

500KCAL? BANYAK MANA TU?



+



Nasi lemak (330kcal)
+ Ayam goreng (170kcal)
Air kosong (0kcal)
500KCAL

Kuetiau goreng (420kcal)
+ telur goreng (130kcal)
Air kosong (0kcal)
550KCAL



+



+



Roti canai kuah dal (300kcal)
Susu coklat (150kcal)
450KCAL

Nasi ayam (330kcal)
Air soya (140kcal)
470KCAL



+



+



Mi rebus (470kcal)
Air perahan limau (25kcal)
495KCAL

Lamb chop (305kcal)
+ roti (100kcal)
Jus buah (70kcal)
475KCAL



+



+



Nasi tomato (450kcal)
Air kosong (0kcal)
450KCAL