

Recipe						Nutrition Information per Portion Size		
Item	Count	Unit	Portion (g)	Conversion	Conversion Units	Fat g/Portion	Protein g/Portion	Carb g/Portion
Chuck Roast	3	pounds	100	453.592	g/lb	6.21	20.7	0
Potatoes	2	pounds	100	453.592	g/lb	0.36	2.27	17.8
Carrots	1	pounds	100	453.592	g/lb	0.35	0.94	10.3
Onions	2	units	1	1	each	0.265	2.65	25
Garlic	1	Bulb	100	40	g/bulb	0.5	6.36	33.1
Chicken Broth	2	cups	1	1	cup	0	7.99	1.01
Tomato Paste	2	tablespoons	1	1	tablespoon	0.075	0.691	3.02
Worcestershire s	2	teaspoons	3	1	teaspoon/tablesp	0	0	3.26
Frozen Peas	1	pounds	10	16	oz/lb	0.852	7.95	20.4
Flour	2	tablespoons	100	7.5	g/tbsp	1.52	11.4	74.4
Olive Oil	2	tablespoons	100	13.3	g/tbsp	93.7	0	0

	Recipe Nutrition Information				
Fiber g/Portion	Fat g/Recipe	Protein g/Recipe	Carb g/Recipe	Fiber g/Recipe	Kcal
0.0	84.5	281.7	0.0	0.0	1887.3
14.9	3.3	20.6	161.5	135.2	757.7
3.1	1.6	4.3	46.7	14.1	218.2
3.0	0.5	5.3	50.0	6.0	226.0
2.1	0.2	2.5	13.2	0.8	64.9
0.0	0.0	16.0	2.0	0.0	72.0
0.7	0.2	1.4	6.0	1.3	31.0
0.0	0.0	0.0	2.2	0.0	8.7
8.8	1.4	12.7	32.6	14.1	193.7
2.7	0.2	1.7	11.2	0.4	53.5
0	24.9	0.0	0.0	0.0	224.3
Total:	116.8	346.2	325.5	171.8	3737.4
Per Portion:	19.5	57.7	54.2	28.6	622.9

Prep-and-Forget Beef Stew for 6 people								
Item	Count	Unit	Units per Package	Cost per Package	# Packages	Raw Market Cost	Recipe Cost	
Chuck Roast	3	pounds	1	6.99	3.00	20.97	20.97	
Potatoes	2	pounds	4	3.99	1.00	3.99	2.00	
Carrots	1	pounds	1	2.99	1.00	2.99	2.99	
Onions	2	units	7	5.99	1.00	5.99	1.71	
Garlic	1	Bulb	1	0.79	1.00	0.79	0.79	
Chicken Broth	2	cups	4	2.99	1.00	2.99	1.50	
Tomato Paste	2	tablespoons	10	0.89	1.00	0.89	0.18	
Worcestershire s	2	teaspoons	59	1.79	1.00	1.79	0.06	
Frozen Peas	1	pounds	1	3.99	1.00	3.99	3.99	
Bay Leaves	2	each	16	2.99	1.00	2.99	0.37	
Total						47.38	34.55	
					Tax (1%)	0.47	0.35	
			Cost per person			7.98	5.82	

Prep-and-Forget Beef Stew for 10 people							
Item	Count	Unit	Units per Package	Cost per Package	# Packages	Raw market Cost	Recipe Cost
Chuck Roast	5	pounds	1	6.99	5.00	34.95	34.95
Potatoes	4	pounds	4	3.99	1.00	3.99	3.99
Carrots	2	pounds	1	2.99	2.00	5.98	5.98
Onions	4	units	7	5.99	1.00	5.99	3.42
Garlic	2	Bulb	1	0.79	2.00	1.58	1.58
Chicken Broth	4	cups	4	2.99	1.00	2.99	2.99
Tomato Paste	4.00	tablespoons	10.00	0.89	1.00	0.89	0.36
Worcestershire s	4.00	teaspoons	59.00	1.79	1.00	1.79	0.12
Frozen Peas	2.00	pounds	1.00	3.99	2.00	7.98	7.98
Bay Leaves	2	each	16	2.99	1.00	2.99	0.37
						69.13	61.74
					Tax (1%)	0.69	0.62
			Cost per person			6.98	6.24

	Prep-and-Forget Beef Stew for 14 people							
	Item	Count	Unit	Units per Package	Cost per Package	# Packages	Raw Market Cost	Recipe Cost
	Chuck Roast	8	pounds	1	6.99	7	48.93	55.92
	Potatoes	6	pounds	4	3.99	2	7.98	5.99
	Carrots	3	pounds	1	2.99	3	8.97	8.97
	Onions	6	units	7	5.99	1	5.99	5.13
	Garlic	3	Bulb	1	0.79	3	2.37	2.37
	Chicken Broth	6	cups	4	2.99	2	5.98	4.49
	Tomato Paste	6.00	tablespoons	10.00	0.89	1	0.89	0.53
	Worcestershire s	6.00	teaspoons	59.00	1.79	1	1.79	0.18
	Frozen Peas	3.00	pounds	1.00	3.99	3	11.97	11.97
	Bay Leaves	2	each	16	2.99	1.00	2.99	0.37
							97.86	95.92
						Tax (1%)	0.98	0.96
				Cost per person			7.06	6.92