Plan, shop, chop!

Name(s):

Plan your own meal

Below you will find a variety of 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 0.5 or 0.75)

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

*Time to shop!*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Unit** | **Cost per 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 $:** | | | |  |