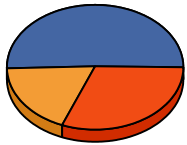


شرائح السمك مع الارز - مونجو

Recipe grams: 377.00g/13.3oz

Serves 1 377.00g/13.3oz per serving



Protein: 50%
Carbohydrates: 19%
Fat: 31%

INGREDIENTS

1.00 servings الخضار مخلوط - مونجو
0.05 servings الصوص مخلوط - مونجو
10 gram Sunflower Oil
10 gram SALT, TABLE
2 gram PEPPER, BLACK, GROUND
200 gram Grouper Fillet

General Manager:

Nutrition Facts

1 serving per container

Serving size 1 serving (377g)

Amount per serving

Calories 340

% Daily Value*

Total Fat 11g 14%

Saturated Fat 0.5g 4%

Trans Fat 0g

Cholesterol 70mg 24%

Sodium 4810mg 209%

Total Carbohydrate 18g 6%

Dietary Fiber 2g 8%

Total Sugars 10g

Protein 41g

Vit. D 0mcg 0%

Iron 2mg 15%

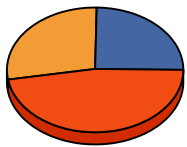
• Calcium 105mg 8%

• Potas. 203mg 4%

بحريات مع الارز - مونجو

Recipe grams: 327.00g/11.5oz

Serves 1 327.00g/11.5oz per serving



Protein: 25%
 Carbohydrates: 28%
 Fat: 47%

INGREDIENTS

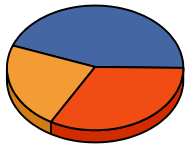
1.00 servings الخضار مخلوط - مونجو
 0.05 servings الصوص مخلوط - مونجو
 10 gram Sunflower Oil
 10 gram SALT, TABLE
 2 gram PEPPER, BLACK, GROUND
 70 gram GOLDEN FRIED SHRIMP, family style
 80 gram Grouper Fillet

General Manager:

Nutrition Facts		
1 serving per container		
Serving size 1 serving (327g)		
Amount per serving		
Calories		430
% Daily Value*		
Total Fat	22g	28%
Saturated Fat	3.0g	14%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	5360mg	233%
Total Carbohydrate	32g	12%
Dietary Fiber	3g	10%
Total Sugars	10g	
Protein	26g	
Vit. D 0mcg	0%	• Calcium 92mg 8%
Iron 2mg	10%	• Potas. 273mg 6%

دجاج مع الارز - مونجو

Recipe grams: 337.00g/11.9oz
 Serves 1 337.00g/11.9oz per serving



Protein: 44%
Carbohydrates: 23%
Fat: 33%

INGREDIENTS

- 160 gram Tender Chicken Breast, Sadia
- 10 gram Oil, Sunflower, Kroger
- 0.05 servings الصوص مخلوط - مونجو
- 10 gram SALT, TABLE
- 1.00 servings الخصار مخلوط - مونجو
- 2 gram PEPPER, BLACK, GROUND

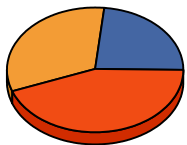
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (337g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.0g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5400mg	235%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	8%
Total Sugars 10g	
Protein 33g	
Vit. D 0mcg 0%	• Calcium 34mg 2%
Iron 0.50mg 2%	• Potas. 203mg 4%

دجاج سمك مع الارز - مونجو

Recipe grams: 327.00g/11.5oz

Serves 1 327.00g/11.5oz per serving



Protein: 23%
Carbohydrates: 32%
Fat: 44%

INGREDIENTS

80 gram Tender Chicken Breast, Sadia
 10 gram Oil, Sunflower, Kroger
 0.05 servings الصوص مخلوط - مونجو
 10 gram SALT, TABLE
 1.00 servings الخصار مخلوط - مونجو
 2 gram PEPPER, BLACK, GROUND
 70 gram Fish Fillet

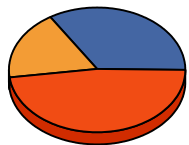
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (327g)
Amount per serving	
Calories	440
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 5370mg	234%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	8%
Total Sugars 11g	
Protein 26g	
Vit. D 0mcg 0%	• Calcium 75mg 6%
Iron 2mg 8%	• Potas. 203mg 4%

لحم مع الارز - مونجو

Recipe grams: 317.00g/11.2oz

Serves 1 317.00g/11.2oz per serving



Protein: 34%
 Carbohydrates: 18%
 Fat: 48%

INGREDIENTS

140 gram Beef Steak, Pepperjax Grill
 1.00 servings الخضار مخلوط - مونجو
 0.05 servings الصوص مخلوط - مونجو
 10 gram Sunflower Oil
 10 gram SALT, TABLE
 2 gram PEPPER, BLACK, GROUND

