: ₱3.40

Serving size:

1 piece Pinikpik
1 cup Cucumber Juice



Estimated Energy and Nutrient Content of the Meal

428 per kcal meal		Amount per serving	% Contribution*
	Protein	0.7 g	1
	Fat	15.1 g	–
	Carbohydrate	72.5	–
	Amount per serving	% Contribution *	
Calcium	80mg	11	
Phosphorus	34 mg	5	
Iron	0.9mg	8	
Vitamin A	1 µg RE	0	
Thiamin	0.05 mg	4	
Riboflavin	0.03 mg	2	
Niacin	0.6 mg NE	4	
Vitamin C	35 mg	50	

*Based on the RENI for 19 to 29 years old, male

High in
Vit. C

SINAMPALUKANG MANOK WITH VEGGIES

INGREDIENTS:

- 1 tablespoon oil
- 1 onion
- 3 cloves garlic
- 1 thumb-size ginger
- 3 large tomatoes
- 5 pcs chicken leg
- 1 tablespoon fish sauce
- 5 cups water
- 10 pieces fresh tamarind
- 1 cup long beans
- 1.25 cup pickled young tamarind leaves

PROCEDURE:

1. In a pot over medium heat, heat oil. Add onions, garlic, and ginger. Cook, stirring regularly, until aromatic. Add tomatoes and cook, mashing with until softened.
2. Add chicken and cook, turning occasionally. Add fish sauce and continue to cook, stirring occasionally, for about 1 to 2 minutes. Add water and bring to a boil.
3. Lower heat, cover, and simmer until chicken is cooked through.
4. Add long beans and pickled tamarind leaves or fresh tamarind leaves, and cook until long beans are tender yet crisp.
5. Add tamarind powder or tamarind pulp , stirring to combine. Continue to cook for about 2 to 3 minutes.
6. Season with salt to taste.

Preparation time: 15 minutes
Cooking time: 40 minutes

5 servings: ₱ 159.28
1 serving: ₱ 31.86



Serving size:

1 cup Sinampalukang Manok with Veggies
1 cup Boiled Rice
1 cup Tapioca Pudding



Estimated Energy and Nutrient Content of the Meal

574 per kcal meal	Amount per serving		% Contribution*
	Protein	61.1 g	23
	Fat	11.5 g	–
	Carbohydrate	101.6 g	–
	Amount per serving	% Contribution *	
Calcium	266 mg	35	
Phosphorus	222 mg	32	
Iron	3.9 mg	33	
Vitamin A	259 µg RE	37	
Thiamin	0.27 mg	23	
Riboflavin	0.39 mg	30	
Niacin	6.4 mg	40	
Vitamin C	24 mg NE	34	

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Phosphorus

High in Iron

High in Vit. A

High in Thiamin

High in Riboflavin

High in Niacin

High in Vit. C

TUNA WITH CABBAGE

Preparation time: 10 minutes
Cooking time: 10 minutes



INGREDIENTS:

- 1 cup cabbage
- 1 can or 420g tuna
- 2 1/2 tbsp soy sauce
- 1 teaspoon salt
- 1 teaspoon ground black pepper

PROCEDURE:

1. Pour the oil from the canned tuna into the frying pan.
2. Roughly chop the lettuce into bite-sized pieces and add to the pan.
3. Once the cabbage becomes tender, add the tuna and stir.
4. Once it has been combined, add 2 1/2 tbsp (1 tablespoon) of soy sauce and mix it together. When the soy sauce has been evenly mixed in with the ingredients, it's done.

5 servings: ₱41.50
1 serving: ₱8.30

Serving size:

1 piece Ripe Mango
1 cup Tuna Cabbage
1 piece Hard-boiled Egg
1 cup Veggie Rice
1 cup Fresh Milk



Estimated Energy and Nutrient Content of the Meal

611 per kcal meal		Amount per serving	% Contribution*
	Protein	40.8 g	57
	Fat	21.6 g	–
	Carbohydrate	63.4 g	–
		Amount per serving	% Contribution *
	Calcium	510 mg	68
	Phosphorus	539 mg	77
	Iron	4.7 mg	39
	Vitamin A	501 µg RE	72
	Thiamin	0.25 mg	21
	Riboflavin	1 mg	77
	Niacin	18.4 mg	115
	Vitamin C	36 mg NE	51

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Phosphorus

High in Iron

High in Vit. A

High in Thiamin

High in Riboflavin

High in Niacin

High in Vit. C

CHICKEN BINAKOL

INGREDIENTS:

- 3 stalks lemongrass
- 1 tablespoon coconut oil
- 1 onion, peeled and sliced thinly
- 4 cloves garlic, peeled and minced
- 1 tbsp ginger, peeled and julienned
- 500 grams, chicken breast
- 1 tablespoon fish sauce
- 5 cups coconut juice
- 1 cup young coconut meat
- 2 cups green papaya, peeled and cut into cubes

PROCEDURE:

1. Cut the stem and leaf ends of the lemongrass. Peel a few layers to get to the white part. Cut into 2-inch lengths and pound until with the back of a knife to release flavor. Set aside.
2. In a pot over medium heat, heat oil. Add onions, garlic, and ginger. Cook until softened.
3. Add chicken and cook until color changes and juices run clear.
4. Add fish sauce and cook for about 1 minute.
5. Add coconut juice and bring to a boil, skimming any scum that may float on top.
6. Add lemongrass.

Preparation time: 15 minutes
Cooking time: 45 minutes

5 servings: ₱ 151.85
1 serving: ₱ 30.37



Serving size:

1 cup Chicken Binakol
1 cup Boiled Rice
1 cup Fruit Cocktail



Estimated Energy and Nutrient Content of the Meal

510 per kcal meal		Amount per serving	% Contribution*
	Protein	26.6g	37
	Fat	9.2 g	–
	Carbohydrate	80.5 g	–
		Amount per serving	% Contribution *
Calcium		185 mg	19
Phosphorus		271.4mg	37
Iron		3.4 mg	25
Vitamin A		35.4 µg RE	5
Thiamin		0.12 mg	10
Riboflavin		0.19 mg	15
Niacin		15.5 mg	97
Vitamin C		7.8 mg NE	11

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Niacin

High in Iron

High in Phosphorus

MISUA SOUP

Preparation time: 5 minutes
Cooking time: 20 minutes

INGREDIENTS:

- 1.5 tbsp coconut oil
- 1 medium onion
- 3 cloves garlic
- 10 cups chicken broth
- 1 egg
- 100 g misua noodle
- salt and pepper to taste

PROCEDURE:

1. In a soup pot, saute garlic and onions in oil.
1. Add chicken stock.
2. Drop in the misua. Season with salt and pepper. Bring to a boil.
3. Drop in the egg. Bring to a boil or until egg is cooked
4. Serve with the fried pork cubes, garlic and green onions on the side (optional). Add to the misua soup as desired.

5 servings: ₱ 34.48
1 serving: ₱ 6.90



Serving size:

1 cup Misua Soup
1 piece Sarciadong Galunggong
1 cup Pandan Rice
1 piece Dalanghita



Estimated Energy and Nutrient Content of the Meal

468 per kcal meal		Amount per serving	% Contribution*
	Protein	19.1	27
	Fat	9.9 g	–
	Carbohydrate	75.6 g	–
	Amount per serving	% Contribution *	
Calcium	131 mg	17	
Phosphorus	239 mg	34	
Iron	4.6 mg	38	
Vitamin A	145 µg RE	21	
Thiamin	0.21 mg	18	
Riboflavin	0.29 mg	22	
Niacin	8.8 mg	55	
Vitamin C	45 mg NE	64	

*Based on the RENI for 19 to 29 years old, male

*Based on the RENI for 19 to 29 years old, male

High in Phosphorus

High in Iron

High in Vit. A

High in Riboflavin

High in Niacin

High in Vit. C

SARCIADONG GALUNGGONG

Preparation time: 10 minutes
Cooking time: 30 minutes



INGREDIENTS:

- 5 pcs small galunggong
- 3 pieces medium-sized tomatoes diced
- 1 piece medium-sized onions diced
- 2 cups water
- ¼ teaspoon ground black pepper
- 2 ½ teaspoons garlic minced
- 2 pieces raw eggs, beaten
- 2 tablespoons fish sauce

PROCEDURE:

1. Heat oil in a frying pan then fry the fish. Ensure that salt has been rubbed over the fish before frying.
2. Remove the fish from the frying pan and place in a plate with paper towels. Set aside.
3. Using a clean pan, heat about 2 teaspoons of cooking oil then sauté the garlic, onions, and tomatoes
4. Add the fish sauce and ground black pepper then stir.
5. Put-in the chopped green onions and water then bring to a boil.
6. Add the fried fish and simmer for 3 to 5 minutes.
7. Pour the beaten eggs on the pan. Ensure that it is distributed evenly.
8. Once the eggs curdles or coagulates, you may start stirring the mixture.
9. Simmer for another 2 minutes than transfer to a serving plate.

5 servings: ₱ 88.00
1 serving: ₱ 18.00

Serving size:

1 cup Misua Soup
1 piece Sarciadong Galunggong
1 cup Pandan Rice
1 piece Dalanghita



Estimated Energy and Nutrient Content of the Meal

468 per kcal meal		Amount per serving	% Contribution*
	Protein	19.1	27
	Fat	9.9 g	–
	Carbohydrate	75.6 g	–
	Amount per serving	% Contribution *	
Calcium	131 mg	17	
Phosphorus	239 mg	34	
Iron	4.6 mg	38	
Vitamin A	145 µg RE	21	
Thiamin	0.21 mg	18	
Riboflavin	0.29 mg	22	
Niacin	8.8 mg	55	
Vitamin C	45 mg NE	64	

*Based on the RENI for 19 to 29 years old, male

High in Phosphorus

High in Iron

High in Vit. A

High in Riboflavin

High in Niacin

High in Vit. C

KUTSINTA

Preparation time: 20minutes
Cooking time: 1 hour



INGREDIENTS:

- 1/2 cup rice flour
- 1/2 cup all-purpose flour
- 3/4 cup brown sugar
- 1 1/2 cups water
- 1 1/4 tsp lye water
- 2 tsp anatto seeds

PROCEDURE:

1. In a mixing bowl, combine all the dry ingredients starting from the rice flour, all-purpose flour, and brown sugar then mix all the ingredients.
2. While mixing, add water gradually and continue to mix until all ingredients are completely distributed.
3. Add lye water and anatto water (soak the anatto seed in 3 tbsp water) then continue mixing.
4. Place the mixture into individual molds and steam for 40 minutes to an hour.
5. Serve with grated or shredder coconut on top. Share and Enjoy!

5 servings: ₱ 37
1 serving: ₱ 7

Serving size:
3 pcs Kutsinta
1 cup Lemon Basil Tea



Estimated Energy and Nutrient Content of the Meal

208 per kcal meal		Amount per serving	% Contribution*
	Protein	2.5 g	4
	Fat	0.3 g	-
	Carbohydrate	48.7g	-
	Amount per serving	% Contribution *	
Calcium	57 mg	8	
Phosphorus	20 mg	3	
Iron	0.7 mg	6	
Vitamin A	0 µg RE	-	
Thiamin	0.02 mg	2	
Riboflavin	0.04 mg	3	
Niacin	1.3 mg NE	8	
Vitamin C	3 mg	4	

*Based on the RENI for 19 to 29 years old, male

PORK BISTEK WITH POTATO

Preparation time: 10 minutes
Cooking time: 1 hour



INGREDIENTS:

- 5 pcs bone-in pork steaks, skinless, about 1 cm thick
- 3 tbsp worcestershire sauce
- 1 tbsp oyster sauce
- 1 tbsp dried rosemary
- 1 ½ cloves garlic, grated
- ¼ kg baby potatoes
- 5 tsp coconut oil
- 1 tsp salt
- ¼ tsp black pepper

PROCEDURE:

1. Preheat the oven to 150 degrees C. Line a baking sheet with aluminum foil & grease another baking sheet with cooking spray.
2. In a bowl, mix the worcestershire sauce, half of the rosemary, and the garlic together.
3. Boil or steam meat until tender.
4. In another bowl, combine the potatoes, olive oil, & remaining rosemary.
5. Season with salt & pepper, then toss to coat. Transfer these onto the greased baking sheet & set aside.
6. After bringing the marinated pork steaks to room temperature, coat them with the sauce and place them at the lined baking sheet, and roast for 18 to 20 minutes.
7. Roast together for roughly an hour or until potatoes are golden, & pork chops are fully cooked. You may need to remove the potatoes earlier if needed, as they tend to roast faster than the pork chops.
8. Baste the pork with the sauce every now and then.
9. Serve these together with asparagus & your choice of sauce.

5 servings: ₱ 281.2
1 serving: ₱ 56.24

Serving size:

1 cup Cream of Mushroom Soup
1 pc Pork Bistek with Potato
1 cup Boiled Rice
1 cup Sago't Gulaman



Estimated Energy and Nutrient Content of the Meal

982 per kcal meal		Amount per serving	% Contribution*
	Protein	37.2 g	52
	Fat	44.5 g	-
	Carbohydrate	108.1 g	-
	Amount per serving	% Contribution *	
Calcium	399 mg	53	
Phosphorus	648 mg	93	
Iron	7.6 mg	63	
Vitamin A	123 µg RE	18	
Thiamin	0.78 mg	65	
Riboflavin	0.83 mg	64	
Niacin	25.1 mg NE	157	
Vitamin C	22 mg	31	

*Based on the RENI for 19 to 29 years old, male

High in
Calcium

High in
Phosphorus

High in
Iron

High in
Thiamin

High in
Riboflavin

High in
Niacin

High in
Vit. C

CREAM OF MUSHROOM SOUP

Preparation time: 10 minutes
Cooking time: 30 minutes



INGREDIENTS:

- 3 ¼ tablespoons butter
- 1 tablespoon coconut oil
- 1 1/2 onions, diced
- 3 cloves garlic, minced
- 750 g fresh brown mushrooms, sliced
- 3 teaspoons chopped thyme, divided
- 5 tablespoon all-purpose flour
- 3 1/4 cups low sodium chicken broth or stock
- ½ teaspoon salt adjust to taste
- 2 teaspoons black cracked pepper adjusts to taste
- 1 piece beef bouillon cubes, crumbled
- 2 cups evaporated milk
- 1 cup water

PROCEDURE:

1. Heat butter and oil in a large pot over medium-high heat until melted. Sauté onion for 2 to 3 minutes until softened. Cook garlic until fragrant, about 1 minute.
2. Add mushrooms and 2 teaspoons pepper, cook for 5 minutes. Pour in milk and water, allow to cook for 3 minutes.
3. Sprinkle mushrooms with flour, mix well and cook for 2 minutes. Add stock, mix again and bring to a boil. Reduce heat to low-medium heat, season with salt, pepper and crumbled bouillon cubes.
4. Cover and allow to simmer for 10-15 minutes, while occasionally stirring, until thickened.
5. Reduce heat to low, stir in cream or half and half. Allow to gently simmer (do not boil). Adjust salt and pepper to your taste.
6. Mix in parsley or other garnish of choice and remaining pepper. Serve warm.

5 servings: ₱ 152.12
1 serving: ₱ 31.02

Serving size: 1 cup Cream of Mushroom Soup 1 pc Pork Bistek with Potato 1 cup Boiled Rice 1 cup Sago't Gulaman			
Estimated Energy and Nutrient Content of the Meal			
982 per kcal meal	Protein	37.2 g	52
	Fat	44.5 g	-
	Carbohydrate	108.1 g	-
	Amount per serving	% Contribution *	
Calcium	399 mg	53	
Phosphorus	648 mg	93	
Iron	7.6 mg	63	
Vitamin A	123 µg RE	18	
Thiamin	0.78 mg	65	
Riboflavin	0.83 mg	64	
Niacin	25.1 mg NE	157	
Vitamin C	22 mg	31	

*Based on the RENI for 19 to 29 years old, male

High in Calcium High in Phosphorus High in Iron High in Thiamin High in Riboflavin High in Niacin High in Vit. C

KINAMATISANG TAMBAKOL

Preparation time: 10 minutes
Cooking time: 30 minutes



INGREDIENTS:

- 500 g tambakol scales and innards removed
- 7 medium plum tomato, wedged
- 1 1/2 large yellow onion, sliced
- 8 1/4 cups water
- 5 tablespoons fish sauce

PROCEDURE:

1. Pour water in a cooking pot. Let boil.
2. Add the tomato and onion. Cover and continue to cook in medium heat for 12 to 15 minutes. You can add more water if needed.
3. Remove the cover. Mash the tomato and onion to extract the flavor.
4. Add the fish. Cover and cook in low to medium heat for 15 minutes.
5. Pour-in the fish sauce. Stir and cook for 3 minutes or until the liquid reduces to your desired amount.
6. Transfer to a serving bowl. Serve.
7. Share and enjoy!

5 servings: ₱ 199.67
1 serving: ₱ 39.93

Serving size:

1 cup Kinamatisang Tambakol
1 cup Ginisang Sigarilys
1 cup Boiled Rice
1 cup Cathedral Window



Estimated Energy and Nutrient Content of the Meal

675 per kcal meal		Amount per serving	% Contribution
	Protein	44.5 g	63
	Fat	25.4 g	–
	Carbohydrate	66.9 g	–
	Amount per serving	% Contribution *	
Calcium	250 mg	33	
Phosphorus	708 mg	101	
Iron	4.7 mg	39	
Vitamin A	338 µg RE	48	
Thiamin	0.66 mg	55	
Riboflavin	0.41 mg	32	
Niacin	27.6 mg NE	173	
Vitamin C	58 mg	83	

*Based on the RENI for 19 to 29 years old, male

High in Calcium High in Phosphorus High in Iron High in Vit. A High in Thiamin High in Riboflavin High in Niacin High in Vit. C

GINISANG SIGARILYAS

Preparation time: 10 minutes
Cooking time: 10 minutes



INGREDIENTS:

- 340 grams winged bean sigarilyas, sliced
- 250 grams pork sliced into thin pieces
- 2 pieces tomato, cubed
- 2 pieces onion, chopped
- 5 cloves garlic, crushed
- 5 tsp cooking oil
- 1/2 teaspoon ground black pepper
- 3/4 cup water
- 2 tablespoon fish sauce to taste

PROCEDURE:

1. Heat oil in a pan.
2. Sauté garlic, onion, and tomato.
3. Add pork once the onion and tomato soften. Continue cooking until the color of the pork turns light brown.
4. Pour water into the pan. Cover and continue cooking until the water completely evaporate.
5. Add winged beans. Sauté for 3 minutes.
6. Season with fish sauce and ground black pepper.
7. Serve hot with warm rice. Share and enjoy!

5 servings: ₱ 138.5
1 serving: ₱ 27.7

Serving size:

1 cup Kinamatisang Tambakol
1 cup Ginisang Sigarilys
1 cup Boiled Rice
1 cup Cathedral Window



Estimated Energy and Nutrient Content of the Meal

675 per kcal meal		Amount per serving	% Contribution*
	Protein	44.5 g	63
	Fat	25.4 g	–
	Carbohydrate	66.9 g	–
	Amount per serving	% Contribution *	
Calcium	250 mg	33	
Phosphorus	708 mg	101	
Iron	4.7 mg	39	
Vitamin A	338 µg RE	48	
Thiamin	0.66 mg	55	
Riboflavin	0.41 mg	32	
Niacin	27.6 mg NE	173	
Vitamin C	58 mg	83	

*Based on the RNI for 19 to 29 years old, male

*Based on the RENI for 19 to 29 years old, male

High in Calcium High in Phosphorus High in Iron High in Vit. A High in Thiamin High in Riboflavin High in Niacin High in Vit. C

KALABASA WITH AMPALAYA LEAVES SOUP

Preparation time: 5 minutes
Cooking time: 30 minutes



INGREDIENTS:

- 1/2 medium squash; peeled seeds removed, and cubed
- 3 cups chicken broth (Knorr cubes)
- 3 cups water
- 1 bunch of ampalaya (bitter melon) leaves
- 1 medium yellow/white onion, sliced
- 1/2 teaspoon garlic powder
- salt to taste

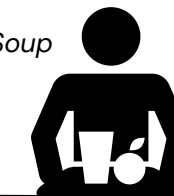
PROCEDURE:

1. Combine chicken broth and water in a cooking pot. Bring to a boil.
2. Add the onion and butternut squash. Boil for 20 minutes.
3. Put in the garlic powder. Stir
4. Put in the ampalaya leaves. Cook for 5 minutes.
5. Add salt to taste. Serve.
6. Share and enjoy!

