## **Shopping List**

	<u>                                   </u>	Weekly Qty	Total Qty.	
Food	Daily Qty.	(x-# days)	(Including loss)	Conversion

\*\*\*After determining your total weekly quantity of food we need to account for the loss in weight for our meats and vegetables after cooking. Conservatively you should plan to lose 1/3 of the weight which means we need to add 50% to our total weekly cooked amount. Ex: If you need 24 ounces of cooked chicken for the week, take half (12 ounces) and add it to 24 ounces. 24 + 12 = 36 total ounces of raw chicken.