General Manager:

Nutrition Facts

1 serving per container

Serving size 1 serving (317g)

Amount per serving

Calories 380

% Daily Value*

Total Fat 20g **25%**Saturated Fat 5g **26%**

Trans Fat 0g

Cholesterol 65mg **21%****Sodium** 4770mg **208%****Total Carbohydrate** 19g **7%**Dietary Fiber 2g **8%**

Total Sugars 10g

Protein 31g

Vit. D 0mcg 0%

Iron 2mg 15%

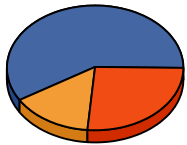
• Calcium 34mg 2%

• Potas. 203mg 4%

سمك هامور مع الارز - مونجو

Recipe grams: 477.00g/16.8oz

Serves 1 477.00g/16.8oz per serving



Protein: 59%
Carbohydrates: 15%
Fat: 27%

INGREDIENTS

1.00 servings الخضار مخلوط - مونجو
 0.05 servings الصوص مخلوط - مونجو
 10 gram Sunflower Oil
 10 gram SALT, TABLE
 2 gram PEPPER, BLACK, GROUND
 300 gram Grouper Fillet

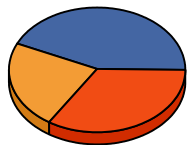
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (477g)
Amount per serving	
Calories	430
% Daily Value*	
Total Fat 12g	16%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 4870mg	212%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Total Sugars 10g	
Protein 61g	
Vit. D 0mcg 0%	• Calcium 140mg 10%
Iron 3mg 20%	• Potas. 203mg 4%

دجاج وروبيان مع الارز - مونجو

Recipe grams: 327.00g/11.5oz

Serves 1 327.00g/11.5oz per serving



Protein: 43%
Carbohydrates: 23%
Fat: 34%

INGREDIENTS

80 gram	Tender Chicken Breast, Sadia
0.05 servings	الصوص مخلوط - مونجو
1.00 servings	الخضار مخلوط - مونجو
10 gram	Sunflower Oil
10 gram	SALT, TABLE
2 gram	PEPPER, BLACK, GROUND
70 gram	Grilled Shrimp

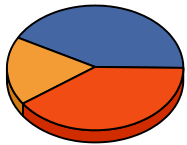
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (327g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 5180mg	225%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	8%
Total Sugars 10g	
Protein 32g	
Vit. D 0mcg 0%	• Calcium 69mg 6%
Iron 2mg 10%	• Potas. 203mg 4%

لحم وروبيان مع الارز - مونجو

Recipe grams: 327.00g/11.5oz

Serves 1 327.00g/11.5oz per serving



Protein: 42%
Carbohydrates: 18%
Fat: 40%

INGREDIENTS

0.05 servings	الصوص مخلوط - مونجو
1.00 servings	الخضار مخلوط - مونجو
10 gram	Sunflower Oil
10 gram	SALT, TABLE
2 gram	PEPPER, BLACK, GROUND
80 gram	BEEF ROUND STEAK, GRILLED
70 gram	Grilled Shrimp

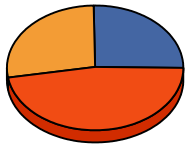
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (327g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 3.0g	14%
Trans Fat 0g	
Cholesterol 165mg	56%
Sodium 4880mg	212%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	8%
Total Sugars 10g	
Protein 38g	
Vit. D 0mcg 0%	• Calcium 73mg 6%
Iron 4mg 25%	• Potas. 504mg 10%

لحم وسمك مع الارز - مونجو

Recipe grams: 327.00g/11.5oz

Serves 1 327.00g/11.5oz per serving



Protein: 25%
Carbohydrates: 27%
Fat: 47%

INGREDIENTS

10 gram Oil, Sunflower, Kroger
 0.05 servings الصوص مخلوط - مونجو
 10 gram SALT, TABLE
 1.00 servings الخضار مخلوط - مونجو
 2 gram PEPPER, BLACK, GROUND
 80 gram BEEF ROUND STEAK, KNUCKLE, GRILLED (SIRLOIN TIP)
 70 gram Fish Fillet