5 servings: ₱ 92.23
1 serving: ₱ 18.45

Serving size:

1 cup Kalabasa with Ampalaya Leaves Soup
1 cup Chicken Pastel
1 cup Boiled Rice
2 pcs Kiatkiat



Estimated Energy and Nutrient Content of the Meal

605 per kcal meal		Amount per serving	% Contribution*
		50.3 g	71
	Protein		
	Fat	36.4 g	-
	Carbohydrate	67.7 g	-
		Amount per serving	% Contribution *
	Calcium	250 mg	33
	Phosphorus	348 mg	50
	Iron	4.8 mg	40
	Vitamin A	591 µg RE	84
	Thiamin	0.27 mg	23
	Riboflavin	0.33 mg	25
	Niacin	18.2 mg NE	114
	Vitamin C	73 mg	104

*Based on the RENI for 19 to 29 years old, male

High in Calcium High in Phosphorus High in Iron High in Vit. A High in Thiamin High in Riboflavin High in Niacin High in Vit. C

CHICKEN PASTEL



Preparation time: 30 minutes

Cooking time: 50 minutes

5 servings: ₱308.43
1 serving: ₱61.69

INGREDIENTS:

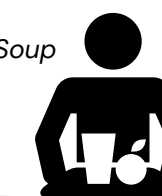
- 500 g chicken breast cut into cubes
- 1 piece potato, cubed
- 1 piece carrot, sliced
- 1 piece red bell pepper, sliced
- 1 piece green bell pepper, sliced
- 1 can or 156g drained button mushroom, sliced
- salt and ground black pepper to taste
- 250 ml all-purpose cream
- 1/4 cup soy sauce
- 1 piece calamansi
- 1 piece onion, chopped
- 5 cloves garlic, minced
- 1 cup water

PROCEDURE:

1. Combine chicken, soy sauce, and lime in a large bowl. Mix well. Marinate chicken for at least 30 minutes.
2. Heat oil in a cooking pot. Saute onion and garlic.
3. Once the onion softens, add the chorizo. Saute for 1 minute.
4. Put chicken into the pot. Saute until the color turns light brown.
5. Add water. Let boil.
6. Cover and continue to cook for 20 minutes.
7. Cook in medium heat until the liquid reduces to half.
8. Add potato and carrot. Pour-in all-purpose cream. Cover and cook for 8 minutes.
9. Stir-in the mushroom and bell peppers. Stir. Cook for 3 minutes.
10. Season with ground black pepper and salt.
11. Transfer to a serving plate. Serve with warm rice. Share and enjoy!

Serving size:

1 cup Kalabasa with Ampalaya Leaves Soup
1 cup Chicken Pastel
1 cup Boiled Rice
2 pcs Kiatkiat



Estimated Energy and Nutrient Content of the Meal

605 per kcal meal		Amount per serving	% Contribution
	Protein	50.3 g	71
	Fat	36.4 g	—
	Carbohydrate	67.7 g	—
	Amount per serving	% Contribution *	
Calcium	250 mg	33	
Phosphorus	348 mg	50	
Iron	4.8 mg	40	
Vitamin A	591 µg RE	84	
Thiamin	0.27 mg	23	
Riboflavin	0.33 mg	25	
Niacin	18.2 mg NE	114	
Vitamin C	73 mg	104	

*Based on the RENI for 19 to 29 years old, male

High in Calcium High in Phosphorus High in Iron High in Vit. A High in Thiamin High in Riboflavin High in Niacin High in Vit. C

PANCIT PALABOK

INGREDIENTS:

- ½ pack 250 g palabok rice noodles
- 1 1/2 tbsp cooking oil
- 125 g ground pork
- 3 tbsp annatto
- 3 cups pork broth
- 1 piece shrimp cube
- 4 tablespoons all-purpose flour
- 4 tbsp fish sauce
- 0.42 tsp ground black pepper
- 2 hard-boiled eggs, sliced
- 2 tbsp fried garlic
- 5 pcs calamansi

PROCEDURE:

1. Soak the rice noodles in water for about 15 minutes. Drain and set aside.
2. Cook the sauce by heating a saucepan. Pour-in the cooking oil.
3. When the oil is hot enough, put-in the ground pork and cook for about 5 to 7 minutes
4. Dilute the annatto powder in pork broth then pour the mixture in the saucepan. Bring to a boil (If you are using annatto seeds, soak them first in 3 tbsp water to bring-out the color)
5. Add the shrimp cube and stir and simmer for 3 minutes
6. Add the flour gradually while stirring.
7. Add the fish sauce and ground black pepper then simmer until sauce becomes thick. Set aside.
8. Meanwhile, boil enough water in a pot.
9. Place the soaked noodles in a strainer (use metal or bamboo strainer) then submerge the strainer in the boiling water for about a minute or until the noodles are cooked. (make sure that the noodles are still firm)
10. Remove the strainer from the pot and drain the liquid from the noodles.
11. Place the noodles in the serving plate.
12. Pour the sauce on top of the noodles then arrange the toppings over the sauce.
13. Serve with a slice of lemon or calamansi. Share and enjoy!

Preparation time: 10 minutes
Cooking time: 35 minutes

5 servings: ₱108.92
1 serving: ₱ 21.78



Serving size:

1 cup Pancit Palabok
1 cup Infused Cucumber Water



Estimated Energy and Nutrient Content of the Meal

402 per kcal meal		Amount per serving	% Contribution*
	Protein	12.9 g	18
	Fat	14.8 g	–
	Carbohydrate	54.2 g	–
		Amount per serving	% Contribution *
Calcium		52 mg	7
Phosphorus		149 mg	21
Iron		3.4 mg	28
Vitamin A		24 µg RE	3
Thiamin		0.16 mg	13
Riboflavin		0.18 mg	14
Niacin		4.4 mg NE	28
Vitamin C		8 mg	11

*Based on the RENI for 19 to 29 years old, male

High in Niacin

High in Phosphorus

High in Iron

CHOPSUEY

Preparation time: 10 minutes
Cooking time: 30 minutes



INGREDIENTS:

- 1/4 kg pork, sliced
- 1/4 kg boneless chicken breast, sliced
- 1 1/4 piece carrot, sliced crosswise into thin pieces
- 1 cup snow peas
- 10 pieces baby corn
- 1 1/4 piece red bell pepper, sliced into squares
- 1 1/4 piece green bell pepper, sliced into squares
- 1 3/4 cups cabbage chopped
- 15 pieces quail eggs, boiled
- 1 1/4 piece yellow onion, sliced
- 5 cloves garlic, crushed
- 1/4 cup soy sauce
- 3 tablespoons oyster sauce
- 1 cup water
- 1 1/4 tablespoon cornstarch, diluted in 1/2 cup water
- 1/4 teaspoon ground black pepper
- 3 3/4 tablespoons cooking oil

PROCEDURE:

1. Heat oil in a wok or pan.
2. Pan fry the shrimp for 1 minute per side. Remove from the wok. Set aside (Optional).
3. Saute onion. Add garlic and continue to saute until the onion becomes soft.
4. Add pork and chicken. Stir fry until light brown.
5. Add soy sauce and oyster sauce. Stir.
6. Pour water. Let boil. Cover and cook in medium heat for 15 minutes.
7. Add cauliflower, carrots, bell peppers, snow peas, and young corn. Stir.
8. Add cabbage. Toss. Cover and cook for 5 to 7 minutes.
9. Put the pan-fried shrimp into the pot and add ground black pepper.
10. Add the boiled quail eggs and cornstarch diluted in water. Toss.
11. Transfer to a serving plate. Serve.
12. Share and enjoy!

5 servings: ₱ 348.73
1 serving: ₱ 69.75

Serving size:

1 cup Chicken Soup
1 cup Chopsuey
3 pcs Pork Lumpiang Shanghai
1 cup Boiled Rice
1 pc Maja Blanca

Estimated Energy and Nutrient Content of the Meal

<div>570 per kcal meal</div>		Amount per serving	% Contribution
	Protein	31.7 g	45
	Fat	13.2 g	-
	Carbohydrate	81.2 g	-
		Amount per serving	% Contribution *
Calcium	93 mg	12	
Phosphorus	294 mg	42	
Iron	4.9 mg	41	
Vitamin A	199 µg RE	28	
Thiamin	0.2 mg	17	
Riboflavin	0.23 mg	18	
Niacin	16.1 mg NE	101	
Vitamin C	21 mg	30	

*Based on the RENI for 19 to 29 years old, male

High in Niacin

High in Phosphorus

High in Iron

High in Vit. A

High in Vit. C

HOMEMADE CHICKEN LONGGANISA

Preparation time: 10 minutes
Cooking time: 15 minutes



INGREDIENTS:

- 500 gram of ground chicken
- ¼ cup of minced carrot
- 7 cloves of garlic
- 2 tablespoons of brown sugar
- 3 tablespoon of soy sauce
- 3 teaspoons of vinegar
- ½ teaspoon of paprika
- salt and black pepper
- 1 tablespoon of corn starch (optional)
- canola oil for frying
- 1 pc tomato (garnish)

PROCEDURE:

MIXING THE SAUSAGE

1. In a large plate bowl, combine the minced meat, carrot, garlic, soy sauce, sugar, salt, black pepper, vinegar, paprika, and corn starch (optional)
2. Use the spoon to mix them gently. Set aside to prepare to assemble each of the sausages.

SHAPING THE SAUSAGE

1. Take 1 to 1 ½ tablespoons of minced chicken mixture and put it into the center of the plastic wrap or wax paper
2. Fold them starting from the bottom to top into a roll shape. Make sure you press them together tightly using your finger. Repeat the rest of the longganisa.

3. Store into the fridge for several hours to help bind them together

PAN FRYING THE SAUSAGE

1. Remove the sausage from the fridge
2. Add vegetable oil into the pan.
3. Once hot, remove the sausage from the plastic wrap and put it into the pan
4. Let it fry till it turns brown and cooked. Flip to the opposite side and repeat the process.
5. Once done, transfer all into the plate with paper towel to drain the excess oil

5 servings: ₱ 232
1 serving: ₱ 46.4

Serving size:

1 pc Banana Lakatan
1 pc Homemade Chicken Longganisa
1 pc Poached Egg
1 cup Boiled Rice
1 cup Hot Milk



Estimated Energy and Nutrient Content of the Meal

695 per kcal meal		Amount per serving	% Contribution*
	Protein	40.3 g	57
	Fat	24.1 g	–
	Carbohydrate	79.4 g	–
	Amount per serving	% Contribution *	
Calcium	516 mg	69	
Phosphorus	602 mg	86	
Iron	5.6 mg	47	
Vitamin A	389 µg RE	56	
Thiamin	0.21 mg	18	
Riboflavin	0.8 mg	62	
Niacin	16.2 mg NE	101	
Vitamin C	15 mg	21	

*Based on the RENI for 19 to 29 years old, male

High in Calcium High in Phosphorus High in Iron High in Vit. A High in Riboflavin High in Niacin High in Vit. C

WONTON SOUP

Preparation time: 1 hr 40 minutes
Cooking time: 20 minutes



INGREDIENTS:

- 6.25 oz. baby bok choy or similar green vegetable (280g)
- 100 g ground pork
- 1 1/2 tablespoons sesame oil (plus more for the stock)
- 1 pinch white pepper
- 1 tablespoon soy sauce
- 1/4 teaspoon salt
- 60 g wonton wrappers
- 3 3/4 cups chicken stock
- 25 g spring onion (chopped)

PROCEDURE:

1. Start by thoroughly washing the vegetables. Bring a large pot of water to a boil and blanch the vegetables just until wilted, about 60–90 seconds. Drain and rinse in cold water.
2. Grab a good clump of veg and carefully squeeze out as much water as you can.
3. In a medium bowl, add the finely chopped vegetables, ground pork, sesame oil, pinch of white pepper, soy sauce, and, salt. Mix very thoroughly until the mixture is totally emulsified—almost like a paste.
4. Fill a small bowl with water. Grab a wrapper and use your finger to moisten the edges of the wrapper. Add a little over a teaspoon of filling to the middle. Fold the wrapper in half and press the two sides together so you get a firm seal.
5. Hold the bottom two corners of the little rectangle you just made and bring the two corners together. You can use a bit of water to make sure they stick. And that's it!
6. At this point, you can cook and taste a couple of wontons and adjust the seasoning of your filling to taste—you can always add a little more Shaoxing wine, soy sauce, sesame oil, salt, and/or white pepper to your liking.
7. Once you're happy with the flavor of the filling, keep assembling until all the filling is gone. Place the wontons on a baking sheet or plate lined with parchment paper, and make sure they are not touching.
8. If you'd like to freeze your wontons right away, you can cover the wontons with plastic wrap, put the baking sheet/plate into the freezer, and transfer them to freezer bags once they're frozen. They'll keep for a couple of months in the freezer, and be ready for wonton soup whenever you want it.
9. To make the soup, heat your chicken stock to a simmer and add sesame oil and white pepper and salt to taste.
10. Bring a separate pot of water to a boil. Carefully add the wontons one at a time to the pot. Pick up the pot and use a swirling, twisting motion to keep the pot moving and prevent the wontons from sticking to the bottom. If they do stick, don't worry, They should come free once they're cooked. Once they're floating, boil them for another 1–2 minutes. Take care not to overcook them – mushy wontons are a sin! Remove the wontons with a slotted spoon and put them in bowls.

5 servings: ₱95.40
1 serving: ₱ 19.08

Serving size:

1 cup Wonton Soup
1 cup Beef Kare Kare
1 cup Boiled Rice
1 cup Fruit Jelly



Estimated Energy and Nutrient Content of the Meal

968 per kcal meal		Amount per serving	% Contribution*
	Protein	42.6 g	60
	Fat	50.8 g	–
	Carbohydrate	85.1 g	–
	Amount per serving	% Contribution *	
Calcium	223 mg	30	
Phosphorus	453 mg	65	
Iron	5.1 mg	43	
Vitamin A	187 µg RE	27	
Thiamin	0.33 mg	28	
Riboflavin	0.49 mg	38	
Niacin	19.8 mg NE	124	
Vitamin C	30 mg	57	

*Based on the RENI for 19 to 29 years old, male

High in
Calcium

High in
Phosphorus

High in
Iron

High in
Vit. A

High in
Thiamin

High in
Riboflavin

High in
Niacin

High in
Vit. C

BEEF KARE-KARE

Preparation time: 15 minutes
Cooking time: 1 hr 30 minutes



INGREDIENTS:

- 500 g Beef chuck, sliced into cubes
- 1 bunch string beans also known as snake beans, cut into 2 inch length
- 1 bundles bok choy, lower end tip cut-off
- 1 large eggplant, sliced
- ½ cup ground roasted peanuts and ½ cup peanut butter or 1 cup of peanut butter or ground roasted peanut
- ½ tbsp tablespoons annatto powder
- 2 tablespoons rice flour
- 1 large white onion
- 2 teaspoons minced garlic
- 4 tablespoons cooking oil
- 1 tablespoon fish sauce
- 1 piece beef cube into 4 cups water as beef broth
- 1/8 teaspoon ground black pepper
- ½ cup water
- black pepper
- ½ cup water

PROCEDURE:

- 1.Heat the oil. Sauté the onion and add the garlic. Continue to sauté until the onion gets soft. In a pan, make a beef broth. While in a separate skillet, roast the peanut and ground it using food processor or manually.
- 2.Sprinkle some ground black pepper. Stir. Add the beef and cook until the color turns light brown.
- 3.Put the ground peanuts and peanut butter in with the beef. Stir and cook for 2 minutes.
- 4.Pour the beef broth in the pan. Let boil. Cover and simmer until the beef gets tender (around 60 to 90 minutes.). You can add water or beef broth if needed.
- 5.Meanwhile, prepare to blanch the string beans, eggplant, and bok choy. Boil 4 cups of water in a pot. Put the vegetables in boiling water by batches. Boil the string beans for 2 minutes. Remove from boiling water and immediately put in a bowl with cold water and ice. Remove from the bowl with cold water and put in a clean plate. Do the same steps for the remaining vegetables.
- 6.Once the beef gets tender. Add the fish sauce and the mixture of annatto powder, ½ cup water, and glutinous rice flour. Stir. Continue to cook until the texture of the sauce thickens (3 to 5 minutes in medium heat).
- 7.Transfer to a serving bowl. Arrange the blanched vegetables on the side and top with shrimp paste (bagoong alamang).
- 8.Serve with warm rice. Share and enjoy!

5 servings: ₱ 401.30
1 serving: ₱ 80.26

Serving size:

- 1 cup Wonton Soup
- 1 cup Beef Kare Kare
- 1 cup Boiled Rice
- 1 cup Fruit Jelly



Estimated Energy and Nutrient Content of the Meal

968 per kcal meal		Amount per serving	% Contribution*
	Protein	42.6 g	60
	Fat	50.8 g	-
	Carbohydrate	85.1 g	-
	Amount per serving	% Contribution *	
Calcium	223 mg	30	
Phosphorus	453 mg	65	
Iron	5.1 mg	43	
Vitamin A	187 µg RE	27	
Thiamin	0.33 mg	28	
Riboflavin	0.49 mg	38	
Niacin	19.8 mg NE	124	
Vitamin C	30 mg	57	

*Based on the RENI for 19 to 29 years old, male

- High in Calcium
- High in Phosphorus
- High in Iron
- High in Vit. A
- High in Thiamin
- High in Riboflavin
- High in Niacin
- High in Vit. C

GINATAANG TULINGAN WITH TALONG AND SITAW

Preparation time: 10 minutes

Cooking time: 20 minutes



INGREDIENTS:

- 1/4 cup vinegar
- 2 cups water
- 1 thumb-sized piece ginger, sliced
- 1 medium red onion, quartered
- 500 g tulingan, cleaned and gutted
- 2 pieces green chilies
- 200 ml coconut milk
- 1 medium eggplant, sliced diagonally
- 1 cup of sitaw
- 1 tablespoon fish sauce (patis)
- salt, to taste
- ground black pepper, to taste

PROCEDURE:

1. In a large skillet over low heat, heat water, vinegar, and ginger. Add the fish and boil for 8 to 10 minutes or until the vinegar has evaporated. Remove the remaining water from the pan.
2. Add the coconutmilk and place the sitaw and eggplant on the pan along with the tulingan. Season the sauce with the sauce, salt, and pepper. Boil again for 5 to 8 minutes. Serve the ginataang tulingan with hot rice.

5 servings: ₱ 224.93
1 serving: ₱ 44.99

Serving size:

1/4 cup Malunggay Soup
1 cup Ginataang Tulingan with Talong and Sitaw
1 cup Boiled Rice
1 pc Ripe Mango



Estimated Energy and Nutrient Content of the Meal

532 per kcal meal		Amount per serving	% Contribution*
	Protein	32.1 g	45
	Fat	17.3 g	-
	Carbohydrate	61.9 g	-
	Amount per serving	% Contribution *	
-			
Calcium	130 mg	17	
Phosphorus	387 mg	55	
Iron	4.6 mg	38	
Vitamin A	391 µg RE	56	
Thiamin	0.42 mg	35	
Riboflavin	0.41 mg	32	
Niacin	22.3 mg NE	139	
Vitamin C	62 mg	89	

*Based on the RENI for 19 to 29 years old, male

High in
Phosphorus

High in
Iron

High in
Vit. A

High in
Thiamin

High in
Riboflavin

High in
Niacin

High in
Vit. C

BATCHOY

Preparation time: 20 minutes
Cooking time: 20 minutes



INGREDIENTS:

- 2 tablespoons coconut oil
- 1/2 cup onion, chopped
- 1 tablespoon garlic, minced
- 2 tablespoons ginger, sliced thinly
- 100 grams pork tenderloin, cut into thin strips
- 100 grams pork liver, cut into thin strips
- 8 cups water
- 3 tablespoons fish sauce
- 1/2 tablespoon pepper
- 1 teaspoon salt
- 1 rolls misua
- 1/4 cup pepper leaves (dahon ng sili)
- 1 pc bouillon cube
- 1 bundle kinchay
- scallions, for garnish (optional)
- chicharon, for topping (optional)

5 servings: ₱90.91
1 serving: ₱18.18

PROCEDURE:

1. In a pot, boil pork liempo until cooked. Set aside the broth. Slice the pork thinly
2. Heat oil then sauté onion, garlic, and ginger. Add pork and fish sauce. Cook until lightly browned.
3. In the same pan, sauté liver until cooked.
4. Pour in water then add bouillon, pepper and kinchay. Bring to a boil then simmer for 10 minutes.
5. Add the misua. Turn off heat and add pepper leaves. Cover and set aside for about 5 minutes before serving.

Serving size:

1 cup Batchoy
1 slice Breaded Fish Fillet
1/2 cup Garlic Butter Mixed Vegetables
1 cup Boiled Rice
1 slice Watermelon



Estimated Energy and Nutrient Content of the Meal

996 per kcal meal		Amount per serving	% Contribution*
	Protein	33.9 g	31
	Fat	57.6 g	–
	Carbohydrate	85.9 g	–
	Amount per serving	% Contribution *	
Calcium	162 mg	22	
Phosphorus	397 mg	57	
Iron	8.5 mg	71	
Vitamin A	2563 µg RE	366	
Thiamin	0.37 mg	31	
Riboflavin	0.93 mg	72	
Niacin	15.2 mg NE	95	
Vitamin C	18 mg	26	

*Based on the RENI for 19 to 29 years old, male

High in Calcium High in Phosphorus High in Iron High in Vit. A High in Thiamin High in Riboflavin High in Niacin High in Vit. C

SOTANGHON SOUP

Preparation time: 20 minutes
Cooking time: 18 minutes



INGREDIENTS:

- 5 pieces chicken breast, ¼ breast – 6 cm long
- 1 ¼ piece chicken cube
- 90 grams sotanghon noodles
- 9 cups water
- 1 ½ piece dried bay leaves
- 1 cup cabbage, shredded
- 1 piece carrot, julienne
- 2 stalks celery, chopped
- 1 piece onion, chopped
- 1 piece ginger, chopped
- ½ piece whole garlic, minced
- fish sauce and ground black pepper to taste
- 1 cup annatto water
- 3 ¾ tablespoons coconut oil

5 servings: ₱150.73
1 serving: ₱30.14

PROCEDURE:

1. Prepare the chicken by boiling water in a cooking pot. Add bay leaf. Put the chicken breast in the pot. Cover and boil in medium heat for 20 minutes. Remove chicken from the pot and put in a clean plate. Let it cool down. Save the chicken stock. Shred the chicken and set aside.
2. Heat oil in a large pot. Sauté garlic and ginger until light brown. Add onion and celery. Sauté until onion softens.
3. Put the shredded chicken in the pot and then sauté for 2 minutes.
4. Pour chicken stock and let boil.
5. Add chicken cube. Stir.
6. Add annatto water and sotanghon noodles. Cover and cook for 10 minutes.
7. Put carrots and cabbage into the pot. Cook for 5 minutes.
8. Season with fish sauce and ground black pepper. Stir.

