

Plan, shop, chop!

Plan your own menu (meal)!

Below you will find a variety of bulk food items available to choose from.

Please select 4 food or beverage items from the table below (assume that all the necessary spices/garnish that would complement your meal are already available in your kitchen). Also choose how much of each item to use.

Try to keep units in whole numbers (for instance: 1.0 or 2.0, not .5 or .75)

You are building a meal for a group of 4 people.

Time to shop!

	Unit	Cost/unit (\$)	Number of Units	Sub-Total (cost x units):
Proteins				
Beef	1 lb	\$8		
Chicken	1 lb	\$3		
Pork	1 lb	\$3		
Tofu (soybeans)	1 lb	\$3		
Fish (salmon)	1 lb	\$11		
Grains/Starch				
Rice (white)	1 lb	\$1		
Noodles (wheat)	1 lb	\$1		
Corn	1lb	\$1		
Potatoes	1 lb	\$1		
Vegetables				
Asparagus	1 lb	\$3		
Broccoli	1 lb	\$2		
Carrots	1 lb	\$1		
Onion	1 lb	\$1		
Green peppers	1lb	\$2		
Drinks				
Coffee	1 lb	\$4		
Milk	1 gal	\$3		
Total:				