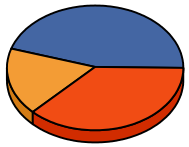
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (327g)
Amount per serving	
Calories	520
% Daily Value*	
Total Fat 27g	35%
Saturated Fat 4.5g	24%
Trans Fat 0g	
Cholesterol 85mg	29%
Sodium 5070mg	220%
Total Carbohydrate 37g	14%
Dietary Fiber 2g	8%
Total Sugars 11g	
Protein 32g	
Vit. D 0mcg 0%	• Calcium 79mg 6%
Iron 4mg 20%	• Potas. 504mg 10%

دجاج ولحم مع الارز - مونجو

Recipe grams: 327.00g/11.5oz

Serves 1 327.00g/11.5oz per serving



Protein: 45%
Carbohydrates: 17%
Fat: 37%

INGREDIENTS

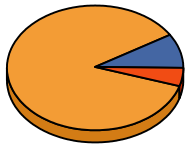
80 gram Tender Chicken Breast, Sadia
 0.05 servings الصوص مخلوط - مونجو
 1.00 servings الخضار مخلوط - مونجو
 10 gram Sunflower Oil
 10 gram SALT, TABLE
 2 gram PEPPER, BLACK, GROUND
 70 gram BEEF ROUND STEAK

General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (327g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 15g	20%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 5090mg	221%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	8%
Total Sugars 10g	
Protein 42g	
Vit. D 0mcg 0%	• Calcium 39mg 2%
Iron 3mg 15%	• Potas. 400mg 8%

الارز المطبوخ - مونجو

Recipe grams: 415.00g/14.6oz
Serves 1 415.00g/14.6oz per serving



Protein: 9%
Carbohydrates: 86%
Fat: 5%

INGREDIENTS

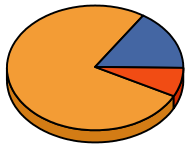
- 350 gram BASMATI RICE, WHITE, DRY
- 30 gram GREEN PEA, BOILED, NO SALT, frozen, drained
- 1 gram Premixed, Cook Do, Aji-No-Moto
- 2 gram 100% Sunflower Oil, Winona Pure
- 2 gram SALT, TABLE
- 30 gram CARROT, RAW

General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (415g)
Amount per serving	
Calories	1270
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 840mg	36%
Total Carbohydrate 289g	105%
Dietary Fiber 2g	9%
Total Sugars 3g	
Protein 29g	
Vit. D 0mcg 0%	• Calcium 18mg 2%
Iron 0.55mg 4%	• Potas. 129mg 2%

النودلز - مونجو

Recipe grams: 508.00g/17.9oz
Serves 1 508.00g/17.9oz per serving



Protein: 16%
Carbohydrates: 77%
Fat: 7%

INGREDIENTS

- 350 gram Macaroni
- 10 gram Soya Sauce
- 65 gram Oyster Sauce, Shirakiku
- 3 gram PEPPER, BLACK, GROUND
- 5 gram VEGETABLE OIL, SUNFLOWER
- 50 gram CABBAGE, RAW, 15 cm dia head
- 10 gram Baby Carrots, Raw, Golden Corral
- 5 gram GREEN PEPPER, SWEET, RAW (BELL), LARGE
- 5 gram Hot Sauce, Just Chili
- 5 gram PEPPER, SWEET, RED, RAW

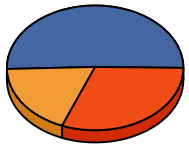
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (508g)
Amount per serving	
Calories	1400
% Daily Value*	
Total Fat 11g	15%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3340mg	145%
Total Carbohydrate 276g	100%
Dietary Fiber 8g	30%
Total Sugars 21g	
Protein 56g	
Vit. D 0mcg 0%	• Calcium 34mg 2%
Iron 0.56mg 4%	• Potas. 144mg 4%

شرائح السمك مع النودلز - مونجو

Recipe grams: 377.00g/13.3oz

Serves 1 377.00g/13.3oz per serving



Protein: 50%
Carbohydrates: 19%
Fat: 31%

INGREDIENTS

1.00 servings الخضار مخلوط - مونجو
 0.05 servings الصوص مخلوط - مونجو
 10 gram Sunflower Oil
 10 gram SALT, TABLE
 2 gram PEPPER, BLACK, GROUND
 200 gram Grouper Fillet

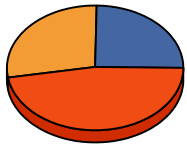
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (377g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 70mg	24%
Sodium 4810mg	209%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Total Sugars 10g	
Protein 41g	
Vit. D 0mcg 0%	• Calcium 105mg 8%
Iron 2mg 15%	• Potas. 203mg 4%