Serving size:

1 cup Sotanghon Soup
1 cup Pork Pochero with Veggies
1 cup Boiled Rice
1/2 cup Coffee Jelly



Estimated Energy and Nutrient Content of the Meal

979 per kcal meal		Amount per serving	% Contribution*
		29.6 g	42
	Protein		
	Fat	44.9 g	–
	Carbohydrate	107.1 g	–
	Amount per serving	% Contribution *	
Calcium	294 mg	39	
Phosphorus	398 mg	57	
Iron	6.9 mg	56	
Vitamin A	505 µg RE	72	
Thiamin	0.56 mg	47	
Riboflavin	0.32 mg	25	
Niacin	14.9 mg NE	93	
Vitamin C	86 mg	123	

*Based on the RENI for 19 to 29 years old, male

High in Calcium High in Phosphorus High in Iron High in Vit. A High in Thiamin High in Riboflavin High in Niacin High in Vit. C

PORK POCHERO

Preparation time: 10 minutes
Cooking time: 1 hour & 10 minutes



INGREDIENTS:

- ¼ kg pork belly (liempo), sliced into serving pieces
- 1 large tomato
- 4 cloves garlic, minced
- 1 piece onion chopped
- 4 pieces saba banana halved
- 2 bunches pechay, lower end cut
- 12 pieces (184g) string beans
- 1 medium potato, cut into cubes
- 6 cups water
- 1 8oz. can tomato sauce
- 1 bouillon cubes
- salt and ground black pepper to taste
- 3 tablespoons cooking oil
- 2 tsp sugar

PROCEDURE:

1. Heat oil in a cooking pot.
2. Sauté garlic onion, and tomato
3. Once the onion becomes tender, add the pork belly. Continue to cook until the pork belly browns (around 3 minutes).
4. Pour the tomato sauce and water. Let boil.
5. Add the pork (or beef cubes). Stir. Cover the pot and set the heat to low. Boil for 50 minutes.
6. Add the banana and potato. Cover and continue to cook in medium heat for 12 minutes.
7. Add the string beans and pechay. Cook for 5 to 7 minutes.
8. Add sugar, salt and ground black pepper to taste. Serve.

5 servings: ₱232.57
1 serving: ₱46.51

Serving size:

1 cup Sotanghon Soup
1 cup Pork Pochero
1 cup Boiled Rice
1/2 cup Coffee Jelly



Estimated Energy and Nutrient Content of the Meal

979 per kcal meal		Amount per serving	% Contribution*
	Protein	29.6 g	42
	Fat	44.9 g	–
	Carbohydrate	107.1 g	–
	Amount per serving	% Contribution *	
Calcium	294 mg	39	
Phosphorus	398 mg	57	
Iron	6.9 mg	56	
Vitamin A	505 µg RE	72	
Thiamin	0.56 mg	47	
Riboflavin	0.32 mg	25	
Niacin	14.9 mg NE	93	
Vitamin C	86 mg	123	

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Phosphorus

High in Iron

High in Vit. A

High in Thiamin

High in Riboflavin

High in Niacin

High in Vit. C

CHICKEN NOODLE SOUP WITH BOILED EGG

Preparation time: 20 minutes
Cooking time: 30 minutes



INGREDIENTS:

- 1 ¾ tablespoons coconut oil
- 1 ¾ medium carrots, peeled and chopped
- 1 ¾ stalk celery, chopped
- 3 ½ cloves garlic, minced
- 1 ¾ bay leaves, fresh or dried
- salt and pepper to taste
- 5 cups chicken broth
- ½ kg chicken breast tenders, diced
- 400g egg noodles
- fresh or dried parsley (optional)
- 5 pieces boiled eggs

5 servings: ₱ 250.13
1 serving: ₱ 50.03

PROCEDURE:

1. Place a large pot over medium heat and add oil. Add vegetables and garlic to the pot and cook until soft, about 5-7 minutes.
2. Add bay leaves and season vegetables with salt and pepper, to taste. Add chicken broth to the pot and raise heat to bring liquid to a boil.
3. Add diced chicken to the pot, return soup to a boil, and reduce heat back to medium. Cook chicken for two minutes then add egg noodles.
4. Cook soup an additional five minutes or until noodles are tender and floating to the surface. Remove pot from heat.
5. Stir in parsley and/or dill. Remove bay leaves from soup and serve hot.

Serving size: 1 piece Apple 1 cup Chicken Noodle Soup with Boiled Egg 1 piece Puto Puti 1 cup Celery Lemonade			
Estimated Energy and Nutrient Content of the Meal			
789 per kcal meal	Protein	Amount per serving 41.2 g	% Contribution* 58
	Fat	35.4 g	–
	Carbohydrate	76.2 g	–
		Amount per serving	% Contribution *
	Calcium	148 mg	20
	Phosphorus	363 mg	52
	Iron	7.4 mg	62
	Vitamin A	507 µg RE	72
	Thiamin	0.28 mg	23
	Riboflavin	0.35 mg	27
	Niacin	20.6 mg NE	129
	Vitamin C	21 mg	30
*Based on the RENI for 19 to 29 years old, male			

High in Calcium

High in Phosphorus

High in Iron

High in Vit. A

High in Thiamin

High in Riboflavin

High in Niacin

High in Vit. C

SINAING NA ISDA

INGREDIENTS:

- 5 pieces fish
- 6 pieces dried tamarind
- 4 cups water
- 4 tablespoons coarse sea salt or rock salt
- banana leaves optional

PROCEDURE:

1. Clean the fish by removing the innards, gills and tail.
2. Wash the fish in running water to get rid of all the blood.
3. Soak the fish in water for 10 minutes and clean the blood that comes out.
4. Salt the fish by rubbing rock or sea salt. Let it stand for 3 to 5 minutes.
5. Arrange the tamarind in a clay pot or a regular cooking pot.
6. Place each fish in pre-cut banana leaves and then arrange them over the tamarind.
7. Pour in the water. The water level should be equal to the level of the fish.
8. Apply heat and then allow to boil. Simmer (reduce to a lower temperature) the fish for 30 minutes to 1 hour. Add water as needed.
9. Transfer the fish in a serving plate. Transfer the remaining liquid (called patis) in a bowl. Serve.

Preparation time: 20 minutes
Cooking time: 4 hours

5 servings: ₱95.00
1 serving: ₱19.00



Serving size:

1 piece Sinaing na Isda

1 cup Bulanglang

1 cup Pandan Rice

1 cup Minatamis na Saba with
Coconut Milk



Estimated Energy and Nutrient Content of the Meal

708 per kcal meal		Amount per serving	% Contribution*
	Protein	17.4 g	25
	Fat	22.8 g	—
	Carbohydrate	108.3 g	—
	Amount per serving	% Contribution *	
Calcium	246 mg	33	
Phosphorus	325 mg	46	
Iron	20.1 mg	166	
Vitamin A	250 µg RE	36	
Thiamin	0.26 mg	22	
Riboflavin	0.25 mg	19	
Niacin	7.4 mg NE	46	
Vitamin C	60 mg	86	

*Based on the RENI for 19 to 29 years old, male

High in Calcium High in Phosphorus High in Iron High in Vit. A High in Thiamin High in Niacin High in Vit. C

BULANGLANG

Preparation time: 5 minutes
Cooking time: 18 minutes



INGREDIENTS:

- 1 cup malunggay leaves
- 1 bunch kangkong
- 1 fish cube
- 3 pieces eggplant, cut into half
- 5 pieces okra
- 1 medium patola, sliced
- ½ small unripe papaya, sliced into wedges
- 1 cup kalabasa, cubed
- 2 medium tomatoes, wedged
- 1 medium onion, wedged
- 3 thumbs ginger, crushed
- 4 cloves garlic, crushed
- 4 to 6 cups water
- salt and pepper to taste

5 servings: ₱ 120.00
1 serving: ₱ 24.00

PROCEDURE:

1. Pour water into a cooking pot. Let boil.
2. Add garlic, ginger, and onion. Cover and cook for 5 minutes.
3. Put the tomato, unripe papaya, and kalabasa into the pot. Cover and cook in medium heat for 3 to 4 minutes.
4. Add eggplant, okra, and patola. Cook for 3 to 5 minutes.
5. Add fish cube. Stir. Continue to cook for 2 minutes.
6. Put the malunggay leaves and spinach in the pot. Season with ground black pepper and salt.
7. Transfer to a serving bowl. Serve.

Serving size:

1 piece Sinaing na Isda
1 cup Bulanglang
1 cup Pandan Rice
1 cup Minatamis na Saba with Coconut Milk



Estimated Energy and Nutrient Content of the Meal

708 per kcal meal		Amount per serving	% Contribution*
		Protein	17.4 g 25
	Fat	22.8 g	–
	Carbohydrate	108.3 g	–
	Amount per serving	% Contribution *	
Calcium	246 mg	33	
Phosphorus	325 mg	46	
Iron	20.1 mg	166	
Vitamin A	250 µg RE	36	
Thiamin	0.26 mg	22	
Riboflavin	0.25 mg	19	
Niacin	7.4 mg NE	46	
Vitamin C	60 mg	86	

*Based on the RENI for 19 to 29 years old, male



CHICKEN BARBECUE



Preparation time: 1 hour
Cooking time: 24 minutes

INGREDIENTS:

- 5 pieces chicken leg
- ½ cup soy sauce
- 4 pieces calamansi
- 1 ¼ teaspoon ground black pepper
- ½ cup banana ketchup
- 3 cloves garlic
- scallions, for garnish (optional)

PROCEDURE:

1. Make the marinade by combining the soy sauce, juice of calamansi, banana ketchup, garlic, and ground black pepper in a bowl. Stir to mix.
2. Coat chicken with marinade. Refrigerate and chill
3. Remove the chicken and transfer the remaining marinade to a bowl.
4. Heat-up your grill and start grilling the chicken under medium heat for 15 to 20 minutes per side or until the chicken is completely cooked. Do not forget to baste the chicken with the remaining marinade mixture.
5. Remove from the grill and transfer to a serving plate.

5 servings: ₱ 132.11
1 serving: ₱ 26.42

Serving size:

1 piece Chicken Barbeque
1 cup Patola con Misua
1 cup Boiled Rice
3 segments Suha



Estimated Energy and Nutrient Content of the Meal

625 per kcal meal		Amount per serving	% Contribution*
	Protein	19.6 g	28
	Fat	20.1 g	–
	Carbohydrate	91.3 g	–
	Amount per serving	% Contribution *	
Calcium	112 mg	15	
Phosphorus	258 mg	37	
Iron	5.1 mg	43	
Vitamin A	23 µg RE	3	
Thiamin	0.41 mg	34	
Riboflavin	0.2 mg	15	
Niacin	8.6 mg NE	54	
Vitamin C	57 mg	81	

*Based on the RENI for 19 to 29 years old, male

*Based on the RENI for 19 to 29 years old, male

High in Phosphorus

High in Iron

High in Thiamin

High in Niacin

High in Vit. C

Source: Department of Health, Philippines
2015

CHAMPORADO

Preparation time: 5 minutes
Cooking time: 25 minutes



INGREDIENTS:

- 13 tsp or 60g cocoa powder
- 1 cup glutinous rice (malagkit)
- ¾ cup sugar
- 5 cups water
- 5 tbsp evaporated milk for swirling

PROCEDURE:

1. Pour 4 cups of water in a pot and bring to a boil
2. Put-in the glutinous rice and allow water to re-boil for a few minutes
3. Dilute the cocoa powder in 1 cup warm water then pour-in the pot. Stir continuously
4. Once the glutinous rice is cooked (about 12 to 18 minutes of cooking with constant stirring), add the sugar and cook for another 5 minutes or until the texture becomes thick.
5. Remove from the pot and place in a serving bowl.
6. Serve hot with a swirl of evaporated milk on top.

5 servings: ₱37.34
1 serving: ₱7.47

Serving size:

1/2 cup Honeydew Melon
1 piece Hotdog
1/2 cup Pork and Beans
2 pieces Pan de Sal
1/2 cup Champorado
1 glass Cow's Milk



Estimated Energy and Nutrient Content of the Meal

952 per kcal meal		Amount per serving	% Contribution*
	Protein	31.8 g	45
	Fat	26.6 g	—
	Carbohydrate	146.4 g	—
	Amount per serving	% Contribution *	
Calcium	561 mg	75	
Phosphorus	562 mg	80	
Iron	7.2 mg	60	
Vitamin A	259 µg RE	37	
Thiamin	0.37 mg	31	
Riboflavin	0.74 mg	57	
Niacin	10.2 mg NE	64	
Vitamin C	12 mg	17	

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Phosphorus

High in Iron

High in Vit. A

High in Thiamin

High in Riboflavin

High in Niacin

GINATAANG BILO-BILO

Preparation time: 5 minutes
Cooking time: 40 minutes



INGREDIENTS:


- 17 pieces glutinous rice balls (bilo-bilo)
 - 1 ¼ cup glutinous rice flour
 - 2/3 cup water
- 450 grams jackfruit ripe, sliced (optional)
- 1 ¾ cups water
- 1 ¾ cups coconut cream
- ¾ cup granulated white sugar
- 1 ¼ cups tapioca pearls, cooked
- 3 pieces ripe banana (saba)

PROCEDURE:

1. Pour the water in a cooking pot. Bring to a boil.
2. Add the coconut cream. Stir and cook until the mixture starts to boil again.
3. Gradually stir-in the sugar.
4. Add the ripe jackfruit. Cover and cook in low heat for 15 minutes.
5. Add-in the bilo-bilo. Continue to cook for another 15 minutes while stirring every 3 minutes.
6. Put-in the sago. Cook for 3 to 5 minutes.
7. Transfer to a serving bowl. Serve.

5 servings: ₱169.57
serving: ₱33.91

High in
Calcium

Serving size: 1 cup Ginataang Bilo-Bilo 			
Estimated Energy and Nutrient Content of the Meal			
721 per kcal meal		Amount per serving	% Contribution*
	Protein	9 g	13
	Fat	29.9 g	–
	Carbohydrate	103.9 g	–
	Amount per serving	% Contribution *	
Calcium	56 mg	7	
Phosphorus	151 mg	22	
Iron	2.5 mg	21	
Vitamin A	8 µg RE	1	
Thiamin	0.12 mg	10	
Riboflavin	0.04 mg	3	
Niacin	3.1 mg NE	19	
Vitamin C	8 mg	11	

*Based on the RENI for 19 to 29 years old, male

High
Phos

High in
Phosphorus

High in
Iron

ADOBONG SITAW AND KANGKONG

Preparation time: 5 minutes
Cooking time: 20 minutes



INGREDIENTS:

- 3 cups sitaw
- 1/2 bunch kangkong leaves, separated and stalk cut into small pieces
- 55 ml vinegar
- 6 tablespoons soy sauce
- 4 cloves garlic, crushed
- 1 piece medium onion, minced
- 2 tablespoons coconut oil
- 1 ¼ cup water
- salt and ground black pepper to taste

PROCEDURE:

1. Cook the pork in a boiling water then set it aside.
2. Heat oil in a pan
3. Sauté garlic and onion until the onion softens and the garlic turn light brown including the cooked pork.
4. Pour soy sauce, vinegar, and water. Let boil.
5. Continue to cook for 10 minutes medium heat.
6. Add sitaw. Stir and cook for 5 minutes.
7. Put the kangkong stalks into the pan. Cook for 3 minutes.
8. Add the kangkong leaves. Stir and cook for 2 minutes.
9. Season with salt and ground black pepper
10. Transfer to a serving plate. Serve

5 servings: ₱97.42
1 serving: ₱19.48

Serving size:

1 cup Egg Drop Soup
1 piece Fried Chicken
1/2 cup Adobong Sitaw and Kangkong
1 cup Garlic Rice
1 piece Santol



Estimated Energy and Nutrient Content of the Meal

763 per kcal meal		Amount per serving	% Contribution*
	Protein	21.8g	31
	Fat	27.8g	–
	Carbohydrate	106.2g	–
	Amount per serving	% Contribution *	
–			
Calcium	197 mg	26	
Phosphorus	286 mg	41	
Iron	7.8 mg	65	
Vitamin A	373 µg RE	53	
Thiamin	0.31 mg	26	
Riboflavin	0.4 mg	31	
Niacin	10.3 mg NE	64	
Vitamin C	35 mg	50	

*Based on the RENI for 19 to 29 years old, male

High in Calcium High in Phosphorus High in Iron High in Vit. A High in Thiamin High in Riboflavin High in Niacin High in Vit. C

FISH SINIGANG

Preparation time: 15 minutes
Cooking time: 35 minutes

INGREDIENTS:

- 1 kg salmon head
- 1 thumb-sized ginger
- 22 g sinigang sa sampaloc seasonings
- 2 pieces tomato cubed
- 1 cup radish sliced
- 1 piece onion wedged
- 3 cups kangkong
- 10 pieces okra
- 2 pieces eggplant sliced
- 2 pieces long green pepper
- 4 cups water
- 2 cup coconut oil
- 1 ½ tablespoons salt

PROCEDURE:

1. In a pot, heat olive oil and saute garlic, onion, ginger and tomatoes.
2. Add salmon head and pour water. Cover and simmer for about 10 minutes.
3. Add tamarind juice or sampaloc mix. Simmer for 3 minutes.
4. Add vegetables then season with salt or fish sauce according to taste.
5. Add kangkong and simmer for another 1 minute.
6. Transfer to serving bowl and serve hot.

5 servings: ₱ 202.08
1 serving: ₱ 40.42

Serving size:

1 cup Fish Sinigang 1 cup
Boiled Rice
1 slice Lechetin



Estimated Energy and Nutrient Content of the Meal

762 per kcal meal	Amount per serving		% Contribution*
	Protein	33.3 g	
	Fat	25.9 g	
	Carbohydrate	98.2 g	
		Amount per serving	% Contribution *
Calcium		451 mg	60
Phosphorus		513 mg	73
Iron		6.8 mg	57
Vitamin A		730 µg RE	104
Thiamin		0.4 mg	33
Riboflavin		0.5 mg	38
Niacin		13.4 mg NE	84
Vitamin C		36 mg	51

*Based on the RENI for 19 to 29 years old, male

High in Calcium High in Phosphorus High in Iron High in Vit. A High in Thiamin High in Riboflavin High in Niacin High in Vit. C

LECHETIN

Preparation time: 15 minutes
Cooking time: 20 minutes



INGREDIENTS:

- 2 tsp white sugar for each mold or lyanera
- 4 pcs egg yolk
- ½ can evaporated milk
- ½ can condensed milk
- ½ tsp vanilla extract
- 2 cups water
- ½ sachet Mr. Gulaman unflavored powder or color yellow

PROCEDURE:

1. Put 2 tsp of white sugar into each mold or lyanera. Place it over flame stove and set the fire to low heat. Cook until the sugar turns into light brown liquid. Spread it evenly and turn off the heat. Allow to cool and set aside.
2. In a large bowl, combine the egg yolks, evaporated milk, condensed milk and vanilla extract. Mix until the well combined. Use a strainer or sieve to filter out any lumps and pop any bubbles.
3. Using a separate bowl, dissolve ½ pack of Mr. Gulaman with 2 cups of water. You may also use other brands of jelly powder, follow the instruction provided on the packaging.
4. Transfer the jelly mixture into a pot over the lowest heat. Bring the mixture into nearly boiling (do not boil), gradually pour the egg-milk mixture while stirring. Whisk continuously then remove from the heat after 2 minutes.
5. Pour the mixture into each mold or lyanera. Allow to cool and refrigerate for 2-4 hours or until set. Remove from the lyanera and serve into a plate.

5 servings: ₱ 84.00
1 serving: ₱ 17.00

Serving size:
1 cup Fish Sinigang
1 cup Boiled Rice
1 slice Lechetin



Estimated Energy and Nutrient Content of the Meal

762 per kcal meal		Amount per serving	% Contribution*
	Protein	33.3 g	47
	Fat	25.9 g	-
	Carbohydrate	98.2 g	-
	Amount per serving	% Contribution *	
Calcium	451 mg	60	
Phosphorus	513 mg	73	
Iron	6.8 mg	57	
Vitamin A	730 µg RE	104	
Thiamin	0.4 mg	33	
Riboflavin	0.5 mg	38	
Niacin	13.4 mg NE	84	
Vitamin C	36 mg	51	

*Based on the RENI for 19 to 29 years old, male

High in Calcium High in Phosphorus High in Iron High in Vit. A High in Thiamin High in Riboflavin High in Niacin High in Vit. C

TINOLANG TAHONG WITH DAHON NG SILI



Preparation time: 5 minutes
Cooking time: 20 minutes

INGREDIENTS:

- 3/4 kg mussels tahong, cleaned
- 3 1/3 cups hot pepper leaves or spinach
- 5 thumbs ginger, julienned
- 1 1/2 piece onion, sliced
- 8 1/3 cloves garlic, pounded
- 2.5 teaspoons salt or 3 tbsp fish sauce
- 3/4 teaspoon ground black pepper
- 5 cups water
- 3 1/3 tablespoons cooking oil

PROCEDURE:

1. Heat a cooking pot and pour-in cooking oil.
2. Sauté garlic and onion.
3. Add ginger and mussels, and then cook for a minute.
4. Pour-in water. let boil. Cook for 5 minutes.
5. Put-in the spinach or hot pepper leaves. Cook for 3 minutes.
6. Add salt (or fish sauce) and pepper. Stir.
7. Transfer to a serving bowl. Serve. Share and enjoy.

