

Menu for: Sun Mon Tue Wed Thu Fri

Nutrition & Menu Guidelines

(These are guidelines, not rules.)

General

- You're cooking for 16 people+boarders. A good rule of thumb is for meals to be 80 cups of food, total.
- Try to make at least three dishes, including at least one vegetable dish (or a main dish in which a substantial portion is vegetables).
- Please try to make your meals low-fat, limiting your use of high-fat items like margarine and oil (100% fat), peanut butter (75% fat), coconut milk, and tofu (50% fat). (Yes, tofu is high-fat. Read the label.)
- Please use filtered water instead of tap water.
- Please don't microwave plastic. (It leaches chemicals from the plastic into the food.)

If you make something: then please also make something:

with white rice	with brown rice
with white flour	with whole wheat flour
with tofu	without tofu
that's fried in oil.....	that's not fried in oil
with a lot of margarine ...	without a lot of margarine
with coconut milk	without coconut milk

Maximize your use of these healthy & inexpensive ingredients:

- | | |
|----------------------|---------------------|
| • Potatoes | • Brown rice |
| • Carrots | • Rolled Oats |
| • Onions | • Whole Wheat Flour |
| • Broccoli | • Pinto Beans |
| • Green bell peppers | • Black Beans |
| • Celery | • Red Beans |
| • Cucumbers | • All other beans |

Fresh Produce & Herbs

Frozen Foods

Cook: _____	
Menu Item	Cookbook & Page No.

Beans

Grains & Flours

Dry Spices / Seasonings / Condiments

Miscellaneous

Bluejay's Handy Kitchen Helper

Volume

3 teaspoons = 1 tablespoon
 16 tablespoons = 1 cup (48 teaspoons)
 1 cup = 8 fl. oz
 4 cups = 1 quart (32 fl. oz.)
 16 cups = 4 quarts (1 gallon) (128 fl. oz.)

Vegetables

For many vegetables: 1 cup vegetables = 1/4 lb.
 1 lb. vegetables = 4 cups

	<u>1 unit =</u>	<u>1 lb=</u>
bell pepper	7 oz	2.3 peppers
broccoli	15 oz	1.1 heads
carrots	2 oz	9.4 carrots
celery	1.5 lbs	2/3 bunch
cucumber	10 oz	1.6 cucumbers
eggplant	1 lb.	1 eggplant
mushrooms	1/32 lb.	32 mushrooms
potato	13 oz	1.25 potatoes
zucchini	4.75 oz	3.4 zucchinis

celery 8 stalks = 1 bunch
 cucumber 1 = 45 slices
 garlic 1 bulb = 12 cloves
 mush., dried 10 cups = .09 lbs.

Fruits

	<u>1 unit =</u>	<u>1 lb=</u>
apple	7 oz	2.3 apples
grapefruit	1 lb, 7 oz	0.7 grapefruits
lime	2.75 oz	5.8 limes
lemon	3 oz	5.3 lemons
orange, sm. navel	4.75 oz	3.37 oranges

1 apple = 1 cup diced
 1 banana = 2 cups sliced
 1 lb cantaloupe = 1.5 cups

Frozen Vegetables

1 cup = 4.6 oz.
 1 lb. = 3.5 cups
 5 lb. bag = 17.3 cups

Grains & Beans

1 cup uncooked rice = 3 cups cooked rice
 1 cup whole wheat flour = 5 oz. (weight)
 1 lb. whole wheat flour = 3.2 cups
 1 cup dry twirlie pasta = 2.75 oz. (weight)
 1 cup uncooked lentils = 2.25 cups cooked lentils

Miscellaneous

1.5 tsp. Egg Replacer™ = 1 egg