بحريات مع النودلز - مونجو

Recipe grams: 327.00g/11.5oz

Serves 1 327.00g/11.5oz per serving



Protein: 25%
 Carbohydrates: 28%
 Fat: 47%

INGREDIENTS

1.00 servings الخضار مخلوط - مونجو
 0.05 servings الصوص مخلوط - مونجو
 10 gram Sunflower Oil
 10 gram SALT, TABLE
 2 gram PEPPER, BLACK, GROUND
 70 gram GOLDEN FRIED SHRIMP, family style
 80 gram Grouper Fillet

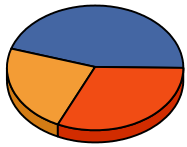
General Manager:

Nutrition Facts		
1 serving per container		
Serving size 1 serving (327g)		
Amount per serving		
Calories		430
% Daily Value*		
Total Fat	22g	28%
Saturated Fat	3.0g	14%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	5360mg	233%
Total Carbohydrate	32g	12%
Dietary Fiber	3g	10%
Total Sugars	10g	
Protein	26g	
Vit. D 0mcg	0%	• Calcium 92mg 8%
Iron 2mg	10%	• Potas. 273mg 6%

دجاج مع النودلز - مونجو

Recipe grams: 337.00g/11.9oz

Serves 1 337.00g/11.9oz per serving



Protein: 45%
 Carbohydrates: 23%
 Fat: 32%

INGREDIENTS

160 gram Tender Chicken Breast, Sadia
 0.05 servings الصوص مخلوط - مونجو
 1.00 servings الخضار مخلوط - مونجو
 10 gram Sunflower Oil
 10 gram SALT, TABLE
 2 gram PEPPER, BLACK, GROUND

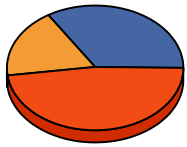
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (337g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5400mg	235%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	8%
Total Sugars 10g	
Protein 33g	
Vit. D 0mcg 0%	• Calcium 34mg 2%
Iron 0.51mg 2%	• Potas. 203mg 4%

لحم مع النودلز - مونجو

Recipe grams: 317.00g/11.2oz

Serves 1 317.00g/11.2oz per serving



Protein: 34%
 Carbohydrates: 18%
 Fat: 48%

INGREDIENTS

140 gram Beef Steak, Pepperjax Grill
 1.00 servings الخضار مخلوط - مونجو
 0.05 servings الصوص مخلوط - مونجو
 10 gram Sunflower Oil
 10 gram SALT, TABLE
 2 gram PEPPER, BLACK, GROUND

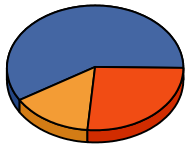
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (317g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 20g	25%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 65mg	21%
Sodium 4770mg	208%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	8%
Total Sugars 10g	
Protein 31g	
Vit. D 0mcg 0%	• Calcium 34mg 2%
Iron 2mg 15%	• Potas. 203mg 4%

سمك هامو مع النودلز - مونجو

Recipe grams: 477.00g/16.8oz

Serves 1 477.00g/16.8oz per serving



Protein: 59%
Carbohydrates: 15%
Fat: 27%

INGREDIENTS

1.00 servings الخضار مخلوط - مونجو
 0.05 servings الصوص مخلوط - مونجو
 10 gram Sunflower Oil
 10 gram SALT, TABLE
 2 gram PEPPER, BLACK, GROUND
 300 gram Grouper Fillet

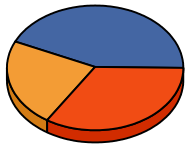
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (477g)
Amount per serving	
Calories	430
% Daily Value*	
Total Fat 12g	16%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 4870mg	212%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Total Sugars 10g	
Protein 61g	
Vit. D 0mcg 0%	• Calcium 140mg 10%
Iron 3mg 20%	• Potas. 203mg 4%

دجاج وروبيان مع النودلز - مونجو

Recipe grams: 327.00g/11.5oz

Serves 1 327.00g/11.5oz per serving



Protein: 43%
Carbohydrates: 23%
Fat: 34%

INGREDIENTS

80 gram Tender Chicken Breast, Sadia
 0.05 servings الصوص مخلوط - مونجو
 1.00 servings الخضار مخلوط - مونجو
 10 gram Sunflower Oil
 10 gram SALT, TABLE
 2 gram PEPPER, BLACK, GROUND
 70 gram Grilled Shrimp

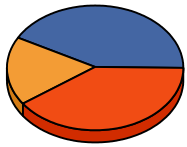
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (327g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 5180mg	225%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	8%
Total Sugars 10g	
Protein 32g	
Vit. D 0mcg 0%	• Calcium 69mg 6%
Iron 2mg 10%	• Potas. 203mg 4%