5 servings: ₱ 150.5
1 serving: ₱ 30.1

Serving size:

1 cup Tinolang Tahong with Dahon ng Sili
1 cup Boiled Rice
2 pieces guava



Estimated Energy and Nutrient Content of the Meal

465 per kcal meal		Amount per serving	% Contribution*
	Protein	16.9 g	24
	Fat	10.4 g	-
	Carbohydrate	75.9 g	-
	Amount per serving	% Contribution *	
Calcium	234 mg	31	
Phosphorus	228 mg	33	
Iron	5.5 mg	46	
Vitamin A	523 µg RE	75	
Thiamin	0.36 mg	30	
Riboflavin	0.17 mg	13	
Niacin	6.7 mg NE	42	
Vitamin C	107 mg	153	

*Based on the RENI for 19 to 29 years old, male

High in
Calcium

High in
Phosphorus

High in
Iron

High in
Vit. A

High in
Thiamin

High in
Niacin

High in
Vit. C

KAMOTE MARUYA

Preparation time: 15 minutes
Cooking time: 20 minutes

INGREDIENTS:

- 1 large sweet potato (kamote), peeled and cut into strips
- 75g flour
- 1/2 cup brown sugar
- 1 cup water
- 1 cup cooking oil for frying

PROCEDURE:

- 1.Mix sugar, flour and water. Stir until well blended.
- 2.Combine kamote strips to the flour mixture.
- 3.Heat oil in a frying pan.
- 4.Scoop some kamote mixture into the pan and flatten.
- 5.Fry on both side in medium heat till golden brown.
- 6.Remove and place in a paper towel to remove excess cooking oil and serve hot. Enjoy!

5 servings: ₱ 40
1 serving: ₱ 8



Serving size:

1 cup Salabat
1 piece Kamote Maruya



Estimated Energy and Nutrient Content of the Meal

334 per kcal meal		Amount per serving	% Contribution*
		2.9 g	4
	Protein		
	Fat	5.6 g	-
	Carbohydrate	67.9 g	-
	Amount per serving	% Contribution *	
Calcium	97 mg	13	
Phosphorus	62 mg	9	
Iron	2.3 mg	19	
Vitamin A	63 µg RE	9	
Thiamin	0.08 mg	7	
Riboflavin	0.07 mg	5	
Niacin	2 mg NE	13	
Vitamin C	25 mg	36	

*Based on the RENI for 19 to 29 years old, male

High in
Vit. C

ONION SOUP

INGREDIENTS:

- 1/2 kilo onions, sliced very thin
- 3 1/2 cups rice stock or plain water
- 2 tablespoons flour
- 1 teaspoons sugar
- 2 tablespoons butter
- 2 cups water
- Salt to taste
- Sliced bread
- 5 tsp grated cheese

PROCEDURE:

1. Melt 1/4 cup butter in saucepan and fry onion in this until golden brown but not burnt.
2. Add the flour and sugar and stir over low flame until brown.
3. Add the stock and season with salt.
4. Stir over low heat until it boils; then leave to simmer slowly for 10 minutes.
5. Butter and toast the sliced bread and put into the Soup tureen.
6. When toast rises to the top, sprinkle liberally with grated cheese and run under boiler for a few minutes to melt the cheese.
7. Alternately, the toasted bread may be floated in individual oven-proof dishes, then sprinkle with grated cheese and run under the broiler.

Preparation time: 10 minutes
Cooking time: 15 minutes

5 servings: ₱ 103.2
1 serving: ₱ 20.7



Serving size:

1 cup Onion Soup
1 piece Chicken Fillet
1/2 cup Ampalaya with Egg
1 cup Boiled Rice
1 cup Fruit Compote



Estimated Energy and Nutrient Content of the Meal

901 per kcal meal	Amount per serving		% Contribution*
	Protein	45.7 g	64
	Fat	30.4 g	–
	Carbohydrate	111.3 g	–
	Amount per serving	% Contribution *	
Calcium	259 mg	35	
Phosphorus	525 mg	75	
Iron	7.9 mg	66	
Vitamin A	271 µg RE	39	
Thiamin	0.37 mg	31	
Riboflavin	0.42 mg	32	
Niacin	24.7 mg NE	154	
Vitamin C	62 mg	89	

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Phosphorus

High in Iron

High in Vit. A

High in Thiamin

High in Riboflavin

High in Niacin

High in Vit. C

CHICKEN FILLET

INGREDIENTS:

- 1/4 cup all-purpose flour
- 650 g chicken breast
- 3 tbsp cornstarch
- 1 pc egg
- 5 tbsp fish sauce
- 3 cloves garlic
- black pepper ground
- oil

PROCEDURE:

1. Prepare the Chicken breast meat by cutting it in half from the side. Make the meat more tender by beating. Cover it with a cling wrap and beat it using a meat tenderizer (or you can use a rolling pin) to tenderize the meat.
2. Slice the Chicken meat into proportions and then place in a bowl. Add two tablespoon of fish sauce, a dash of black ground pepper, 1/4 teaspoon of garlic powder, three tablespoon of cornstarch and one piece of egg. Mix until all ingredients are well-combined. Let it sit or marinate the chicken for 15 minutes.
3. Dredge the marinated chicken in flour and then deep fry for 7 to 8 minutes.
4. Once removed from the stove let it sit for a while in a bed of paper towel to help drain the excess oil. Pass on a platter. Serve with your favorite fillet sauce.

Preparation time: 5 minutes

Cooking time: 25 minutes

5 servings: ₱ 253.2
1 serving: ₱ 50.6



Serving size:

1 cup Onion Soup
1 piece Chicken Fillet
1/2 cup Ampalaya with Egg
1 cup Boiled Rice
1 cup Fruit Compote



Estimated Energy and Nutrient Content of the Meal

901 per kcal meal		Amount per serving	% Contribution*
	Protein	45.7 g	64
	Fat	30.4 g	-
	Carbohydrate	111.3 g	-
	Amount per serving	% Contribution *	
Calcium	259 mg	35	
Phosphorus	525 mg	75	
Iron	7.9 mg	66	
Vitamin A	271 µg RE	39	
Thiamin	0.37 mg	31	
Riboflavin	0.42 mg	32	
Niacin	24.7 mg NE	154	
Vitamin C	62 mg	89	

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Phosphorus

High in Iron

High in Vit. A

High in Thiamin

High in Riboflavin

High in Niacin

High in Vit. C

AMPALAYA WITH EGG



Preparation time: 10minutes
Cooking time: 20 minutes

INGREDIENTS:

- 2 pieces ampalaya cleaned and cut into thin slices
- 1 1/4 tbsp garlic, minced
- 1/2 tsp ground black pepper
- 3 raw eggs
- 22.5 ounces luke warm water
- 3 pcs medium tomato, sliced
- 1 1/4 large onion, sliced
- 2 tbsp cooking oil

5 servings: ₱ 98.8
1 serving: ₱ 19.8

PROCEDURE:

1. Place the ampalaya in a large bowl
2. Add salt and lukewarm water then leave for 5 minutes
3. Place the ampalaya in a cheesecloth then squeeze tightly until all liquid drips
4. Heat the pan and place the cooking oil
5. Saute the garlic, onion, and tomato
6. Add the ampalaya mix well with the other ingredients
7. Put-in salt and pepper to taste
8. Beat the eggs and pour over the ampalaya then let the eggs cook partially
9. Mix the egg with the other ingredients
10. Serve hot. Share and Enjoy!

Serving size:

1 cup Onion Soup
1 piece Chicken Fillet
1/2 cup Ampalaya with Egg
1 cup Boiled Rice
1 cup Fruit Compote



Estimated Energy and Nutrient Content of the Meal

901 per kcal meal		Amount per serving	% Contribution
	Protein	45.7 g	64
	Fat	30.4 g	–
	Carbohydrate	111.3 g	–
	Amount per serving	% Contribution *	
Calcium	259 mg	35	
Phosphorus	525 mg	75	
Iron	7.9 mg	66	
Vitamin A	271 µg RE	39	
Thiamin	0.37 mg	31	
Riboflavin	0.42 mg	32	
Niacin	24.7 mg NE	154	
Vitamin C	62 mg	89	

*Based on the RENI for 19 to 29 years old, male

High in Calcium High in Phosphorus High in Iron High in Vit. A High in Thiamin High in Riboflavin High in Niacin High in Vit. C

CORN SOUP WITH MALUNGgay

Preparation time: 10 minutes
Cooking time: 30 minutes



INGREDIENTS:

- 5 pc large white corn, shredded
- 3 cups malunggay leaves, cleaned
- 7 to 10.5 cups chicken broth or 1 piece chicken bouillon cube
- 5 teaspoons garlic, minced
- 2 small onion, chopped
- 3 tablespoons oil
- ½ tsp salt and ¼ tsp pepper to taste

5 servings: ₱ 133.6
1 serving: ₱ 26.7

PROCEDURE:

1. Heat a cooking pot then pour-in olive oil.
2. When the oil becomes hot, saute the garlic and onions.
3. Put-in the shredded corn and stir.
4. Pour-in chicken broth or the chicken bouillon cube and let boil. Simmer for 8 to 10 minutes.
5. Add salt and ground black pepper then cook for 2 minutes more.
6. Put-in the malunggay leaves. Stir and simmer for 2 minutes more.
7. Turn-off heat and transfer to a serving bowl.
8. Serve hot. Share and enjoy!

Serving size:			
1 cup Corn Soup with Malunggay 1 piece Breaded Porkchop 1 cup Boiled Rice 1 cup Mixed Fruits			
Estimated Energy and Nutrient Content of the Meal			
945 per kcal meal		Amount per serving	% Contribution*
	Protein	25 g	35
	Fat	56.6 g	-
	Carbohydrate	85 g	-
		Amount per serving	% Contribution *
	Calcium	169 mg	23
	Phosphorus	282 mg	40
	Iron	4.3 mg	36
	Vitamin A	328 µg RE	47
	Thiamin	0.75 mg	63
	Riboflavin	0.37 mg	28
	Niacin	10.9 mg NE	68
	Vitamin C	67 mg	96

*Based on the RENI for 19 to 29 years old, male

High in Calcium High in Phosphorus High in Iron High in Vit. A High in Thiamin High in Riboflavin High in Niacin High in Vit. C

LOMI

Preparation time: 20minutes
Cooking time: 40 minutes



5 servings: ₱198.5
1 serving: ₱ 40

INGREDIENTS:

- 2 tablespoons vegetable oil
 - 1 medium onion, sliced
 - 150 grams pork belly (liempo), sliced
 - 2 pieces pork/beef bouillon cubes
 - 7 cups water
 - 1 tablespoons soy sauce, more to serve
 - 2 large eggs, beaten
 - 400 grams fresh lomi noodles, rinsed
 - 4 tablespoons cassava starch/cornstarch, dissolved in 2 tablespoons cold water
 - salt, to taste
 - ground black pepper, to taste
- For toppings: (optional)*
- 1 cup kikiyam, sliced
 - 150 grams pork Liver, sliced into strips
 - chicharon, crushed

PROCEDURE:

- 1.Heat oil in a pot over medium heat. Saute onions until fragrant.
- 2.Add pork, and cook until browned. Add kikiyam and saute until light browned. Add liver and cook until dark browned. Set some aside for topping.
- 3.Add pork bouillon cubes and mix. Add water and soy sauce. Cook until simmering.
- 4.Add lomi noodles and simmer for about 5 minutes or until tender.
- 5.Add dissolved cassava starch and simmer until thick and sticky, about 5 minutes.
- 6.Add eggs and stir immediately. Simmer for 1 minute. Season with salt and pepper.
- 7.Divide into bowls and serve with desired toppings. Serve with soy sauce, calamansi, red chilies, and onions on the side.

Serving size:
1 cup Lomi



Estimated Energy and Nutrient Content of the Meal

631 per kcal meal		Amount per serving	% Contribution
	Protein	19 g	27
	Fat	35.3 g	–
	Carbohydrate	59.1 g	–
	Amount per serving	% Contribution *	
–			
Calcium	85 mg	11	
Phosphorus	185 mg	26	
Iron	3.9 mg	33	
Vitamin A	78 µg RE	11	
Thiamin	0.38 mg	32	
Riboflavin	0.16 mg	12	
Niacin	7.2 mg NE	45	
Vitamin C	2 mg	3	

*Based on the RENI for 19 to 29 years old, male

High in Niacin

High in Thiamin

High in Iron

High in Phosphorus

BULALO

Preparation time: 5 minutes

Cooking time: 1-2 hours



INGREDIENTS:

- 1 kg beef shank
- 1 Knorr beef cube
- 8 to 10 leaves cabbage
- 1 big sweet corn, cut into 5 small pieces
- 20 pieces green beans/snap beans
- 1 large onion
- 1 1/4 tablespoon whole peppercorn
- 3 3/4 tablespoons fish sauce
- 10 cups water

PROCEDURE:

1. Boil water in a pressure cooker or in a regular large pot.
2. Add onions and whole peppercorn. Cook for 3 minutes.
3. Add beef shank. Let boil.
4. Add Knorr pork cube. Stir. Cover the pressure cooker. Pressure cook for 40 to 45 minutes. If regular large pot is used, longer time is needed until it is fork tender.
5. Remove the cover once pressure is out. Add corn. Cook for 15 minutes.
6. Put the green beans into the cooker and pour fish sauce. Stir. Continue to cook for 5 minutes.
7. Arrange fresh Napa cabbage (Pechay Baguio) in a serving bowl. Transfer the contents of the pressure cooker in the same bowl. Serve hot with patis, calamansi, and siling labuyo.

5 servings: ₱455.5
1 serving: ₱91.1

Serving size:

1 cup Bulalo
1 cup Boiled Rice
1 piece Star Apple



Estimated Energy and Nutrient Content of the Meal

622 per kcal meal		Amount per serving	% Contribution*
	Protein	52.1 g	73
	Fat	8.5 g	-
	Carbohydrate	84.4 g	-
	Amount per serving	% Contribution *	
Calcium	182 mg	24	
Phosphorus	486 mg	69	
Iron	7 mg	58	
Vitamin A	281 µg RE	40	
Thiamin	0.18 mg	15	
Riboflavin	0.39 mg	30	
Niacin	25.9 mg NE	162	
Vitamin C	34 mg	49	

*Based on the RENI for 19 to 29 years old, male

High in Calcium

High in Phosphorus

High in Iron

High in Vit. A

High in Riboflavin

High in Niacin

High in Vit. C

OTHER FEATURED RECIPES

SCRAMBLED EGG WITH TOMATOES AND GREEN BELLPEPPER

Preparation Time: 10 minutes | Cooking Time: 10 minutes

Ingredients:

- 5 eggs
- 1/2 teaspoon oil
- 1/4 cup onion, chopped
- 1/4 cup green bell pepper
- 1/4 cup tomato, chopped
- 1/8 cup milk
- 1/8 teaspoon salt
- a pinch of ground black pepper

Procedure:

1. In a large pan, heat oil over medium heat. Add onion and bell pepper; cook for 4 to 6 minutes or until tender, stir occasionally. Stir in tomato.
2. Meanwhile, in a large bowl, beat the eggs together with milk, salt and black pepper. Add the egg mixture to the vegetable in the pan. Cook over medium heat, without stirring, until the mixture begins to set on the bottom and around the edge.
3. With a spatula, lift and fold the partially cooked egg mixture so that the uncooked portion flows underneath. Continue cooking over medium heat for 2 to 3 minutes or until the mixture is cooked through but is still glossy and moist. Remove from heat and serve immediately.

YIELD

Number of Servings: 5
Serving size: 1 cup

NUTRITION INFORMATION		
115 kcal per serving	Protein	7.7 g
	Fat	8.3 g
	Carbohydrate	2.3 g

PICHI-PICHI

Preparation Time: 15 minutes | Cooking Time: 45 minutes

Ingredients:

- 2 cups cassava, grated
- 2 cups water
- 1 cup sugar
- 1 cup coconut, grated
- 1/2 teaspoon lye water
- 1/2 teaspoon buko pandan essence

Procedure:

1. In a bowl, combine cassava, sugar and water then mix thoroughly.
2. Add the lye water while continuously stirring the mixture.
3. Put-in buko pandan essence then mix again.
4. Once the mixture is evenly distributed, pour in individual cup molds and place in a steamer.
5. Steam the mixture for 45 minutes to 1 hour or until the color turns translucent.
6. Allow the steam pichi-pichi to cool down then remove from the molds.
7. Place each piece over grated coconut.
8. Place in a serving plate and Enjoy.

YIELD

Number of Servings: 5
Serving size: 1 piece

NUTRITION INFORMATION		
355 kcal per serving	Protein	1.6 g
	Fat	8.6 g
	Carbohydrate	68g

OTHER FEATURED RECIPES

ENSAYMADA

Preparation Time: 20 minutes | Cooking Time: 15 minutes

Ingredients:

- 4 cups all-purpose flour
- 1/2 cup melted butter
- 1/2 cup white sugar
- 3/4 teaspoon salt
- 3/4 cup grated cheese
- 3 pieces egg
- 2 1/2 teaspoon yeast
- 3/4 cup fresh milk

Procedure:

1. Combine warm milk, yeast and ½ cup sugar and stir until yeast and sugar dissolves in milk. Set aside to let yeast activate (approx.. 10 minutes). In a bowl, combine all dry ingredients starting from flour, sugar and salt then mix thoroughly.
2. Add the eggs, ½ cup butter, and activated yeast mixture to the mixed dry ingredients. Mix thoroughly until all ingredients are evenly distributed and a dough is formed.
3. Knead the dough until texture becomes fine. Allow the dough to rise for 2 hours. Put the dough on a flat surface and flatten. Punch the dough lightly to release the air inside. Divide the dough into four pieces.
4. Cut the cylindrical dough into individual serving pieces. Put the sliced individual serving piece in a flat surface and flatten using rolling pin.
5. Combine ¼ cup melted butter with ¼ cup white sugar. Using a brush, paint the mixture on the flattened dough. Sprinkle some cheese over the painted area then seal the dough by folding opposite ends.
6. Place the dough in a baking tray with wax paper and cover with cloth. Set aside to rise for 45 minutes. Pre-heat the oven at 350 degrees Fahrenheit for 10 minutes. Remove cloth on top of the tray and bake dough for 15 minutes at 350 degrees Fahrenheit.
7. Remove the baked ensaymada from the oven. Using the remaining melted butter and sugar mixture, paint the top of the baked ensaymada and sprinkle additional cheese.

YIELD

Number of Servings: 5
Serving size: 1 piece

NUTRITION INFORMATION		
114 kcal per serving	Protein	3 g
	Fat	1.8 g
	Carbohydrate	21.6 g

CLEAR SOUP WITH MUSHROOM

Preparation Time: 5 minutes

Cooking Time: 65 minutes

Ingredients:

- 1 teaspoon oil
- 4 cups chicken broth
- 2 cups water
- 1/2 large onion
- 3 cloves garlic
- 1 tablespoon ginger
- 2 whole spring onions
- 5 button mushrooms

Procedure:

1. Place a pot over medium heat. Add the oil and place onion, garlic and ginger. Sear the veggies.
2. Pour in the chicken broth and water. Bring to boil. Lower the heat to a low boil and simmer for at least 1 hour.
3. Use skimmer/strainer to remove vegetables from broth. Taste, add salt if needed.
4. Ladle hot into bowl and sprinkle spring onions and sliced mushrooms.

YIELD

Number of Servings: 5
Serving size: 1 cup

NUTRITION INFORMATION		
37 kcal per serving	Protein	1.4 g
	Fat	1.2 g
	Carbohydrate	5 g

OTHER FEATURED RECIPES

BIBINGKANG MALAGKIT

Preparation Time: 10 minutes | Cooking Time: 2 hours

Ingredients:

- 2 cups glutinous rice sweet rice or malagkit, washed
- 1 cup brown sugar
- banana leaves
- 2 cups coconut milk
- 16 tbsp cups coconut cream
- 1/2 tsp salt

Procedure:

- 1.Combine glutinous rice and 4 cups of coconut milk in a cooking pot. Heat and let boil, then reduce heat and cook while stirring until the texture thickens. This process can range from 18 to 20 minutes, or even more.
- 2.Add 1 1/4 cups of sugar and salt. Continuously stir and cook for 10 more minutes or until the rice is completely done. The texture should be very sticky.
- 3.Meanwhile, arrange banana leaves in a 9 by 13 inches baking pan. Transfer the cooked sticky rice to the baking pan. Set aside.
- 4.Make the topping by heating a sauce pan and combining 2 cups of coconut cream and remaining 1 cup of brown sugar.Let boil and simmer while stirring once in a while until the texture thickens.
- 5.Preheat oven to 400 degrees Fahrenheit.
- 6.Spread the topping equally over the cooked sticky rice. Bake for 12 to 18 minutes or until the topping becomes a little firm.
- 7.Remove from the oven and let cool.

YIELD

Number of Servings: 5
Serving size: 1 slice

NUTRITION INFORMATION		
103 kcal per serving	Protein	1.1g
	Fat	0.4 g
	Carbohydrate	23.6 g

UBE HALAYA

Preparation Time: 10 minutes | Cooking Time: 1 hour

Ingredients:

- 3 cups purple yam root, unpeeled
- 1 ½ tablespoons butter
- ½ cup sweetened condensed milk
- ⅛ teaspoon vanilla extract
- 1 cup evaporated milk

Procedure:

1. Bring a large pot of water to a boil. Cook yam in the boiling water until tender, about 30 minutes. Drain and cool until easily handled. Peel and thinly grate the flesh.
2. Melt butter in a wok over medium heat. Stir in condensed milk and vanilla extract. Add grated purple yam. Reduce heat to low and cook, stirring constantly, until mixture is sticky but not dry, about 30 minutes. Pour in evaporated milk; cook and stir for 15 minutes. Remove from heat.
3. Transfer yam mixture to a container and cool to room temperature, about 30 minutes. Chill before serving.

