## Menu for: Sun Mon Tue Wed Thu Fri

### **Nutrition & Menu Guidelines**

(These are guidelines, not rules.)

#### General

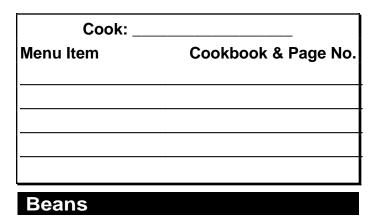
- You're cooking for 16 people+boarders. A good rule of thumb is for meals to be 80 cups of food, total.
- Try to make at least three dishes, including at least one vegetable dish (or a main dish in which a substantial portion is vegetables).
- Please try to make your meals low-fat, limiting your use 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	
with a lot of margarine with coconut milk	

#### Maximize your use of these healthy & inexpensive ingredients:

- Potatoes
- Brown rice
  Rolled Oats
- CarrotsOnions
- Broccoli
- Whole Wheat FlourPinto Beans
- Black Beans
- Green bell peppersCelery
- Cucumbers
- Red Beans
  All other beans

#### **Fresh Produce & Herbs**



### **Grains & Flours**

## Dry Spices / Seasonings / Condiments

**Frozen Foods** 

**Miscellaneous** 

# Bluejay's Handy Kitchen Helper

Volume					
3 teaspoons = 1		tablespoon			
16 tablespoons = 1		1 cup (48 teaspoons)			
1 cup = 8		fl. oz			
4  cups = 1		quart (32 fl. oz.)			
-		quarts (1 gallon)	(12	8 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 .		= 1 bunch			
cucumber		= 45 slices			
garlic		= 12 cloves			
mush., dried	iu cups	= .09 lbs.			

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#### Fruits

1 10110				
	<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. nav	el 4.75 oz	3.37 oranges		
1 <u>apple</u> = 1 cup diced 1 banana = 2 cups sliced 1 lb <u>canteloupe</u> = 1.5 cups				
Frozen Vegetables				
1 lb.	) = 4.6 oz = 3.5 cu j = 17.3 c	lps		
Grains & Be	eans			
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	•			
1 cup uncooked	lentils =	2.25 cups cooked lentils		
Miscellaneous				
1.5 tsp. Egg Rep	olacer™ =	1 egg		