لحم وروبيان مع النودلز - مونجو

Recipe grams: 327.00g/11.5oz

Serves 1 327.00g/11.5oz per serving



Protein: 42%
Carbohydrates: 18%
Fat: 40%

INGREDIENTS

0.05 servings	الصوص مخلوط - مونجو
1.00 servings	الخضار مخلوط - مونجو
10 gram	Sunflower Oil
10 gram	SALT, TABLE
2 gram	PEPPER, BLACK, GROUND
80 gram	BEEF ROUND STEAK, GRILLED
70 gram	Grilled Shrimp

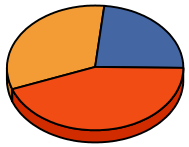
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (327g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 3.0g	14%
Trans Fat 0g	
Cholesterol 165mg	56%
Sodium 4880mg	212%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	8%
Total Sugars 10g	
Protein 38g	
Vit. D 0mcg 0%	• Calcium 73mg 6%
Iron 4mg 25%	• Potas. 504mg 10%

دجاج وسمك مع النودلز - مونجو

Recipe grams: 327.00g/11.5oz

Serves 1 327.00g/11.5oz per serving



Protein: 23%
Carbohydrates: 32%
Fat: 44%

INGREDIENTS

80 gram Tender Chicken Breast, Sadia
 10 gram Oil, Sunflower, Kroger
 0.05 servings الصوص مخلوط - مونجو
 10 gram SALT, TABLE
 1.00 servings الخصار مخلوط - مونجو
 2 gram PEPPER, BLACK, GROUND
 70 gram Fish Fillet

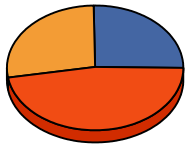
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (327g)
Amount per serving	
Calories	440
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 5370mg	234%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	8%
Total Sugars 11g	
Protein 26g	
Vit. D 0mcg 0%	• Calcium 75mg 6%
Iron 2mg 8%	• Potas. 203mg 4%

لحم وسمك مع النودلز - مونجو

Recipe grams: 327.00g/11.5oz

Serves 1 327.00g/11.5oz per serving



Protein: 25%
Carbohydrates: 27%
Fat: 47%

INGREDIENTS

10 gram	Oil, Sunflower
0.05 servings	الصوص مخلوط - مونجو
10 gram	SALT, TABLE
1.00 servings	الخضار مخلوط - مونجو
2 gram	PEPPER, BLACK, GROUND
80 gram	BEEF ROUND STEAK, KNUCKLE, GRILLED (SIRLOIN TIP)
70 gram	Fish Fillet

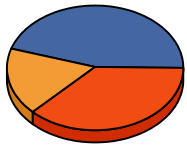
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (327g)
Amount per serving	
Calories	520
% Daily Value*	
Total Fat 27g	35%
Saturated Fat 4.5g	24%
Trans Fat 0g	
Cholesterol 85mg	29%
Sodium 5070mg	220%
Total Carbohydrate 37g	14%
Dietary Fiber 2g	8%
Total Sugars 11g	
Protein 32g	
Vit. D 0mcg 0%	• Calcium 79mg 6%
Iron 4mg 20%	• Potas. 504mg 10%

دجاج ولحم مع النودلز - مونجو

Recipe grams: 327.00g/11.5oz

Serves 1 327.00g/11.5oz per serving



Protein: 45%
 Carbohydrates: 17%
 Fat: 37%

INGREDIENTS

80 gram Tender Chicken Breast, Sadia
 0.05 servings الصوص مخلوط - مونجو
 1.00 servings الخضار مخلوط - مونجو
 10 gram Sunflower Oil
 10 gram SALT, TABLE
 2 gram PEPPER, BLACK, GROUND
 70 gram BEEF ROUND STEAK

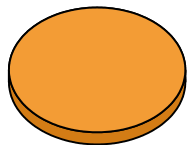
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (327g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 15g	20%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 5090mg	221%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	8%
Total Sugars 10g	
Protein 42g	
Vit. D 0mcg 0%	• Calcium 39mg 2%
Iron 3mg 15%	• Potas. 400mg 8%

سفن اب 16 اونص - مونجو

Recipe grams: 480.00g/16.9oz

Serves 1 480.00g/16.9oz per serving



Protein: 0%
 Carbohydrates: 100%
 Fat: 0%

INGREDIENTS

16 fl oz SEVEN UP

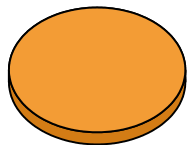
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (480g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 52g	19%
Dietary Fiber 0g	0%
Total Sugars 52g	
Protein 0g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 0mg 0%