YIELD

Number of Servings: 5
Serving size: 1 cup

NUTRITION INFORMATION		
203 kcal per serving	Protein	5.6g
	Fat	8.6 g
	Carbohydrate	26.0g

OTHER FEATURED RECIPES

CHEESE PIMIENTO SANDWICH

Preparation Time: 8 minutes
Cooking Time: 1 minutes

Ingredients:

- 1 cups mayonnaise
- 3/4 cups grated cheddar cheese
- 1/2 cup grilled pimiento, minced
- 1/2 teaspoon granulated white sugar

Procedure:

1. Combine the mayonnaise, cheese, sugar, and salt. Mix well.
2. Add the pimiento and then stir until all the ingredients are properly distributed.
3. Transfer to a jar and refrigerate or make a cheese pimiento sandwich right away.

<div><div>YIELD</div><div>Number of Servings: 5</div><div>Serving size: 1 piece</div></div>	NUTRITION INFORMATION	
	217 kcal per serving	Protein 3.1g
		Fat 21.7 g
		Carbohydrate 2.3 g

SUNNY SIDE-UP EGG

Preparation Time: 2 minutes | Cooking Time: 5minutes

Ingredients:

- 5 medium or large egg
- 5 teaspoon cooking oil
- salt and pepper to taste

Procedure:

- 1.Spray a small non-stick skillet with cooking spray. Crack one egg on the counter, breaking it gently into a small prep dish. Take care not to break the yolk.
- 2.Place prepared pan over medium heat on the stove and heat pan to very hot.
- 3.Gently slip egg into hot pan and immediately reduce heat to medium. Continue cooking for two minutes, or until egg white turns opaque and there is no clear egg white remaining. If necessary, cover pan for a minute to help cook the egg.
- 4.Remove pan from heat. Gently slip a spatula around the edges of the egg to make sure it is free of the pan, then tilt the pan and carefully slip the egg onto a waiting plate. Take care not to break the loose egg yolk.

<div><div>YIELD</div><div>Number of Servings: 5</div><div>Serving size: 1 piece</div></div>	NUTRITION INFORMATION	
	81 kcal per serving	Protein 7.6g
		Fat 5 g
		Carbohydrate 1.2 g

OTHER FEATURED RECIPES

GARLIC RICE

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Ingredients:

- 1 pc garlic cloves, crushed
- 2 1/2 tablespoons coconut oil
- 5 cups rice
- 5 cups water
- 2 1/2 teaspoons salt

Procedure:

1. Sauté garlic cloves in hot oil in a large saucepan over medium-high heat 2-3.
2. Add rice, and sauté 1 minute.
3. Stir in 4 cups water and salt; bring to a boil.
4. Cover, reduce heat to low, and simmer 30 minutes. Do not uncover rice until time is up.
5. Remove from heat; let stand 5 minutes.
6. Fluff with fork.

YIELD

Number of Servings: 5
Serving size: 1 cup

NUTRITION INFORMATION		
275 kcal per serving	Protein	3.9g
	Fat	6.4 g
	Carbohydrate	50.5g

PUTO

Preparation Time: 5 minutes | Cooking Time: 30 minutes

Ingredients:

- 2 cup all-purpose flour
- 1 cup granulated white sugar
- 5 teaspoons baking powder
- 2 cups fresh milk
- 1 teaspoon vanilla extract
- 1 cup shredded sharp cheddar cheese
- 8 cups water for steaming

Procedure:

1. Pour the water into a steamer or cooking pot. Let boil.
2. Sift flour, sugar, and baking powder. Combine in a bowl. Mix well.
3. Gradually add the milk while stirring. Continue to stir until the texture of the mixture becomes smooth.
4. Stir-in the vanilla extract and half of the cheese.

YIELD

Number of Servings: 5
Serving size: 1 piece

NUTRITION INFORMATION		
96 kcal per serving	Protein	1.3 g
	Fat	0.1 g
	Carbohydrate	22.5 g

OTHER FEATURED RECIPES

AVOCADO WITH CONDENSED MILK

Preparation Time: 5 minutes

Ingredients:

- 2 1/2 pc avocado
- 125 ml sweetened condensed milk
(may use low fat or fat free)

Procedure:

1. Peel, slice and cut up the avocado into chunks. Put in a glass bowl. Gently mix with the condensed milk. Place in a dessert dish. Refrigerate for at least an hour to allow the flavors to blend. Serve chilled.

YIELD

Number of Servings: 5
Serving size: 1 slice

NUTRITION INFORMATION		
171 kcal per serving	Protein	23.2 g
	Fat	6.4 g
	Carbohydrate	25.4g

TAPIOCA PUDDING

Preparation Time: 5 minutes | Cooking Time: 30 minutes

Ingredients:

- 2 ½ cups whole milk
- ⅓ cup quick-cooking tapioca
- ⅓ cup white sugar
- pinch of salt
- 1 egg, beaten
- ⅔ teaspoon vanilla extract

Procedure:

1. Stir together the milk, tapioca, sugar, and salt in a medium saucepan. Bring the mixture to a boil over medium heat, stirring constantly.
2. Whisk 1 cup of the hot milk mixture into the beaten eggs, 2 tablespoons at a time until incorporated.
3. Bring the pudding to a gentle simmer over medium-low heat; cook and stir 2 minutes longer until the pudding becomes thick enough to evenly coat the back of a metal spoon. Remove from the heat and stir in the vanilla.

YIELD

Number of Servings: 5
Serving size: 1 piece

NUTRITION INFORMATION		
193 kcal per serving	Protein	4.1 g
	Fat	3 g
	Carbohydrate	37.3 g

OTHER FEATURED RECIPES

TAMALES

Preparation Time: 20 minutes | Cooking Time: 30 minutes

Ingredients:

- ½kg chicken
- 1 tsp salt
- 1 tablespoon coconut oil
- 1 onion, peeled and finely chopped
- 2 1/2 garlic, peeled and minced
- 1 hard-boiled eggs
- 4 cups coconut milk
- 2 cup chicken broth
- 1 cups rice flour
- 1 tablespoon atsuet powder
- 2 tablespoon smooth peanut butter

Procedure:

- 1.In a saucepan over medium heat, add chicken and enough water to cover.
- 2.Lower heat, cover, and simmer for about 15 to 20 minutes or until chicken is cooked through. Drain chicken, reserving about 1 cup of the broth. Allow chicken to cool to touch and then flake.
- 3.In a wide pan over medium heat, heat oil. Add onions and garlic and cook until softened. Add coconut milk and broth and bring to a gentle boil.
- 4.Slowly add rice flour, whisking vigorously to prevent lumps.
- 5.Separate 2/3 of the mixture into one bowl and the remaining 1/3 to another bowl. To 1/3 of the mixture, add the dissolved annatto and the peanut butter. Stir until well combined and evenly colored.
- 6.Scoop about 2 tablespoons of plain mixture on banana leaf and spread to about 3-inches wide.
- 7.Arrange the pieces of flaked chicken and sliced hard-boiled eggs on top of the colored mixture.
- 8.Arrange prepared tamales on steamer basket and steam for about 20 to 30 minutes or until cooked.

YIELD
Number of Servings: 5
Serving size: 1 piece

NUTRITION INFORMATION	
210 kcal per serving	Protein 2.7 g
	Fat 1.9 g
	Carbohydrate 45.8 g

VEGGIE RICE

Preparation Time: 10 minutes | Cooking Time: 10 minutes

Ingredients:

- 3 3/4 cups cooked white rice
- 1 ¼ tablespoon coconut oil
- 2/3 cup finely chopped onion
- 2/3 cup chopped carrots
- 2/3 cup chopped red bell pepper
- 2/3 cup green peas in brine
- 2 ½ teaspoons minced garlic
- 3 eggs
- 3 ¾ tablespoons soy sauce
- salt and pepper to taste

Procedure:

- 1.In a large wok or skillet, heat 2 teaspoons of the vegetable oil over medium high heat. Add the onion and carrot to the pan, cook 3–5 minutes or until softened. Stir in the red bell pepper; cook 2–3 minutes more. Add the garlic and cook for 30 seconds.
- 2.Remove the vegetables from the pan, pour the remaining teaspoon of oil into the pan; add the eggs and cook, stirring occasionally and breaking up with a spatula until the eggs are scrambled and cooked through. Season with salt and pepper.
- 3.Add the rice, reserved cooked veggies and frozen peas to the pan. Stir in the soy sauce and sesame oil and mix gently until everything is thoroughly combined and warmed through, 3–4 minutes.

YIELD
Number of Servings: 5
Serving size: 1 cup

NUTRITION INFORMATION	
295 kcal per serving	Protein 9.6 g
	Fat 8.4 g
	Carbohydrate 45.4 g

OTHER FEATURED RECIPES

NILAGANG SAGING NA SABA

Preparation Time: 10 minutes
Cooking Time: 30 minutes

Ingredients:

- 10 pcs saba

Procedure:

- 1.Heat a cooking pot and pour-in water then let boil.
- 2.Put-in the plantains and adjust the heat to medium. Cover the cooking pot and simmer for 8 to 12 minutes or until the liquid thickens.
- 3.Turn-off heat and allow the plantains to cool.

YIELD

Number of Servings: 5
Serving size: 2 pcs

NUTRITION INFORMATION		
193kcal per serving	Protein	0.1 g
	Fat	0 g
	Carbohydrate	30.8 g

URARO COOKIES

Preparation Time: 25 minutes | Cooking Time: 15 minutes

Ingredients:

- 3/4 cup butter, softened
- 3/4 cup sugar
- 2 eggs
- 1/2 teaspoon vanilla extract
- 1/2 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 2 cups arrowroot starch/flour
- 1/2 teaspoon salt

Procedure:

1. Preheat the oven to 350 F.
2. In a large bowl, sift together arrowroot flour, all-purpose flour, baking powder, and salt. Set aside.
3. In another mixing bowl, cream butter and sugar with an electric mixer until creamy and fluffy.
4. Beat in eggs one at a time, just until incorporated. Beat in vanilla extract.
5. Gradually add the dry ingredients to the mixing bowl, starting at low speed to moisten and then increasing the speed to incorporate fully.
6. Beat just until the batter is smooth. DO not overbeat.
7. Transfer the batter into a cookie press. Dispense the batter in a single press onto an ungreased baking sheet, leaving about 1 and 1/2 inch space in between.
8. Bake in the preheated 350 F oven for 12 to 15 minutes, or until the undersides are starting to turn golden.
9. Allow to cool completely in the pan. To remove, simply slide a cookie with your fingers until it releases. Do not use a spatula to lift the cookies as they're fragile and might break.

YIELD

Number of Servings: 5
Serving size: 1 pack

NUTRITION INFORMATION		
104 kcal per serving	Protein	0.3 g
	Fat	2.1 g
	Carbohydrate	21 g

OTHER FEATURED RECIPES

CHICKEN MACARONI SOUP

Preparation Time: 10 minutes

Cooking Time: 1 hr 30 minutes

Ingredients:

- 100 g chicken, skin removed
- 3 1/4 cups chicken broth
- 3 tbsp ham, chopped
- 5 to 6.67 cups water
- 200 g elbow macaroni
- 1 1/4 cup evaporated milk
- 3 1/4 stalks celery, minced
- 2 1/2 tablespoons butter
- 1 medium yellow onion, minced
- salt and pepper to taste
- 1 large carrot, diced

Procedure:

1. Bring the water to a boil.
2. Add the chicken. Boil the chicken in low to medium heat for 45 minutes or until tender.
3. Remove the chicken and let cool. Set-aside the water used to boil the chicken. We will use this later.
4. Once the chicken reaches room temperature, shred the meat using your hands. Discard (throw away) the bones.
5. Meanwhile, heat a clean large cooking pot.
6. Pour-in the butter and oil. Once the butter and oil become hot, sauté the onion, carrot, and celery for 3 minutes.
7. Add the shredded chicken and chopped ham. Cook for 2 minutes.
8. Pour-in the chicken broth and the remaining water used to boil the chicken. Stir and let boil. Simmer for 20 minutes.
9. Add the elbow macaroni. Cook for 15 minutes. Add more water if needed.
10. Pour-in the milk. Stir and let boil.
11. Add salt and pepper to adjust the taste.

YIELD

Number of Servings: 5
Serving size: 1 cup

NUTRITION INFORMATION		
354 kcal per serving	Protein	18.7 g
	Fat	13.9 g
	Carbohydrate	38.5 g

MALUNGgay PANDESAL

Preparation Time: 2 hours | Cooking Time: 15 minutes

Ingredients:

- 250 g bread flour
- 2 tablespoons dried malunggay leaves
- 1/4 cup sugar
- 282 ml lukewarm water
- 1 teaspoon salt
- 3 tablespoon canola oil
- 1 tablespoon instant yeast

Procedure:

1. Mix together flour, sugar, dried malunggay leaves, salt and bread improver in a bowl. Stir to combine.
2. Combine water and yeast together and let the mixture stand for 5 minutes.
3. Pour water and yeast mixture into the flour mixture and mix well until properly hydrated. Add in the oil and knead until smooth and elastic. Knead in the machine for 5 minutes and knead by hand for 8–10 minutes.
4. Place the dough in a lightly greased bowl and cover with a damp cloth. Let it rise for 1 hour or until double in size.
5. Divide dough and roll into a log shape and cut into desired sizes.
6. Place on a baking tray, about 2 inches apart and let it rest again for an hour.
7. Preheat the oven to 180C. Bake the pandesal for 13–15 minutes.

YIELD

Number of Servings: 5
Serving size: 3 pcs

NUTRITION INFORMATION		
303 kcal per serving	Protein	6.7 g
	Fat	9.4 g
	Carbohydrate	48 g

OTHER FEATURED RECIPES

MUNGGO SIOPAO

Preparation Time: 20 minutes | Cooking Time: 15 minutes

Ingredients:

- 2 teaspoons yeast
- 4 to 4 1/2 cups flour
- 3 tablespoons shortening
- 3/4 cup sugar
- 1/4 teaspoon salt
- 2 cups small red beans
- 4 cups water + more to cover
- 1 cup sugar
- 2 tablespoons coconut oil
- 1 1/4 cups warm water

Procedure:

How to make siopao with sweet munggo filling:

- 1.Soften yeast and 1 tablespoon sugar in lukewarm water. Set aside for from 10 to 15 minutes.
- 2.Mix together sugar, salt, and oil in a bowl. Add softened yeast. Add half of the flour and mix well.
- 3.Add remaining flour and continue mixing till well blended; knead on floured board until smooth.
- 4.Shape the dough into a ball and place in a greased bowl. Grease surface of dough. Let rise for from 30 to 40 minutes in a warm place.
- 5.Punch down dough, divide it into desired sizes, form into balls and let them rise again for 30 minutes. Flatten dough pieces. Spoon prepared sweet ground munggo or any desired filling into the center.
- 6.Seal dough and shape into small balls. Place a piece of clean paper at the bottom of the balls to prevent them from sticking to the steamer.
- 7.Let the balls rise for from 1 to 1 1/2 hours or until double in bulk. Steam for from 10 to 15 minutes. (Period of steaming depends on the size.).

To make the sweet red bean paste:

- 1.Clean, rinse, and soak beans overnight in 4 cups water. The next day, drain beans and place in a large non-stick sauce pan; add fresh water to cover and cook over medium heat until tender and almost mushy.
- 2.Drain, add sugar and oil, and cook over medium-low heat, stirring often until soft and mixture appears dry.
- 3.For coarse consistency, mash with a potato masher or blend in a blender if fine consistency is preferred. The paste should hold its shape but still moist. Let cool to room temperature, transfer into a container, wrap tightly with plastic wrap and refrigerate until needed.

YIELD
Number of Servings: 5
Serving size: 1 pc

NUTRITION INFORMATION	
278 kcal per serving	Protein 6.7 g
	Fat 2.9 g
	Carbohydrate 56.4 g

CATHEDRAL WINDOW

Preparation Time: 15 minutes | Cooking Time: 15 minutes

Ingredients:

- 1/2 package (3.1 ounces) unflavored red color gelatin
- 1/2 package (3.1 ounces) unflavored green color gelatin
- 1/2 package (3.1 ounces) unflavored yellow color gelatin
- 1 package (3.1 ounces each) unflavored clear gelatin
- ¼ cup table cream (all-purpose cream)
- 1/4 cup condensed milk
- 2 ½ cups water

Procedure:

- 1.In a pot, combine the package of red gelatin and 1 1/2 cups water. Whisk together until gelatin is dissolved. Over medium heat, bring to a boil for about 2 to 3 minutes or until mixture begins to bubble. Remove from heat and pour into a baking dish. Refrigerate to cool and set.
- 2.In a pot, combine the package of green gelatin and 1 1/2 cups water. Whisk together until gelatin is dissolved. Over medium heat, bring to a boil for about 2 to 3 minutes or until mixture begins to bubble. Remove from heat and pour into a baking dish. Refrigerate to cool and set.
- 3.In a pot, combine the package of yellow gelatin and 1 1/2 cups water. Whisk together until gelatin is dissolved. Over medium heat, bring to a boil for about 2 to 3 minutes or until mixture begins to bubble. Remove from heat and pour into a baking dish. Refrigerate to cool and set.
- 4.When gelatin are set and firm, cut into 1-inch cubes.
- 5.In a pot, combine the 2 packages of clear gelatin and 1 3/4 cups water. Whisk together until gelatin is dissolved. Over medium heat, bring to a boil for about 2 to 3 minutes or until mixture begins to bubble.
- 6.Remove from heat. Add cream and condensed milk and stir well. Pour into a lightly greased mold.
- 7.Randomly drop cubed gelatin into the cream gelatin.
- 8.Allow to cool and cover with plastic film. Refrigerate to completely cool and set. When firm, invert onto a plate to serve.

YIELD
Number of Servings: 5
Serving size: 1 cup

NUTRITION INFORMATION	
119 kcal per serving	Protein 5.8 g
	Fat 7 g
	Carbohydrate 8 g

OTHER FEATURED RECIPES

FRIED TINAPA WITH FRESH TOMATO

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Ingredients:

- 1/4 cup cooking oil
- 5 smoked fish (tinapa)
- 2 1/2 cups tomato, cubed

Procedure:

1. In a pan heat oil and fry the smoked fish (Tinapa). Set aside.
2. Slice fresh tomatoes and serve.

YIELD

Number of Servings: 5
Serving size: 1 pc

NUTRITION INFORMATION		
128 kcal per serving	Protein	15.1 g
	Fat	7.2 g
	Carbohydrate	0.7 g

EGG SANDWICH

Preparation Time: 10 minutes / Cooking Time: 5 minutes

Ingredients:

- 5 hard-boiled eggs
- 1/4 cup mayonnaise
- 1/4 cup sweet pickle relish
- 1 teaspoon white sugar
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 10 slices white bread

Procedure:

1. Place the eggs in a bowl. Mash using a fork.
2. Add mayonnaise, sugar, , onion powder, and salt. Fold until all the ingredients are well blended.
3. Add the sweet pickle relish. Fold once more until the pickles blends with the other ingredients.
4. Transfer in a container. Refrigerate for 1 hour, or you can use it immediately. Spread over your favorite slice of bread.
5. Share. Share and enjoy!

YIELD

Number of Servings: 5
Serving size: 1 pc

NUTRITION INFORMATION		
260 kcal per serving	Protein	5.7 g
	Fat	13 g
	Carbohydrate	30 g

OTHER FEATURED RECIPES

CHICKEN SOUP

Preparation Time: 10 minutes | Cooking Time: 15 minutes

Ingredients:

- 1/2 kg chicken
- 2 1/2 onion medium sized
- 1 ¼ tomato
- 15 garlic pods
- 2 1/2 tsp whole pepper
- 2 bay leaves
- 1 1/4 inch cinnamon stick
- 5 cloves
- 5 cups water
- salt as needed
- cilantro or spring onions to garnish

Procedure:

- 1.Wash the chicken really well. In a pressure cooker add in the chicken pieces along with chopped onion, chopped tomato.
- 2.Also add in garlic pods, Bay leaves, Cinnamon sticks and Cloves, and Whole Pepper.
- 3.Also add in garlic pods, Bay leaves, Cinnamon sticks and Cloves, and Whole Pepper.
- 4.Let the pressure release naturally and then open the cooker.
- 5.Add in freshly ground pepper and put in a low flame for another 5 mins and switch off the stove.
- 6.Now strain the soup and discard the others. Remove the cooked chicken pieces shred them and set them aside.
- 7.Now let's serve the soup. Add the soup to a serving bowl. Top them with shredded chicken pieces. Garnish with Cilantro or Spring onion. Top with extra pepper or salt as needed and serve hot.

YIELD
Number of Servings: 5
Serving size: 1 cup

NUTRITION INFORMATION		
140 kcal per serving	Protein	21.9 g
	Fat	5.1 g
	Carbohydrate	1.8 g

PORK LUMPIANG SHANGHAI

Preparation Time: 15 minutes
Cooking Time: 10 minutes

Ingredients:

- 40 pieces lumpia wrapper
- 2 1/2 cups cooking oil
- 560 ground pork
- 1 1/2 pieces onion, minced
- 1 1/2 pieces carrots, minced
- 2 eggs
- 1 1/4 teaspoons garlic powder
- 1/2 teaspoon ground black pepper
- 1/2 cup parsley, chopped
- 1 1/4 teaspoons salt
- 1 tablespoon coconut oil

Procedure:

- 1.Combine all filling ingredients in a bowl. Mix well.
- 2.Scoop around 1 to 1 1/2 tablespoons of filling and place over a piece of lumpia wrapper. Spread the filling and then fold both sides of the wrapper. Fold the bottom. Brush beaten egg mixture on the top end of the wrapper. Roll-up until completely wrapped. Perform the same step until all mixture are consumed.
- 3.Heat oil in a cooking pot. Deep fry lumpia in medium heat until it floats.
- 4.Remove from the pot. Let excess oil drip. Serve. Share and enjoy

YIELD
Number of Servings: 5
Serving size: 3 pc

NUTRITION INFORMATION		
86 kcal per serving	Protein	3.1 g
	Fat	4.7 g
	Carbohydrate	7.8 g

OTHER FEATURED RECIPES

MAJA BLANCA

Preparation Time: 5 minutes | Cooking Time: 10 minutes

Ingredients:

- 1 1/4 cans (13.5 ounces each) coconut milk
- 1/2 can (14 ounces) cut corn, drained
- 5 cup sugar
- 3 cold water
- 5 cornstarch
- 3 desiccated coconut flakes (optional)

Procedure:

- 1.In a saucepan, combine coconut milk, corn, and sugar. Over medium heat, bring to a gentle boil, stirring occasionally until sugar is dissolved.
- 2.In a small bowl, mix cornstarch and cold water until completely smooth. Slowly add to coconut milk, whisking vigorously to prevent lumps.
- 3.Continue to cook, whisking regularly, for about 2 to 4 minutes or until mixture thickens to a smooth paste consistency.
- 4.In a lightly greased 8 x 8 baking dish, transfer thickened coconut mixture. Using a spatula, smooth surface.
- 5.Allow pudding to cool for a few minutes. Cover and refrigerate for about 1 to 2 hours or until completely set.
- 6.In an ungreased skillet over medium heat, toast shredded coconut, stirring frequently, for about 1 to 2 minutes or until golden brown. Remove from heat immediately.
- 7.To serve maja blanca, sprinkle toasted coconut flakes on top and cut into squares.

YIELD

Number of Servings: 5
Serving size: 1 pc

NUTRITION INFORMATION		
75 kcal per serving	Protein	0.9 g
	Fat	0.7 g
	Carbohydrate	16.5 g

POACHED EGG

Preparation Time: 5 minutes

Cooking Time: 3 minutes

Ingredients:

- 5 large eggs
- 1 tbsp vinegar (optional)

Procedure:

1. Bring a large pot of water to a boil, then reduce the heat to low.
2. While waiting for the water to boil, crack an egg into a small fine mesh sieve over a bowl. Swirl the egg in the sieve until all the liquidy egg whites have been removed. Then, place the egg in a ramekin.
3. Stir the vinegar into the water and create a vortex. Add the egg to the middle of the vortex and cook the egg for 3 minutes.
4. Remove the egg with a slotted spoon and dab it on a paper towel to remove any excess water. Serve immediately.
5. Alternatively, if making the poached eggs for meal prep or ahead of time, transfer the cooked poached eggs to an ice water bath and refrigerate for a couple of days. When ready to serve, add boiling water to a bowl, then add the cold poached egg and submerge for 20–30 seconds or until warmed through. Remove the poached egg with a slotted spoon, dab dry and serve immediately.

YIELD

Number of Servings: 5
Serving size: 1 pc

NUTRITION INFORMATION		
96 kcal per serving	Protein	7.4 g
	Fat	6.6 g
	Carbohydrate	1.7 g

OTHER FEATURED RECIPES

PALITAW

Preparation Time: 10 minutes
Cooking Time: 15 minutes

Ingredients:

- 2 1/2 cups glutinous rice flour
- 1/2 cup granulated sugar
- 1 1/4 cup water
- 1/2 cup sesame seeds roasted
- 1 1/4 cup grated coconut

Procedure:

1. Combine glutinous rice flour with water and mix until a dough is formed.
2. Scoop about 2 tablespoons of dough then mold it into a ball-shaped figure.
3. Flatten the ball-shaped dough using the palm of your hands.
4. Boil water in a cooking pot then put-in the flattened dough.
5. When the flattened dough starts to float, remove them from the pot and set it aside allowing water to drip.
6. Combine sugar and roasted sesame seeds then mix well.
7. Roll the rice cake in grated coconut then in the sugar-sesame seed mixture.
8. Arrange in a serving plate then serve. Share and enjoy!

YIELD

Number of Servings: 5
Serving size: 3 pc

NUTRITION INFORMATION		
62 kcal per serving	Protein	0.8 g
	Fat	0.8 g
	Carbohydrate	12.8 g

EGGPLANT OMELETTE

Preparation Time: 5 minutes | Cooking Time: 6 minutes

Ingredients:

- 5 eggplants
- 5 eggs
- 1 ¼ teaspoons salt
- 2/3 teaspoons ground black pepper
- 8 tablespoons coconut oil

Procedure:

- 1.Heat the eggplant directly over fire in a stovetop until the skin of the eggplant turns brown to black.
- 2.Let the eggplant cooldown and then peel the skin off.
- 3.Arrange the peeled eggplant in a plate and then flatten using a fork. Set aside.
- 4.Beat the egg in a bowl and add salt and pepper.
- 5.Dip the eggplant in the egg mixture.
- 6.Heat oil in a pan. Once the oil gets hot, start to fry one side of the eggplant until it gets medium brown.
- 7.Pour the remaining egg mixture on top of the eggplant. Turn it over and fry the other side until it gets light to medium brown.
- 8.Remove from the pan and arrange in a wide plate.

YIELD

Number of Servings: 5
Serving size: 1 piece

NUTRITION INFORMATION		
350 kcal per serving	Protein	8.7 g
	Fat	30.6g
	Carbohydrate	19.8 g

OTHER FEATURED RECIPES

BOILED SWEET POTATO

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Ingredients:

- 1 ½ kg sweet potato
- salt (optional)

Procedure:

1. Bring a large pot of water with a pinch of salt to a boil.
2. Peel potatoes with a potato peeler and cut your sweet potatoes into 1" or 2" chunks. You can also leave them whole and with the skin on, if you prefer.
3. Carefully add sweet potatoes to the boiling water.
4. Reduce heat to medium-high and keep a slow boil throughout the duration of cooking.
5. Boil sweet potatoes until they are cooked through:
 - a. For 1" cubes – 12 to 15 minutes.
 - b. For 2" cubes – 20–25 minutes.
 - c. For whole potatoes – 30–50 minutes. (Depending on the size of the potato.)
6. Drain sweet potatoes in a colander

YIELD

Number of Servings: 5
Serving size: 1/2 cup

NUTRITION INFORMATION		
384 kcal per serving	Protein	1.5 g
	Fat	0.9 g
	Carbohydrate	92.1 g

BREADED FISH FILLET

Preparation Time: 10 minutes | Cooking Time: 15 minutes

Ingredients:

- 350 grams tilapia fillet, sliced lengthwise
- 2/3 teaspoon garlic powder
- 2/3 teaspoon onion powder
- 1 ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 3 eggs
- 1 ¼ cups breadcrumbs
- 2 ½ cups cooking oil

Procedure:

1. Combine the salt, garlic powder, onion powder, and ground black pepper in a bowl mix well.
2. Rub the mixture all over the sliced tilapia fillets.
3. Meanwhile, pour the oil in a deep cooking pot. Turn-on the heat and start to heat-up the oil.
4. Dip the tilapia fillet in the bowl with beaten egg then dredge the tilapia in breadcrumbs.
5. Put the breaded tilapia into the hot oil and start to deep fry the fish until the color turns golden brown. Use medium heat in this step
6. Remove the deep-fried crispy tilapia sticks from the cooking pot and place in a plate lined with paper towel. This will absorb the excess oil.

YIELD

Number of Servings: 5
Serving size: 1 piece

NUTRITION INFORMATION		
488 kcal per serving	Protein	20 g
	Fat	36.8 g
	Carbohydrate	19.8 g

OTHER FEATURED RECIPES

GARLIC BUTTER MIXED VEGETABLES

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients:

- 1 pack or 250 grams frozen mixed vegetables, thawed
- 1 medium onion, chopped
- 2 tomatoes, chopped
- 1 tablespoon garlic, minced
- 1/2 stick butter (1/4 cup)
- salt and pepper to taste

Procedure:

- 1.In a pan add 1/2 stick butter and let it melt. Sauté garlic and let it brown slightly. Add chopped onions and cook until it becomes soft and fragrant. Stir in chopped tomatoes and cook until all mashed up.
- 2.Toss and mix in thawed mixed vegetables over medium heat. Cook for 5 minutes until vegetables are crisp and tender.
- 3.Then, adjust taste by adding salt and pepper.

YIELD

Number of Servings: 5
Serving size: 1/2 cup

NUTRITION INFORMATION		
129 kcal per serving	Protein	1.4 g
	Fat	10 g
	Carbohydrate	8.2 g

SPANISH BREAD

Preparation Time: 1 hour | Cooking Time: 20 minutes

Ingredients:

- For the Bread Dough
 - 1/3 cup warm milk 105–115 F
 - 2/3 tsp active dry yeast
 - 1 ¼ cup all-purpose flour, leave a little portion for kneading
 - 2 ¼ tbsp sugar
 - 1 ½ tbsp coconut oil
 - ½ large egg lightly beaten
 - ¼ cup bread crumbs for coating the bread
 - 1 tbsp & ½ tsp evaporated milk
- For the Spanish Bread Filling
 - 1 tsp all-purpose flour
 - 1 tsp sweet potato, boiled and mashed
 - 1 ½ tbsp` bread crumbs
 - 1 tbsp & 1 2/3 tsp butter
 - 3 2/3 tbsp brown sugar
 - 2 ¼ tsp evaporated milk

Procedure:

- 1.Make the Bread Dough: Combine milk and yeast. Let stand for 5 minutes. Add the eggs, sugar, oil and salt. Stir. Add flour gradually while stirring. Sprinkle remaining flour and keep stirring. Knead it 6–10 minutes. Shape the dough into a ball. Cover and let rise for 1 and 1/2 hours. Gently punch the dough down and divide it. Flatten each portion into an oval. Spread filling roll it into a log. Arrange the rolls in a baking tray. Brush evaporated milk and dip them in breadcrumbs. Cover and let rise for an hour. Preheat the oven to 350 F. Bake for 15–20 minutes, or until lightly golden.
- 2.Spanish Bread Filling: Heat the butter in a small saucepan. Add the flour, mashed sweet potato and the breadcrumbs and stir the mixture vigorously. Add the milk and keep stirring. Stir for 30 seconds more and turn off heat. Stir in the sugar well until it is incorporated. Set aside to cool.

YIELD

Number of Servings: 5
Serving size: 1 piece

NUTRITION INFORMATION		
47 kcal per serving	Protein	1.2 g
	Fat	1.6 g
	Carbohydrate	7.1 g

OTHER FEATURED RECIPES

COFFEE JELLY

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Ingredients:

- 2 ½ cups hot water
- 2 tablespoons instant coffee powder, for jelly
- 1 tablespoon sugar
- 1 1/4 tbsp unflavored gelatin powder
- 1/2 cup all-purpose cream
- 1/4 cup condensed milk
- 1 ¼ teaspoon instant coffee powder

Procedure:

- 1.Combine hot water, coffee powder, and sugar in a bowl. Add gelatin powder, and stir until dissolved. Transfer to a rectangular mold. Refrigerate until set, about 4 hours or overnight.
- 2.Once set, slice coffee jelly into 1/2-inch cubes. Set aside until ready to assemble.
- 3.Combine all-purpose cream, condensed milk, and coffee powder in a bowl. Add coffee jelly and mix gently. Refrigerate until ready to serve.

YIELD

Number of Servings: 5
Serving size: 1/2 cup

NUTRITION INFORMATION		
146 kcal per serving	Protein	4.5 g
	Fat	7.9 g
	Carbohydrate	7 g

PUTO PUTI

Preparation Time: 20 minutes | Cooking Time: 10 minutes

Ingredients:

- ½ cup, 2 1/3 teaspoons rice flour
- 3 tablespoons, 1 teaspoon sugar
- 1 ¼ teaspoons baking powder
- a dash of salt
- ¼ cups, 1/3 teaspoons water
- 3 ¾ tbsp coconut milk
- melted butter for greasing

Procedure:

- 1.In a bowl, combine rice flour, sugar, baking powder, and salt. Whisk until distributed.
- 2.Add water and coconut milk. Stir until smooth and well-blended. Cover with film and refrigerate overnight.
- 3.Lightly brush with melted butter insides of puto molds. Pour puto batter into molds until 3/4 full.
- 4.In the bottom part of the steamer, add water and bring to a boil. Arrange filled puto molds. Wrap lid of the steamer with cheesecloth or any cotton material and cover steamer.
- 5.Steam for about 15 minutes or until a toothpick inserted in center comes out clean.
6. Remove from the heat and allow to slightly cool and gently remove puto from the molds.

YIELD

Number of Servings: 5
Serving size: 1 piece

NUTRITION INFORMATION		
96 kcal per serving	Protein	1.3 g
	Fat	0.1 g
	Carbohydrate	22.5 g

OTHER FEATURED RECIPES

SUMAN SA LIHIYA WITH NIYOG

Preparation Time: 15 minutes | Cooking Time: 45 minutes

Ingredients:

- For suman:
 - 1 2/3 cups glutinous rice
 - 1 2/3 cups of water for soaking
 - 1 teaspoon lye water
 - banana leaves, for wrapping
- For topping:
 - ¾ cups, 1 tablespoon, 1 teaspoon grated coconut
- 1 cup matamis na bao

Procedure:

1.Wash the glutinous rice until water turns almost clear. Add 2 cups of water and soak overnight. Place the rice in a strainer to remove excess water. Let it drain until it no longer drips. Transfer rice and add the lye water and mix thoroughly.

2. Cut the banana leaves at least 12 inches long each. Wash them with water and dry. Run it quick on top of your stove with the heat on. Scoop about 2 spoonful of the rice and place it on top of the leaf. Fold the leaf in half. From the end where the rice is, fold it again this time only about 2 inches thick towards the center and then one more to close. Fold about ¼ of one of the end openings towards the middle. With the closed end facing down, tap it a few times to pack in the rice. Fold the top end towards the center to completely close it.

3. Pair them together with the folded openings facing each other. Bind them together at both ends with a cotton string. Place the assembled pairs in a big pot and add enough water to cover them. Cover the pot and bring to boil at high heat. Once it starts to boil, lower heat to medium-low and let it simmer for about 45 minutes. Serve warm or cold with sauce and/or grated coconut.

YIELD

Number of Servings: 5
Serving size: 1 piece

NUTRITION INFORMATION		
195 kcal per serving	Protein	1.4 g
	Fat	5.5 g
	Carbohydrate	34.8 g

MINATAMIS NA SABA WITH COCONUT MILK

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Ingredients:

- 3 large bananas, cut in half crosswise then lengthwise
- ¾ cup and 1 1/3 tablespoon coconut milk
- ½ cup white sugar
- 1 ¾ teaspoon salt
- ⅓ cup unsweetened coconut cream

Procedure:

1.Bring the coconut milk to a boil in a pot.

2.Add the bananas to the coconut milk and cook until tender, about 15 minutes.

3.Dissolve the sugar and salt into the mixture.

4.Stir the coconut cream through the mixture.

5.Remove from heat; serve hot.

YIELD

Number of Servings: 5
Serving size: 1 cup

NUTRITION INFORMATION		
317 kcal per serving	Protein	3.3 g
	Fat	19.6 g
	Carbohydrate	31.8 g

OTHER FEATURED RECIPES

PORK EMPANADA

Preparation Time: 40 minutes | Cooking Time: 25 minutes

Ingredients:

- 1/3 tbsp coconut oil
- 1/3 onion, finely chopped
- ¾ cloves garlic, finely chopped
- 450 grams lean ground pork
- 1/3 tbsp soy sauce
- 1 ¼ tbsp of diced carrot
- 2 ¾ tbsp of diced potato
- 2 ¾ tbsp frozen green pea
- 1 ¼ tbsp oyster sauce
- 1 ¼ cup raisins
- sea salt and ground pepper to taste
- 1 hardboiled egg peeled and sliced
- ½ cup all-purpose flour
- ¾ tbsp sugar
- a dash of baking powder
- a dash of salt
- 2 ¾ tbsp cold butter cut into cubes
- ¾ tbsp cold water
- 1 egg beaten

Procedure:

- 1.Heat oil add onion and garlic and sauté. Add ground pork and sauté for 2–3 minutes. Stir in soy sauce, carrot, potato and frozen green peas. Cover and cook for 5 minutes. Add oyster sauce and raisins. Mix. Season with salt and pepper. Set aside
2. For the dough, combine flour, sugar, baking powder and salt. Add the butter cubes. Break up the butter until it is fully incorporated. Add the water and egg; mix until soft dough is formed. Preheat oven to 400 degrees F. Line baking sheet with parchment paper.
3. Take heaping tablespoonfuls of dough and form into balls. Flatten the dough balls. Place about a tablespoon of the filling in the center of the dough. Top with a slice of egg. Wet the edge of one side of dough with water and then fold to half moon shape. Seal the edge by folding and pressing them on top of each other. Repeat.
4. Place the empanadas on the prepared pan. Brush top and sides of empanadas with egg wash and bake for about 20–25 minutes.

YIELD
Number of Servings: 5
Serving size: 1 piece

NUTRITION INFORMATION		
597 kcal per serving	Protein	22.3 g
	Fat	35 g
	Carbohydrate	48 g

PAN DE SAL

Preparation Time: 1 hour and 30 minutes |Cooking Time: 15 minutes

Ingredients:

- 1 ¼ cups all-purpose flour
- 1 ¼ cups bread flour
- 5 tbsp white sugar
- 3 tbsp, ½ tsp butter melted
- ½ tsp baking powder
- ¾ cup fresh milk warm
- ¾ tsp rapid rise yeast
- ½ tsp salt
- ½ cup bread crumbs
- ½ piece raw egg
- ½ tbsp cooking oil

Procedure:

- 1.Combine the yeast, sugar, and warm milk and stir until the yeast and sugar are fully dissolved. Combine the dry ingredients flour, sugar, salt, and baking powder. Mix well by stirring. Add the egg, butter, cooking oil, and yeast-sugar-milk mixture in the mixing bowl with the dry ingredients then mix again until a dough is formed. Use hands to effectively mix the ingredients.
- 2.In a flat surface, knead the dough until the texture becomes fine. Mold the dough until shape becomes round. Cover the mixing bowl with damp cloth and let the dough rise for at least 1 hour. Put the dough back to the flat surface and divide into 4 equal parts. Roll each part until it forms a cylindrical shape. Slice the dough diagonally. Roll the sliced dough over the breadcrumbs and place with gaps in a baking tray with wax paper. Leave the sliced dough with breadcrumbs in the tray for another 10 to 15 minutes to rise
3. Pre-heat the oven at 375 degrees Fahrenheit for 10 minutes. Put the tray with dough in the oven and bake for 15 minutes. Turn off the oven and remove the freshly baked pandesal.

YIELD
Number of Servings: 5
Serving size: 2 pcs

NUTRITION INFORMATION		
176 kcal per serving	Protein	5.4 g
	Fat	2.2 g
	Carbohydrate	33.5 g

OTHER FEATURED RECIPES

EGG DROP SOUP

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients:

- 5 eggs
- 1/3 cup corn kernels
- 1/3 cup carrots – diced
- 3 tbsp cornstarch – mixed with 2 ½ tbsp of water
- salt to taste
- 5 cups chicken stock
- 2 ½ teaspoon coconut oil
- 2 ½ slice of ginger – ¼ inch thick
- 2 ½ cloves garlic – smashed
- ½ teaspoon sugar
- 1 pinch black pepper
- 1/3 teaspoon turmeric powder – (optional) for color

Procedure:

1. Beat the eggs. Heat a large pot over medium heat and add the cooking oil, ginger, and garlic. Stir for 2 minutes then remove the ginger and garlic. Raise heat to medium high and add chicken stock, diced carrots, sugar, white pepper powder, and turmeric if using. Bring it to a simmer. Mix the cornstarch with the water.
2. Once the stock is simmering, stir the cornstarch and the water once more as there may be settling. Add it to the stock and stir it until the soup thickens.
3. Once the soup thickens, use chopsticks or fork to slowly swirl the soup in one direction. Slowly drizzle half the eggs in a thin stream while continuing to swirl. Wait 30 seconds for the eggs to cook then do the same for the other half. Turn off the heat and add the corn. Season with salt according to taste.

YIELD

Number of Servings: 5
Serving size: 1 piece

NUTRITION INFORMATION		
93 kcal per serving	Protein	2 g
	Fat	4 g
	Carbohydrate	12.4 g

FRIED CHICKEN

Preparation Time: 20 minutes | Cooking Time: 15 minutes

Ingredients:

- 5 pieces chicken leg
- ¾ tablespoon salt
- 2 ½ cups coconut oil
- ¾ cup all-purpose flour, for coating
- 2 eggs
- ½ cups all-purpose flour, for batter
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Procedure:

1. Rub salt all over the chicken. Let it stay for 15 minutes.
2. Heat the oil in a cooking pot. Combine flour, salt, and ground black pepper. Mix well using a fork or a wire whisk. Set aside.
3. Beat the eggs in a large mixing bowl. Add the mixture. Continue to beat until all the ingredients are all incorporated. Dredge the chicken in flour and then dip in batter. Roll it again in flour until completely covered. Fry in medium heat for 7 minutes per side.
4. Remove from the pot and put in a plate lined with paper towel.