بيبي 16 اونص - مونجو

Recipe grams: 480.00g/16.9oz

Serves 1 480.00g/16.9oz per serving



Protein: 0%
 Carbohydrates: 100%
 Fat: 0%

INGREDIENTS

16 fl oz PEPSI

General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (480g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 54g	20%
Dietary Fiber 0g	0%
Total Sugars 54g	
Protein 0g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 20mg 0%

دايت بيبسي 16 اونص - مونجو

Recipe grams: 0.00g/0.0oz

Serves 1 0.00g/0.0oz per serving

Protein: 0%
Carbohydrates: 0%
Fat: 0%

INGREDIENTS

16 fl oz Diet Pepsi, Happy Joe's

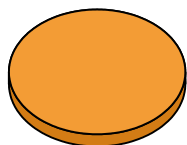
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (0g)
Amount per serving	
Calories	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 16g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 0mg 0%

ديو 16 اونص - مونجو

Recipe grams: 0.00g/0.0oz

Serves 1 0.00g/0.0oz per serving



Protein: 0%
 Carbohydrates: 100%
 Fat: 0%

INGREDIENTS

16 fl oz Mtn Dew Beverage, Mountain Dew

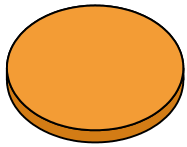
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (0g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 62g	23%
Dietary Fiber 0g	0%
Total Sugars 62g	
Protein 0g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 0mg 0%

میرندا 16 اونص - مونجو

Recipe grams: 0.00g/0.0oz

Serves 1 0.00g/0.0oz per serving



Protein: 0%
 Carbohydrates: 100%
 Fat: 0%

INGREDIENTS

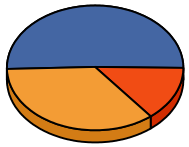
16 fl oz Orange Beverage, Mirinda

General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (0g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 24g	
Protein 0g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 0mg 0%

ساندويش بحريات - مونجو

Recipe grams: 265.00g/9.3oz
Serves 1 265.00g/9.3oz per serving



Protein: 50%
Carbohydrates: 36%
Fat: 14%

INGREDIENTS

35 gram Grilled Shrimp
1 gram Sunflower Oil
3 gram SALT, TABLE
110 gram Tortilla
1 gram PEPPER, BLACK, GROUND
1 slice Cheddar Cheese, Fuddruckers
0.50 servings الخضار مخلوط - مونجو
40 gram Grouper Fillet
0.02 servings الصوص مخلوط - مونجو

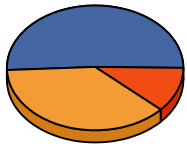
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (265g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 2.0g	3%
Saturated Fat 6g	31%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 1820mg	79%
Total Carbohydrate 18g	7%
Dietary Fiber 7g	24%
Total Sugars 7g	
Protein 17g	
Vit. D 0mcg 0%	• Calcium 48mg 4%
Iron 2mg 15%	• Potas. 101mg 2%

ساندويش دجاج - مونجو

Recipe grams: 265.00g/9.3oz

Serves 1 265.00g/9.3oz per serving



Protein: 51%
Carbohydrates: 38%
Fat: 12%

INGREDIENTS

75 gram Tender Chicken Breast, Sadia
1 gram Oil, Sunflower
3 gram SALT, TABLE
110 gram Tortilla, Jicama
1 gram PEPPER, BLACK, GROUND
0.02 servings الصوص مخلوط - مونجو
1 slice Cheddar Cheese
0.50 servings الخضار مخلوط - مونجو

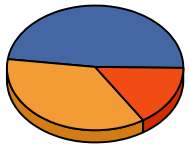
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (265g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 6g	31%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2060mg	90%
Total Carbohydrate 19g	7%
Dietary Fiber 7g	24%
Total Sugars 7g	
Protein 16g	
Vit. D 0mcg 0%	• Calcium 17mg 2%
Iron 1mg 6%	• Potas. 101mg 2%

ساندویش روبیان - مونجو

Recipe grams: 260.00g/9.2oz

Serves 1 260.00g/9.2oz per serving



Protein: 48%
Carbohydrates: 37%
Fat: 16%

INGREDIENTS

70 gram Grilled Shrimp
 1 gram Sunflower Oil
 3 gram SALT, TABLE
 110 gram Tortilla
 1 gram PEPPER, BLACK, GROUND
 1 slice Cheddar Cheese
 0.50 servings الخضار مخلوط - مونجو
 0.02 servings الصوص مخلوط - مونجو