YIELD

Number of Servings: 5
Serving size: 1 piece

NUTRITION INFORMATION		
236 kcal per serving	Protein	11.9 g
	Fat	10.4 g
	Carbohydrate	23.9 g

OTHER FEATURED RECIPES

LUMPIANG TOGUE

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients:

- 400 grams togue mung bean sprouts
- ¾ medium-sized carrot julienned
- ¾ teaspoon garlic minced
- ¾ tablespoon onion minced
- 1 ¾ tablespoons fish sauce
- ¾ cup fried tofu chopped
- 1 pinch ground black pepper
- 5 pieces or sheets of spring roll wrapper
- 3 cups cooking oil

Procedure:

- 1.Heat a wok or a frying pan. Sauté the garlic and onions. Put-in the fried tofu then stir. Add the fish sauce and ground black pepper. Put-in the mung bean sprouts and cook for 2 minutes. Add the carrot and cook for 1 to 2 minutes. Remove from the pan and let cool.
2. Wrap the cooked vegetable in spring roll (lumpia) wrapper.
3. Pour the remaining cooking oil in a cooking pot or deep fryer then apply heat. Deep fry the wrapped lumpia until the color of the wrapper turns golden brown. Remove from the cooking pot or deep fryer and place in a container lined with paper towel to absorb excess oils.

YIELD
Number of Servings: 5
Serving size: 1 piece

NUTRITION INFORMATION		
253 kcal per serving	Protein	8.6 g
	Fat	16.7 g
	Carbohydrate	17.1 g

SCRAMBLED EGG

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Ingredients:

- 5 eggs
- 2.5 tablespoons butter / cooking oil
- 1/4 teaspoon salt
- A pinch of ground black pepper
- 1/4 teaspoon garlic powder

Procedure:

1. Beat the eggs in a large bowl. Add the salt, ground black pepper, and garlic powder. Continue to beat until all the ingredients are well distributed.
2. Heat a pan. Melt-in the butter or pour the cooking oil.
3. Gradually pour-in the beaten egg mixture while continuously stirring. Continue to stir until the eggs become firm.
4. Transfer to a serving plate.

YIELD
Number of Servings: 5
Serving size: 1 cup

NUTRITION INFORMATION		
119 kcal per serving	Protein	7.4 g
	Fat	9.1 g
	Carbohydrate	1.8 g

OTHER FEATURED RECIPES

FRIED RICE

Preparation Time: 5 minutes | Cooking Time: 12 minutes

Ingredients:

- 2.5 cups leftover steamed white rice
- 75g ham minced
- 1 egg beaten
- 1/2 teaspoon garlic powder
- 3 3/4 tsp cooking oil
- 179 g frozen green peas
- 1/3 teaspoon salt

Procedure:

1. Gently mash the leftover rice using your hands to loosen it. Make sure that your hands are clean.
2. Add salt and garlic powder and toss. Set aside.
3. Meanwhile, heat the cooking oil in a frying pan.
4. Once the oil becomes hot, sauté the minced ham. Continue to cook the ham for 1 minute.
5. Put the ham on one side of the pan. Pour-in the beaten eggs. Cook one side for 1 minute. Flip the egg and cook the other side for another minute. Separate the eggs into multiple pieces by letting the tip of the spatula run through in a chopping motion.
6. Add the rice. Cook and continuously toss every minute for 5 minutes.
7. Put-in the green peas. Toss and cook for 3 to 5 minutes.
8. Transfer to a serving plate.
9. Serve. Share and enjoy!

YIELD
Number of Servings: 5
Serving size: 1/2 cup

NUTRITION INFORMATION		
244 kcal per serving	Protein	7.4 g
	Fat	9.3 g
	Carbohydrate	32.6 g

MAMON

Preparation Time: 12 minutes | Cooking Time: 16 minutes

Ingredients:

- 1 1/4 cup cake flour
- 1 1/4 cup granulated sugar
- 1 1/4 teaspoon baking powder
- 1 1/4 teaspoon cream tartar
- 2 1/2 teaspoons lemon juice
- 1/2 cup vegetable oil
- 7 1/2 eggs yolk separated from white

Procedure:

- 1.Combine cake flour and baking powder then mix well. Set aside.
- 2.Combine egg whites and cream of tartar then beat until the mixture becomes somewhat fluffy.
- 3.Gradually add sugar then continue beating until the texture becomes fluffier. Use high speed for this process; this should take around 4 to 8 minutes.
- 4.Add lemon juice and egg yolks then mix again.
- 5.Put-in vegetable oil then mix for a few seconds then gradually add cake flour-baking powder mixture. Continue mixing until the texture becomes smooth.
- 6.Heat the oven to 350 degrees Fahrenheit
- 7.Grease the molds using cooking spray then scoop some of the mixture into the mold. Continue doing this process until all the mixture is used-up.
- 8.Bake for 13 to 16 minutes or until it passes the toothpick test.
- 9.Remove from the oven and let cool. Serve. Share and enjoy!

YIELD
Number of Servings: 5
Serving size: 2 pcs

NUTRITION INFORMATION		
317 kcal per serving	Protein	4.6 g
	Fat	9.2 g
	Carbohydrate	53.8 g

OTHER FEATURED RECIPES

FRUIT COMPOTE

Preparation Time: 15 minutes + chilling

Cooking Time: -

Ingredients:

- 6.25 ounces pineapple chunks
- 7.5 tsp sugar
- 2 tsp cornstarch
- 4 ½ tsp orange juice
- 1 tsp lemon juice
- 100g canned oranges, drained
- 2 medium apples, chopped
- 2 medium bananas, sliced

Procedure:

1. Drain pineapple, reserving 3/4 cup juice. In a large saucepan, combine sugar and cornstarch. Whisk in the orange, lemon and pineapple juices until smooth. Cook and stir over medium heat until thickened and bubbly; cook and stir 1 minute longer. Remove from the heat; set aside.
2. In a large bowl, combine the fruits. Pour warm sauce over the fruit; stir gently to coat. Cover and refrigerate.

YIELD

Number of Servings: 5
Serving size: 1 cup

NUTRITION INFORMATION		
103 kcal per serving	Protein	0.7 g
	Fat	0.2 g
	Carbohydrate	24.7 g

PANCAKE WITH SYRUP

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Ingredients:

- 1 cup all-purpose flour
- 2 tbsp sugar
- 2 tsp baking powder
- ½ tsp salt
- 1 cup fresh milk
- 2 tbsp unsalted butter
- 1 fresh egg
- pancake syrup

Procedure:

- 1.Combine all the dry ingredients (flour, baking powder, sugar and salt).
- 2.Add the butter, milk and egg. Mix well until smooth and no more lumps.
- 3.In a non-stick pan over medium heat, gently put 1 full laddle of the mixture and cook until small bubbles appear.
- 4.Flip on the other side and cook for another 2 minutes. Repeat the same procedure for the remaining mixture.
- 5.Serve with pancake syrup.

YIELD

Number of Servings: 5
Serving size: 2 pcs

NUTRITION INFORMATION		
254 kcal per serving	Protein	7 g
	Fat	6.1 g
	Carbohydrate	42.8 g

OTHER FEATURED RECIPES

OATMEAL WITH BANANA

Preparation Time: 3 minutes

Cooking Time: 2 minutes

Ingredients:

- 2.5 cups rolled old fashioned oats
- 2.5 cups milk of choice
- 2.5 cups water
- 5 pieces banana
- pinch of salt

Procedure:

- 1.In a small saucepan, bring the water and milk to a boil. Reduce the heat to low and pour in the oats. Cook, stirring occasionally, until the oats are soft and have absorbed most of the liquid, about 5 minutes.
- 2.Remove from the heat, cover and let stand for 2-3 minutes.
- 3.Stir in the toppings and let rest for a few minutes to cool. Thin with a little more milk, if desired. Serve warm

YIELD

Number of Servings: 5
Serving size: 1 cup

NUTRITION INFORMATION		
300 kcal per serving	Protein	9.2 g
	Fat	8.2 g
	Carbohydrate	47.4 g

GRILLED CHEESE SANDWICH

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients:

- 10 slices of bread
- 10 slices of cheese
- 10 tbsp butter

Procedure:

1. Spread butter on both sides of each slice of bread. Place in a warm skillet and leave there until the bread gets slightly crisp. Take out of the skillet.
2. On a plate or chopping board, place a slice of cheese on top of one slice of bread with the semi-toasted side facedown. Top with another slice of bread, then another slice of cheese. Cover with another slice of semi-toasted bread, facing up.
3. Return the sandwich to the skillet and this time, warm the sandwich and press it down gently with a turner until the cheese melts and the bread turns golden brown. Turn the sandwich over to toast the other side.

YIELD

Number of Servings: 5
Serving size: 1 pc

NUTRITION INFORMATION		
375 kcal per serving	Protein	14.6 g
	Fat	26.8 g
	Carbohydrate	19 g

OTHER FEATURED RECIPES

BREADED PORKCHOP

Preparation Time: 5 minutes | Cooking Time: 14 minutes

Ingredients:

- 450g pork chops about 5 pieces
- 1 3/4 tablespoons seasoned salt or table salt
- 100 g bread crumbs
- 50g all-purpose flour
- 1 piece raw egg
- ½ teaspoon ground black pepper
- 1 teaspoon beef broth powder
- 5 tsp cooking oils
- 1 ¼ teaspoon salt

Procedure:

1. Clean the pork chops and pat dry using paper towels.
2. Rub seasoned salt around each chop and place inside the fridge. Allow to sit for at least 3 hours.
3. Beat the egg and whisk-in salt and pepper. Set Aside.
4. Combine the bread crumbs, all-purpose flour, and beef broth powder in a small freezer bag or deep container and mix well to distribute the ingredients. Set Aside.
5. Heat frying pan and pour-in cooking oil.
6. Dip each chop in the egg mixture making sure that all the areas are covered then dredge in flour-bread crumbs mixture.
7. When the oil is hot enough, pan-fry the pork chops in medium heat. Cook each side until the color turns golden brown (about 5 to 7 minutes depending on the thickness of the cut).
8. Turn off the heat and transfer the cooked pork chops in a plate lined with paper towel.

YIELD

Number of Servings: 5

Serving size: 1 pc

NUTRITION INFORMATION		
528 kcal per serving	Protein	18.2 g
	Fat	40 g
	Carbohydrate	24.6 g

FRIED HIWAS

Preparation Time: 10 minutes | Cooking Time: 12 minutes

Ingredients:

- 5 pieces fish
- 5 tsp cooking oil
- pinch salt

Procedure:

1. Pour 2-inches of cooking oil into a large skillet. Place skillet over large burner and heat oil over medium high heat.
2. Season with salt and pepper.
3. When the fish is evenly golden all over, remove and drain on brown paper sacks.

YIELD

Number of Servings: 5

Serving size: 1 pc

NUTRITION INFORMATION		
120 kcal per serving	Protein	4 g
	Fat	1 g
	Carbohydrate	23 g

OTHER FEATURED BEVERAGES

KAPENG BARAKO

Preparation Time: 2 minutes

Cooking Time: 8 minutes

Ingredients:

- 3/4 cup kapeng barako
- 12 cups water
- 3/4 cups brown sugar

Procedure:

1. Boil water in a pot, and reduce heat when it started boiling.
2. Add the Kapeng Barako and let it boil for a few seconds.
3. Reduce the heat and add sugar. Boil for up to 3 minutes and take out from heat.
4. Stir and let it brew for 5 minutes before straining.
5. Serve hot.

YIELD

Number of Servings: 5
Serving size: 1 cup

NUTRITION INFORMATION

143 kcal
per serving

Protein	0 g
Fat	0.1 g
Carbohydrate	35.5 g

HOMEMADE ICED TEA

Preparation Time: 30 minutes

Ingredients:

- 5 pieces tea bags
- 1 piece lemon
- 4 cups water
- ice

Procedure:

1. Place the tea bags in a heat resistant glass pitcher. Use a vegetable peeler to strip the peel of lemon and add the peel to the pitcher.
2. Pour the simmering water into the pitcher and let it steep for 5 minutes. Remove the tea bags and discard. Refrigerate the tea until cool.
3. To serve, fill iced tea glass with ice and pour the tea over it.

YIELD

Number of Servings: 5
Serving size: 1 glass

NUTRITION INFORMATION

3 kcal
per serving

Protein	0 g
Fat	0 g
Carbohydrate	1.1 g

OTHER FEATURED BEVERAGES

DALANDAN JUICE

Preparation Time: 8 minutes

Ingredients:

- 25 pieces dalandan, juiced
- 1 1/4 cups water

Procedure:

1. Cut the ends of the dalandan and using a juicer, juice each pieces.
2. Be sure not to get any pulp with the freshly squeezed juice.
3. Add the filtered water.

NUTRITION INFORMATION

YIELD

Number of Servings: 5
Serving size: 1 glass

99 kcal
per serving

Protein	1.1 g
Fat	0.6 g
Carbohydrate	22.1 g

TURMERIC TEA

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Ingredients:

- 5 pieces tea bags
- 1 piece lemon
- 4 cups water
- ice

Procedure:

1. Place the tea bags in a heat resistant glass pitcher. Use a vegetable peeler to strip the peel of lemon and add the peel to the pitcher.
2. Pour the simmering water into the pitcher and let it steep for 5 minutes. Remove the tea bags and discard. Refrigerate the tea until cool.
3. To serve, fill iced tea glass with ice and pour the tea over it.

NUTRITION INFORMATION

YIELD

Number of Servings: 5
Serving size: 1 cup

9 kcal
per serving

Protein	0 g
Fat	0 g
Carbohydrate	2 g

OTHER FEATURED BEVERAGES

GUYABANO JUICE

Preparation Time: 5 minutes

Ingredients:

- 2 cups guyabano fruit
- 3 3/4 cups water
- 2 1/2 tablespoons sugar
- juice of 1 lime

Procedure:

1. Wash Guyabano under cold running water. With a knife, peel skin. Cut into half and remove the middle rind. Remove seeds from the flesh and discard.
2. In a blender, combine the flesh and 2 cups of water. Process until pureed. In a fine strainer, strain blended fruit and add the remaining 1 3/4 cups of water to remove fiber.
3. Add sugar and lime juice and stir until blended.
4. Refrigerate to chill or serve cold over ice.

YIELD

Number of Servings: 5
Serving size: 1 glass

NUTRITION INFORMATION		
68 kcal per serving	Protein	0.6 g
	Fat	0.3 g
	Carbohydrate	15.8 g

LEMON GINGER TEA WITH HONEY

Preparation Time: 5 minutes | Cooking Time: 10 minutes

Ingredients:

- 5 cups water
- 2 1/2 tablespoon ginger
- 2 1/2 lemon (for lemon juice)
- 1 tablespoon honey

Procedure:

1. Cut the ginger into disk.
2. Bring water and ginger to boil. Cover, reduce heat to low and let steep for 5–10 minutes.
3. Remove ginger from water.
4. Add the lemon juice and honey to the water and stir to dissolve the honey.
5. Serve hot in mugs.

YIELD

Number of Servings: 5
Serving size: 1 cup

NUTRITION INFORMATION		
24 kcal per serving	Protein	0.2 g
	Fat	0.5 g
	Carbohydrate	4.5 g

OTHER FEATURED BEVERAGES

UNSWEETENED ORANGE JUICE

Preparation Time: 10 minutes

Ingredients:

- 25 pieces oranges, juiced

Procedure:

1. Wash the oranges to remove any potential pesticide residue.
2. Cut the oranges in half with a knife. Using a hand held citrus reamer or electric juicer, twist the flesh of the oranges on the reamer to extract the juice and pulp.
3. Pour the freshly squeezed orange juice into glass. Serve cold.

NUTRITION INFORMATION

YIELD

Number of Servings: 5
Serving size: 1 glass

99 kcal

per serving

Protein 1.1 g

Fat 0.6 g

Carbohydrate 22.1 g

HOT COFFEE

Preparation Time: 10 minutes

Ingredients:

- 2 tablespoon instant coffee
- 3 tablespoon sugar

Procedure:

1. In a cup take 1.5 teaspoons instant coffee. Also, add 1.5 tablespoons sugar or add as per taste.
2. Add 3 tablespoons hot boiling water. You can heat water in an electric kettle or in a small pan. $\frac{1}{4}$ cup of water can also be added.
3. First mix the coffee and sugar with water.
4. Then begin to stir briskly and beat coffee for 3 to 4 minutes. You can take a break after 1 to 2 minutes and then continue if your hands start aching.

NUTRITION INFORMATION

YIELD

Number of Servings: 5
Serving size: 1 cup

22 kcal

per serving

Protein 0.5 g

Fat 0 g

Carbohydrate 5.0 g

OTHER FEATURED BEVERAGES

INFUSED LEMON WATER

Preparation Time: 10 minutes

Ingredients:

- 58 g lemons
- 1 liter water

Procedure:

- 1.Wash your lemons thoroughly and then slice them into thin slices discarding the ends. Remove all the seeds (be thorough removing the seeds to avoid bitter water).
- 2.Add lemon slices to a pitcher and top with 4 cups of water.
- 3.Refrigerate and infuse for at least 1 hour and up to 4 hours.
- 4.Right before serving add 4 cups of cold sparkling water (or plain water) to the pitcher and serve over ice cubes with lemon slices frozen in them and a sprig of mint.
- 5.Make sure to remove the lemon slices from the pitcher after a maximum of 4 hours to avoid the lemon infused water from becoming bitter.

YIELD

Number of Servings: 5
Serving size: 1 glass

NUTRITION INFORMATION		
4 kcal per serving	Protein	0 g
	Fat	0 g
	Carbohydrate	1.1 g

MELON JUICE

Preparation Time: 15 minutes | Cooking Time: 5 minutes

Ingredients:

- 1 large cantaloupe
 - 1 cup simple syrup
 - 5 cups cold water
- For the Simple Syrup
 - 1 cup sugar
 - 1 cup water

Procedure:

- 1.Cut cantaloupe in half crosswise and with a spoon, scrape off seeds and inner pulp.
 - 2.In a bowl, place seeds and pulp with one cup of the water, and mash with the back of a spoon to extract flavor. Using a colander, strain juice and discard seeds.
 - 3.Hold the cantaloupe half firmly and shred flesh using a fruit shredder or the tines of a fork into thin strands.
 - 4.In a pitcher, combine shredded melon, extracted juice from seeds, simple syrup, and the remaining 5 cups of water. Stir well and chill in the refrigerator until ready to serve
- For the Simple Syrup
- 5.In a saucepan over medium heat, combine sugar and 1 cup of water and bring to a boil, stirring occasionally, until sugar is dissolved.
 - 6.Remove from heat and allow to cool completely.

YIELD

Number of Servings: 5
Serving size: 1 glass

NUTRITION INFORMATION		
199 kcal per serving	Protein	0.1 g
	Fat	0.2 g
	Carbohydrate	48.3 g

OTHER FEATURED BEVERAGES

CUCUMBER JUICE

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Ingredients:

- 5 cups water
- 10 tbsp white sugar
- 1¼ cucumber, sliced
- 58 g lemon

Procedure:

- 1.Make a simple syrup by stirring the water and sugar together in a saucepan over medium heat; heat until just about to boil and the sugar has dissolved. Place in refrigerator 30 minutes, or until cool.
- 2.Place the cucumber slices in a blender or food processor; blend until mashed into a pulp. Pour the cucumber pulp into a fine mesh strainer place over a bowl to catch the liquid; allow to sit until you have about 2/3 cup of liquid from the cucumber, about 15 minutes.
- 3.Stir the simple syrup, cucumber liquid, and lemon juice together in a pitcher. Serve cold.

YIELD

Number of Servings: 5
Serving size: 1 glass

NUTRITION INFORMATION

132 kcal
per serving

Protein	0.3g
Fat	0.1 g
Carbohydrate	32.5 g

GREEN TEA

Preparation Time: 2 minutes

Cooking Time: 5 minutes

Ingredients:

- 5 tea bag green tea leaves
- 5 cups water
- honey , (optional) to taste

Procedure:

- 1.To begin making Green Tea Recipe, take a saucepan and start heating water on a high heat.
- 2.Once the water starts boiling, turn off the heat and add the green tea leaves.
- 3.Keep it covered for a minute.
- 4.Strain the green tea into the tea cups.
- 5.Add honey to taste (only as a sweetener, you can completely skip it), give it a swirl and serve.

YIELD

Number of Servings: 5
Serving size: 1 glass

NUTRITION INFORMATION

9 kcal
per serving

Protein	0.2 g
Fat	0 g
Carbohydrate	1.6 g

OTHER FEATURED BEVERAGES

STRAWBERRY JUICE

Preparation Time: 5 minutes

Ingredients:

- 1 ¼ kg strawberry

Procedure:

Using a Juicer

1. Simply feed the strawberries into your juicer chute – no need to strain!
2. Save any leftover pulp too. You can dry it out and plant the seeds (if they're not too broken up), make fruit leather, add it to other smoothies and juices, etc. If you don't want to use it immediately, I recommend freezing the strawberry pulp into an ice cube tray to use later.

YIELD

Number of Servings: 5

Serving size: 1 glass

NUTRITION INFORMATION		
85 kcal per serving	Protein	2 g
	Fat	0.5 g
	Carbohydrate	18 g

LEMON BASIL TEA

Preparation Time: 10 minutes

Ingredients:

- 5 cups water
- 7 ½ tablespoons thinly sliced fresh basil leaves
- 2 1/2 tablespoon grated lemon zest

Procedure:

1. In a small saucepan, bring water to a boil. Remove from the heat.
2. Add the basil, lemon zest; cover and steep for 4 minutes.
3. Strain, discarding basil and zest. Serve immediately.