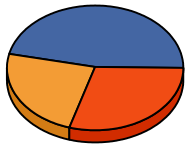
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (260g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 6g	31%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 1860mg	81%
Total Carbohydrate 19g	7%
Dietary Fiber 7g	24%
Total Sugars 7g	
Protein 16g	
Vit. D 0mcg 0%	• Calcium 52mg 4%
Iron 3mg 15%	• Potas. 101mg 2%

ساندويش لحم - مونجو

Recipe grams: 265.00g/9.3oz

Serves 1 265.00g/9.3oz per serving



Protein: 46%
Carbohydrates: 24%
Fat: 30%

INGREDIENTS

1 gram Oil, Sunflower
 3 gram SALT, TABLE
 110 gram Tortilla, Jicama
 0.02 servings الصوص مخلوط - مونجو
 1 gram PEPPER, BLACK, GROUND
 75 gram BEEF ROUND STEAK, KNUCKLE, GRILLED (SIRLOIN TIP)
 1 slice Cheddar Cheese
 0.50 servings الخضار مخلوط - مونجو

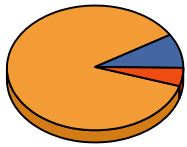
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (265g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 60mg	19%
Sodium 1780mg	77%
Total Carbohydrate 18g	7%
Dietary Fiber 7g	24%
Total Sugars 7g	
Protein 22g	
Vit. D 0mcg 0%	• Calcium 20mg 2%
Iron 3mg 15%	• Potas. 384mg 8%

الارز المطبوخ للفرد - مونجو

Recipe grams: 400.00g/14.1oz

Serves 1 400.00g/14.1oz per serving



Protein: 9%
 Carbohydrates: 86%
 Fat: 5%

INGREDIENTS

0.96 servings الارز المطبوخ - مونجو

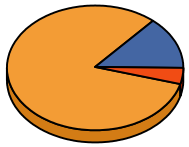
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (400g)
Amount per serving	
Calories	1230
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 810mg	35%
Total Carbohydrate 278g	101%
Dietary Fiber 2g	8%
Total Sugars 3g	
Protein 28g	
Vit. D 0mcg 0%	• Calcium 17mg 2%
Iron 0.53mg 2%	• Potas. 124mg 2%

الخضار مخلوط - مونجو

Recipe grams: 100.00g/3.5oz

Serves 1 100.00g/3.5oz per serving



Protein: 14%
Carbohydrates: 82%
Fat: 4%

INGREDIENTS

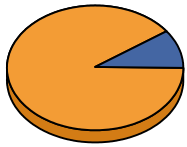
10 gram PEPPER, SWEET, GREEN, RAW
60 gram ONION, RAW, sliced
10 gram CABBAGE, RAW
10 gram CARROT, RAW
10 gram PEPPER, SWEET, RED, RAW

General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (100g)
Amount per serving	
Calories	35
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	6%
Total Sugars 4g	
Protein 1g	
Vit. D 0mcg 0%	• Calcium 23mg 2%
Iron 0.28mg 2%	• Potas. 175mg 4%

الصوص مخلوط - مونجو

Recipe grams: 1190.00g/42.0oz
 Serves 1 1190.00g/42.0oz per serving



Protein: 10%
Carbohydrates: 90%
Fat: 0%

INGREDIENTS

- 295 gram Sauce, Teriyaki
- 295 gram Soya Sauce
- 600 gram Oyster Sauce

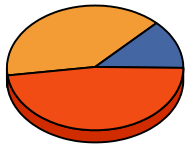
General Manager:

Nutrition Facts	
1 serving per container	
Serving size 1 serving (1190g)	
Amount per serving	
Calories	900
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 17700mg	770%
Total Carbohydrate 177g	64%
Dietary Fiber 0g	0%
Total Sugars 123g	
Protein 20g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 0mg 0%

بطاطس مشوي مع الدجاج والجبن - مونجو

Recipe grams: 500.00g/17.6oz

Serves 1 500.00g/17.6oz per serving



Protein: 13%
Carbohydrates: 39%
Fat: 48%

INGREDIENTS

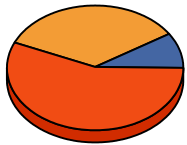
300 gram Potato Oven
0.02 servings الصوص مخلوط - مونجو
0.50 servings الخضار مخلوط - مونجو
1 gram Sunflower Oil
3 gram SALT, TABLE
1 gram PEPPER, BLACK, GROUND
30 gram Cheese, Mozzarella
1 slice Cheddar Cheese
80 gram Chicken Breast, Grilled, Giant
10 gram Butter, Lurpak