YIELD

Number of Servings: 5

Serving size: 1 cup

NUTRITION INFORMATION		
3 kcal per serving	Protein	0 g
	Fat	0.1 g
	Carbohydrate	0.5 g

SAGO'T GULAMAN

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Ingredients:

- 2 1/2 cups medium tapioca pearls
- 1 sachet gelatin powder
- 5 T brown sugar
- 1 tbsp vanilla extract
- 1 1/2 to 2 1/2 cups water

Procedure:

1. Cook the tapioca according to package instructions or refer to the Taho recipe. Set aside.
2. Cook the gelatin according to package instructions. Set aside.
3. Place the brown sugar in a cooking pot and caramelize using low heat.
4. When the sugar starts to melt, put in water and vanilla extract. Let boil and stir until the sugar dissolves. Note: use the lowest heat possible so that the sugar will not burn.
5. Turn off heat and let cool.
6. In a glass, combine some tapioca pearls, sliced gelatin, 3 tablespoons of sugar mixture, and a cup of cold water. Stir.
7. Serve. Share and enjoy!

YIELD

Number of Servings: 5

Serving size: 1 glass

NUTRITION INFORMATION		
125 kcal per serving	Protein	1.7 g
	Fat	1 g
	Carbohydrate	27.2 g

OTHER FEATURED BEVERAGES

CARROT JUICE

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Ingredients:

- 3 lbs carrots
- 2 stalks celery
- 1 lemon
- 2 1/2 apples
- 1 ginger – a quarter size piece

Procedure:

- 1.Wash all vegetables.
- 2.Cut if necessary, to fit through the juicer.
- 3.Peel ginger piece.
- 4.Feed all vegetables through juicer.
- 5.Pour into glasses and enjoy!

YIELD

Number of Servings: 5

Serving size: 1 glass

NUTRITION INFORMATION		
174 kcal per serving	Protein	4.3 g
	Fat	1.1 g
	Carbohydrate	36.6 g

LEMONADE

Preparation Time: 7 minutes

Cooking Time: 3 minutes

Ingredients:

- 1 cup granulated sugar
- ½ cup water, (cold), plus 7 cups to serve
- 1 cup lemon juice, (from 8 medium or 6 large lemons)

Procedure:

- 1.In a small saucepan, combine water with sugar. Place over medium heat and bring just to a simmer, stirring to dissolve the sugar. Remove from the heat and let the syrup cool to room temperature. Transfer to a mason jar, cover and refrigerate until ready serving.
- 2.Squeeze lemon juice. Transfer to a mason jar and refrigerate up to 2 weeks until ready to make lemonade.
- 3.To make the full batch of lemonade, pour cold water into a pitcher, add the lemon juice and chilled sugar syrup and stir to combine. You can also add the lemon juice and sugar syrup to taste. Add ice to glasses when serving.

YIELD

Number of Servings: 5

Serving size: 1 glass

NUTRITION INFORMATION		
180 kcal per serving	Protein	0.2 g
	Fat	0.8 g
	Carbohydrate	43 g

INFUSED CUCUMBER WATER

Preparation Time: 10 minutes

Ingredients:

- ½ long english cucumber
- ½ lemon thinly sliced
- ½ lime thinly sliced
- 1 1/4 sprigs mint
- ice
- 1 1/4 quarts water

Procedure:

- 1.Thinly slice cucumber either lengthwise or across.
- 2.Place cucumbers, lemon slices, lime slices and mint in a container.
- 3.Add a few cups of ice and top with water. Refrigerate at least 1 hour before serving.
- 4.Will last 2 days in the fridge, you can continue to top with water as you consume it.

YIELD

Number of Servings: 5

Serving size: 1 glass

NUTRITION INFORMATION		
12 kcal per serving	Protein	0.4 g
	Fat	0.2g
	Carbohydrate	2 g

OTHER FEATURED BEVERAGES

HOT MILK

Preparation Time: –
Cooking Time: 5 minutes

Ingredients:

- 5 cup cow's milk

Procedure:

1.Pour milk into a microwave safe mug and place into microwave. Cook on High until the milk is very hot and begins to foam, about 3 minutes.

YIELD

Number of Servings: 5
Serving size: 1 cup

NUTRITION INFORMATION		
162 kcal per serving	Protein	8.3 g
	Fat	9 g
	Carbohydrate	12 g

UNSWEETENED PINEAPPLE JUICE

Preparation Time: 25 minutes

Ingredients:

- 1 1/4 medium fresh pineapple
- 3/4 cup water
- 1 lemon (use the juice, optional)
- ice cubes

Procedure:

1. Using a sharp chef's knife, slice off the bottom of the pineapple, cut the top, if desired, then cut of the thick outer layer.
2. Lay the pineapple on its side and slice pineapple, remove thick inner layer of pineapple. Chop it into chunks.
3. Next add pineapple chunks in a food processor orin a blender, together with water and sugar, if using any.
4. Blend until smooth puree and there are no chunks of fruit in the mix.
5. Strain the juice using a fine sieve or cheesecloth. Be sure to press out all the juice from the cheese cloth.
6. Adjust taste and thickness of juice with more water sweetener.
7. Serve immediately with ice cubes , garnish with pineapple, lemon or mint.

YIELD

Number of Servings: 5
Serving size: 1 glass

NUTRITION INFORMATION		
168 kcal per serving	Protein	1 g
	Fat	0.5 g
	Carbohydrate	40.1 g

GINGER TEA

Preparation Time: 1 minute
Cooking Time: 9 minutes

Ingredients:

- 5-inch chunk of fresh ginger (no need to peel), sliced into pieces no wider than ¼-inch
- 5 cup water

Procedure:

1. Combine the sliced ginger and water in a saucepan over high heat. If you're adding a cinnamon stick, fresh turmeric, or fresh mint, add it now. Bring the mixture to a simmer, then reduce the heat as necessary to maintain a gentle simmer for 5 minutes (for extra-strong ginger flavor, simmer for up to 10 minutes).
2. Remove the pot from the heat. Carefully pour the mixture through a mesh sieve into a heat-safe liquid measuring cup, or directly into a mug.
3. If desired, serve with a lemon round and/or a drizzle of honey or maple syrup, to taste. Serve hot.

YIELD

Number of Servings: 5
Serving size: 1 cup

NUTRITION INFORMATION		
2 kcal per serving	Protein	0.1 g
	Fat	0 g
	Carbohydrate	0.4 g

OTHER FEATURED BEVERAGES

HOT TEA

Preparation Time: 2 minutes

Cooking Time: 10 minutes

Ingredients:

- 5 tea bags
- 2 ½ tablespoon sugar (optional)
- 7 ½ cups water

Procedure:

1. Bring water to a boil on high heat at first in a kettle or a saucepan for about 3–4 minutes in all. Immerse both of the teabags in it now. Allow the flavors to steep in for about 3–4 minutes more.
2. If adding sugar, add it to the boiling water itself.
3. Mix well and serve immediately

YIELD

Number of Servings: 5
Serving size: 1 cup

NUTRITION INFORMATION		
30 kcal per serving	Protein	0 g
	Fat	0 g
	Carbohydrate	7.4 g

CELERY LEMONADE

Preparation Time: 10 minutes

Ingredients:

- 5 stalk o celery
- 10 tablespoons fresh lemon juice
- 2 ½ cup water

Procedure:

1. Chop the celery into 1-inch pieces and add to the blender along with the lemon juice and water. Blend for a minute, until the celery is completely broken down and you are left with a slurry.
2. Pour and strain the celery slurry. Discard the fiber and pulp left.

YIELD

Number of Servings: 5
Serving size: 1 glass

NUTRITION INFORMATION		
18 kcal per serving	Protein	0.4 g
	Fat	0.5 g
	Carbohydrate	3 g

CALAMANSI JUICE

Preparation Time: 10 minutes

Ingredients:

- 30 pieces calamansi
- 2 cups sugar
- 5 cups water

Procedure:

1. Wash the calamansi thoroughly.
2. Slice them into half and squeeze to extract the juice.
3. Add the sugar and water to the fresh calamansi juice and stir thoroughly.
4. Refrigerate the juice, if desired.

YIELD

Number of Servings: 5
Serving size: 1 glass

NUTRITION INFORMATION		
201 kcal per serving	Protein	0.1 g
	Fat	0.4 g
	Carbohydrate	49.3 g

OTHER FEATURED BEVERAGES

GREEN TEA WITH HONEY

Preparation Time: 10 minutes

Ingredients:

- 5 cups water
- 5 each green tea bags
- 2 ½ teaspoons honey

Procedure:

- 1.Boil water.
- 2.Place tea bags and let steep according to the tea package directions (1 to 3 minutes).
- 3.Remove the tea bags, squeezing gently. Discard the tea bags.
- 4.Stir in honey. Serve immediately.

YIELD

Number of Servings: 5
Serving size: 1 cup

NUTRITION INFORMATION		
6 kcal per serving	Protein	0 g
	Fat	0 g
	Carbohydrate	1.6 g

MANGO JUICE

Preparation Time: 10 minutes

Ingredients:

- 2 ½ large mango, peeled cut into chunks
- 2 ½ tbsp sugar
- 3 ¾ cups chilled water
- ice cubes (optional)

Procedure:

- 1.Wash, peel and chop the mango. Take mango and sugar into a blender.
- 2.Grind into smooth puree.
- 3.Then add water and blend it again.
- 4.Strain the juice and discard the fibrous pulp if any. This step is optional.
- 5.Keep refrigerated, chilled till serving.

YIELD

Number of Servings: 5
Serving size: 1 glass

NUTRITION INFORMATION		
18 kcal per serving	Protein	0.4 g
	Fat	0.5 g
	Carbohydrate	3 g

ORANGE JUICE

Preparation Time: 10 minutes

Ingredients:

- 25 oranges

Procedure:

- 1.Wash the oranges.
- 2.Cut the oranges in half with a sharp knife. Using a hand-held citrus reamer, twist the flesh of the oranges on the reamer to extract the juice and pulp or lightly smack oranges and squeeze by hand to extract juice.
- 3.Pour the freshly squeezed orange juice into a glass

YIELD

Number of Servings: 5
Serving size: 1 glass

NUTRITION INFORMATION		
24 kcal per serving	Protein	0.3 g
	Fat	0.1 g
	Carbohydrate	5.4 g

OTHER FEATURED BEVERAGES

BUKO JUICE

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Ingredients:

- 5 young coconuts
- ice cubes
- coconut meat
- 5 tbsp sugar

Procedure:

1. Prepare 5 young coconuts that are already cracked and clean by coconut vendor.
2. Pour coconut/buko juice through a strainer into a glass to get rid any particles.
3. Scrape coconut/buko meat with a spoon from the shell and add in the juice.
4. Stir in sugar if you're using one and add ice cubes and serve with straw.

YIELD

Number of Servings: 5

Serving size: 1 glass

NUTRITION INFORMATION		
170 kcal per serving	Protein	1.3 g
	Fat	5.5 g
	Carbohydrate	28.8 g

SALABAT

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Ingredients:

- 5 cups water
- 3.33 oz fresh ginger, peeled and sliced
- 0.21 cup honey (or sugar)

Procedure:

1. Combine the water, ginger, and honey in a small saucepan, and bring to a boil over medium-high heat. Stir to dissolve the honey.
2. Lower heat, cover, and let it simmer for about 10-15 minutes.
3. Strain and transfer the tea into a teapot or your preferred container. Enjoy immediately, with a slice of lemon and additional honey to taste.
4. Chill any remaining ginger tea and store in the refrigerator -- you can drink it chilled or reheat before serving.

YIELD

Number of Servings: 5

Serving size: 1 cup

NUTRITION INFORMATION		
46 kcal per serving	Protein	0.2 g
	Fat	0.2 g
	Carbohydrate	10.8 g

FOUR SEASONS JUICE

Preparation Time: 5 minutes

Ingredients:

- 1.25 cup pineapple juice
- 1.25 cup mango juice
- 1.25 cup dalandan juice
- 1.25 cup guyabano juice
- sugar or honey to taste
- ice cubes

Procedure:

1. In a pitcher, mix all ingredients. Add in ice cubes and let it chill.
2. Serve it chilled and enjoy!

YIELD

Number of Servings: 5

Serving size: 1 glass

NUTRITION INFORMATION		
164 kcal per serving	Protein	0.7 g
	Fat	1.3 g
	Carbohydrate	37.3 g

PINGGANG PINOY®

A food guide using a food plate model to show the recommended proportion by food group in every meal.

GO ENERGY GIVING

Go for rice, root crops, pasta, bread, and other carbohydrate-rich foods, which provide energy to support bodily functions and physical activity.

Choose whole grains like brown rice, corn, whole wheat bread, and oatmeal, which contain more fiber and nutrients than refined grains and are linked to lower risk of heart disease, diabetes, and other health problems.

GLOW BODY REGULATING

Enjoy a wide variety of fruits and vegetables, which are packed with vitamins, minerals and fiber needed for the regulation of body processes.

HEALTH TIPS:

Eat less salty, fried, fatty and sugar-rich foods to prevent chronic diseases.

Understand nutrition information on product labels to make smart food choices.



**STAY
PHYSICALLY
ACTIVE!**

GROW BODY BUILDING

Eat fish, shellfish, lean meat, poultry, eggs, and dried beans and nuts needed for the growth, maintenance and repair of body tissues.

Include fatty fish in the diet like tuna, sardines, and mackerel 2-3 times a week to provide essential fatty acids that help protect against heart diseases.

Consume milk, milk products and other calcium-rich foods like *dilis* and small shrimps for strong bones and teeth.

WATER

Drink lots of water every day for adequate hydration.

Limit intake of sugar-sweetened beverages to reduce the risk of obesity and tooth decay.



**Adults
19-59 y**

*This is intended for healthy Filipino adults, 19-59 years old. Individuals with specific health conditions like hypertension and diabetes should consult a registered nutritionist-dietitian or any health care provider regarding their energy and nutrient needs.

HOW TO FILL UP YOUR PLATE

MALE

FEMALE

GO Rice & alternatives

- Any of the following:
- 1 ½ cups of cooked rice
 - 6 pieces of small *pandesal*
 - 6 slices of small loaf bread
 - 1 ½ cups of cooked noodles (ex. *pansit*)
 - 1 ½ medium pieces of root crop (ex. *kamote*)

Any of the following:

- 1 cup of cooked rice
- 4 pieces of small *pandesal*
- 4 slices of small loaf bread
- 1 cup of cooked noodles (ex. *pansit*)
- 1 medium piece of root crop (ex. *kamote*)

GROW Fish & alternatives

- Any of the following:
- 2 pieces (small size) medium variety of fish (ex. *galunggong*)
 - 2 slices of large variety of fish (ex. *bangus*)
 - 2 pieces of small chicken leg
 - 2 servings of lean meat, 30 g each (ex. chicken, pork, beef)
 - 2 pieces of *tokwa*, 6 x 6 x 2 cm each
 - 1 piece of small chicken egg and 1 piece of any food items mentioned above

Any of the following:

- 2 pieces (small size) medium variety of fish (ex. *galunggong*)
- 2 slices of large variety of fish (ex. *bangus*)
- 2 pieces of small chicken leg
- 2 servings of lean meat, 30 g each (ex. chicken, pork, beef)
- 2 pieces of *tokwa*, 6 x 6 x 2 cm each
- 1 piece of small chicken egg and 1 piece of any food items mentioned above

GLOW Vegetables

1-1 ½ cups of cooked vegetables (ex. *malunggay*, *saluyot*, *gabi* leaves, *talinum*, *ampalaya*, *kalabasa*, carrots, *sitaw*)

¾-1 cup of cooked vegetables (ex. *malunggay*, *saluyot*, *gabi* leaves, *talinum*, *ampalaya*, *kalabasa*, carrots, *sitaw*)

GLOW Fruits

Any of the following:

- 1 medium size fruit (ex. *saging*, *dalanghita*, *mangga*)
- 1 slice of big fruit (ex. *papaya*, *pinya*, *pakwan*)

Any of the following:

- 1 medium size fruit (ex. *saging*, *dalanghita*, *mangga*)
- 1 slice of big fruit (ex. *papaya*, *pinya*, *pakwan*)

Food items may vary and are not limited to the examples mentioned above.

SAMPLE ONE-DAY MEAL PLAN*

Breakfast

Fried *Bangus*
Camote Tops Salad
with Tomatoes
Rice
Banana

Lunch

Chicken *Tinola*
with Green Papaya
and *Malunggay*
Rice
Mango

Dinner

Fried *Galunggong*
Pinakbet
Rice
Watermelon

Snack

A.M Snack
Suman
P.M Snack
Boiled Camote

MALE

FEMALE



10 or more
glasses of
water
throughout
the day

1 glass of
milk daily

*based on a 2450-calorie diet



8 or more
glasses of
water
throughout
the day

1 glass of
milk daily

*based on a 1890-calorie diet



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Department of Science and Technology

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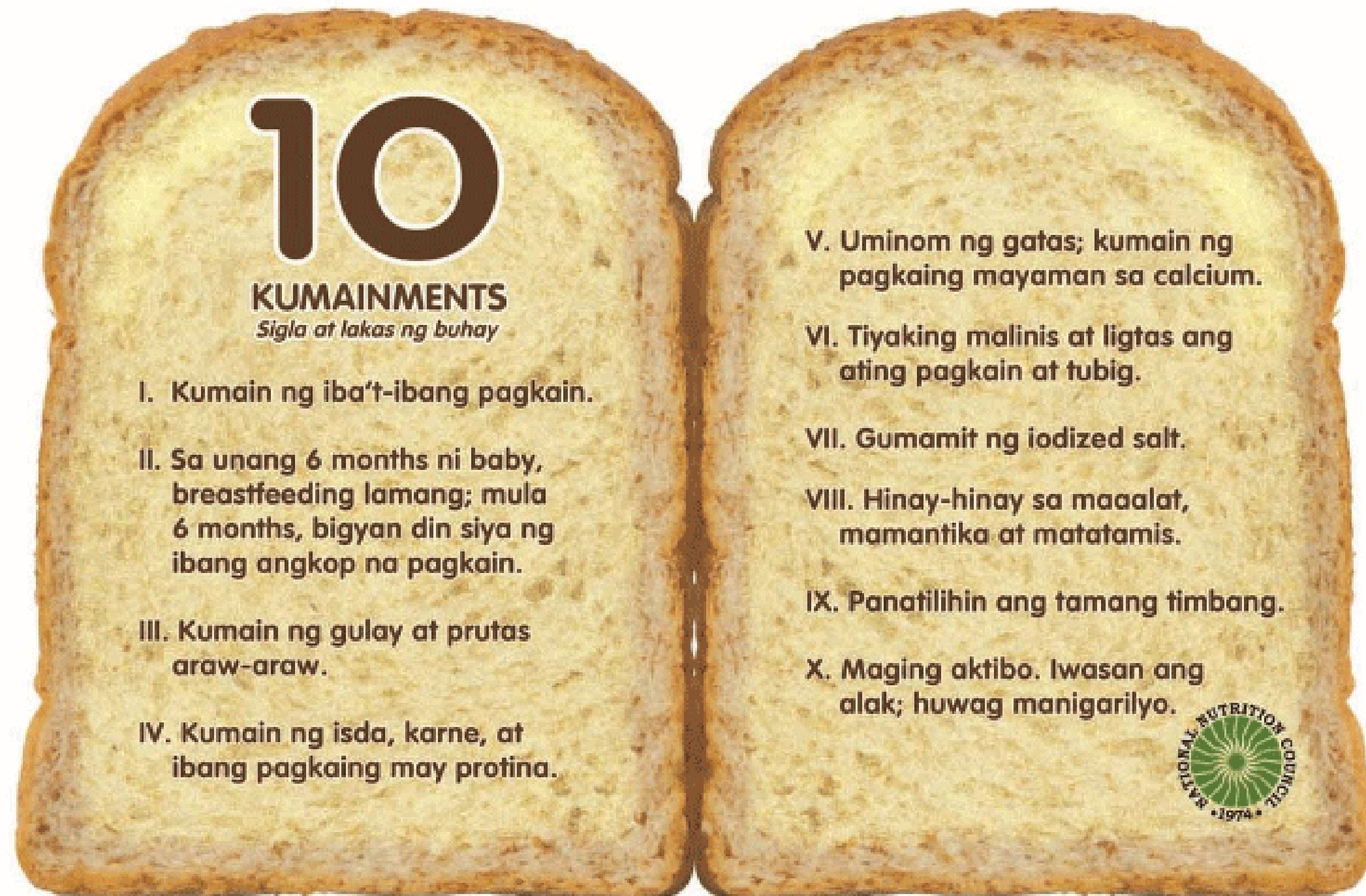
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Sundin ang 10 Kumainments para sa sigla at lakas ng buhay!

The National Nutrition Council (NNC) developed the “10 KUMAINMENTS” to popularize the Nutritional Guidelines for Filipinos developed by an Inter-agency Technical Working Group led by the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST) and approved by the National Nutrition Council Governing Board in October 2012.

The “10 KUMAINMENTS” are simple and easy to remember guidelines to help improve the nutritional status of Filipinos to be able to live healthier and more productive lives.

The “10 KUMAINMENTS” aim to improve the eating habits and behaviors of Filipinos to prevent malnutrition and diet-related non-communicable diseases such as cancer, diabetes, and cardiovascular diseases.



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- Downshiftology
- Drive Me Hungry
- Earth Food and Fire
- Eat Like Pinoy
- Eating Well
- Evolving Table
- Feel Good Foodie
- Foxy Folksy
- Friend Cheap Menu
- Gourmandize
- Green Healthy Cooking
- Happietrio
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- Kawaling Pinoy
- Kitchen Confidante
- Lutong Bahay Recipe
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- Maria Marlowe
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- Organic Facts
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- Spice Up the Curry
- Taste of Home
- Tasty Recipes
- The Woks of Life
- Theodehlicious
- Weelicious
- Woman Scribbles
- Yummy Kitchen Tv
- Yummy.ph

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