General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (500g)
Amount per serving	
Calories	990
% Daily Value*	
Total Fat 44g	56%
Saturated Fat 18g	89%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 2720mg	118%
Total Carbohydrate 93g	34%
Dietary Fiber 13g	46%
Total Sugars 6g	
Protein 26g	
Vit. D 0mcg 0%	• Calcium 242mg 20%
Iron 0.66mg 4%	• Potas. 101mg 2%

بطاطس مشوي مع الروبيان والجبن - مونجو

Recipe grams: 414.00g/14.6oz
Serves 1 414.00g/14.6oz per serving



Protein: 9%
Carbohydrates: 34%
Fat: 57%

INGREDIENTS

- 300 gram Potato Oven
- 30 gram Cheese, Mozzarella
- 20 gram Butter, Lurpak
- 5 gram Mayonnaise
- 7 gram Cabbage
- 5 gram Carrot
- 7 gram Sweet corn
- 7 gram KIDNEY BEAN, RED
- 7 gram CHICKPEA (GARBANZO), canned, mature seeds, drained solids
- 7 gram BEET, SLICED, canned, drained solids
- 7 gram Mushroom, Archer Farms
- 7 gram Olive, Sliced, Black
- 5 gram Jalapeno

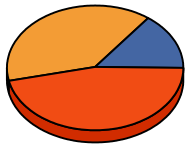
Nutrition Facts	
1 serving per container	
Serving size	1 serving (414g)
Amount per serving	
Calories	940
% Daily Value*	
Total Fat 56g	71%
Saturated Fat 17g	86%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 1020mg	44%
Total Carbohydrate 88g	32%
Dietary Fiber 12g	44%
Total Sugars 4g	
Protein 21g	
Vit. D 0mcg 0%	• Calcium 223mg 15%
Iron 0.41mg 2%	• Potas. 37mg 0%

General Manager:

بطاطس مشوي مع الروبيان والجبن - مونجو

Recipe grams: 490.00g/17.3oz

Serves 1 490.00g/17.3oz per serving



Protein: 15%
Carbohydrates: 39%
Fat: 47%

INGREDIENTS

300 gram Potato Oven
0.02 servings الصوص مخلوط - مونجو
0.50 servings الخضار مخلوط - مونجو
1 gram Sunflower Oil
3 gram SALT, TABLE
1 gram PEPPER, BLACK, GROUND
30 gram Cheese, Mozzarella
1 slice Cheddar Cheese
70 gram GRILLED SHRIMP, CLASSIC GRILLED
10 gram Butter, Lurpak

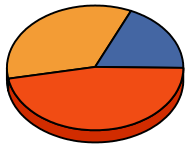
General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (490g)
Amount per serving	
Calories	990
% Daily Value*	
Total Fat 42g	54%
Saturated Fat 17g	86%
Trans Fat 0g	
Cholesterol 45mg	16%
Sodium 3030mg	132%
Total Carbohydrate 91g	33%
Dietary Fiber 12g	44%
Total Sugars 6g	
Protein 30g	
Vit. D 0mcg 0%	• Calcium 268mg 20%
Iron 0.69mg 4%	• Potas. 101mg 2%

بطاطس مشوي مع اللحم والجبن - مونجو

Recipe grams: 500.00g/17.6oz

Serves 1 500.00g/17.6oz per serving



Protein: 18%
 Carbohydrates: 34%
 Fat: 47%

INGREDIENTS

300 gram Potato Oven
 0.02 servings الصوص مخلوط - مونجو
 0.50 servings الخضار مخلوط - مونجو
 1 gram Sunflower Oil
 3 gram SALT, TABLE
 1 gram PEPPER, BLACK, GROUND
 30 gram Cheese, Mozzarella
 1 slice Cheddar Cheese
 10 gram Butter, Lurpak
 80 gram BEEF ROUND STEAK, KNUCKLE, GRILLED (SIRLOIN TIP)

General Manager:

Nutrition Facts	
1 serving per container	
Serving size	1 serving (500g)
Amount per serving	
Calories	1060
% Daily Value*	
Total Fat 47g	60%
Saturated Fat 19g	96%
Trans Fat 0g	
Cholesterol 80mg	26%
Sodium 2480mg	108%
Total Carbohydrate 88g	32%
Dietary Fiber 12g	42%
Total Sugars 6g	
Protein 40g	
Vit. D 0mcg 0%	• Calcium 235mg 20%
Iron 2mg 15%	• Potas. 403mg 8%