

Recipe #1								
Chef	Type	Recipe	Ingredient	Cost Whole	Ingredient Link	Amount Used	Listed Cost Used	Details on Current Cost
Jacqueline	Breakfast	Chicken, Egg and Cheese	Olive Oil	\$2.59	Olive Oil	1 tsp	\$0.04	18 tsp in 3 fl oz. 2.59 / 18 = \$0.14
			Egg	\$2.99	Egg	1 Egg	\$0.36	2.99 / 12 = \$0.24~
			English Muffin	\$3.79	English Muffin	1 Muffin	\$0.49	3.79 / 6 = \$0.63~
			Mayonnaise	\$4.39	Mayonnaise	1/8 cup	\$0.17	8 fl oz = 1 Cup. \$4.39 / 8 = \$0.54~
			Chipotle Powder	\$2.99	Chipotle Powder	1 pinch	\$0.06	-
			Garlic Powder	\$1.89	Garlic Powder	1 pinch	\$0.02	-
			Chicken Patty	\$3.79	Chicken Patty	1 patty	\$1.10	3.79 / 4 = \$0.94~
			Cheddar Cheese	\$3.99	Cheddar Cheese	1 Slice	\$0.21	10 slices in package. \$3.99 / 10 = \$0.39~
						Listed Sub-Total	\$2.45	
						Current Sub Total as of 08/30/22	\$2.88	
Recipe #2								
Chef	Type	Recipe	Ingredient	Cost Whole	Ingredient Link	Amount Used	Listed Cost Used	Details on Current Cost
Jacqueline	Lunch	Pesto Chicken and Broccoli	Red Onion	\$2.49	Red Onion	1/16	\$0.02	2.49 / 16 = 0.15~
			Mayonnaise	\$4.39	Mayonnaise	1/2 tbsp	\$0.08	16 tbsp in 8 fl oz 4.39 / 32 = \$0.13~
			Basil Pesto	\$4.29	Basil Pesto	1/2 tbsp	\$0.25	16 tbsp in 8 fl oz 4.29 / 32 = \$0.13~
			Lemon Juice	\$2.39	lemon juice	1/4 tbsp	\$0.01	16 tbsp in 8 fl oz 2.39 / 32 = \$0.07~
			Black Pepper	\$1.79	black pepper	1 pinch	\$0.02	-
			Broccoli	\$2.49	broccoli	1/4	\$0.29	\$2.49 / 4 = \$0.62
			Cooked Chicken	\$2.29	cooked chicken	1/4 cup	\$0.88	\$2.29 / 4 = \$0.57
						Listed Sub-Total	\$1.55	
						Current Sub Total as of 08/30/22	\$1.67	
Recipe #3								
Chef	Type	Recipe	Ingredient	Cost Whole	Ingredient Link	Amount Used	Listed Cost Used	Details on Current Cost
Jacqueline	Dinner	Chicken	Garlic	\$4.99 per pound	Garlic	2 cloves	\$0.17	.13 lb per bulb = 0.64 12 cloves in 1 bulb. 0.64 / 12 = \$0.10~
			Olive Oil	\$2.59	Olive Oil	1/4 cup	\$0.51	-
			Red Wine Vinegar	\$1.59	Red Wine Vinegar	1/4 cup	\$0.33	32fl oz = 4 cups 1.59 / 16 = \$0.09

Tomato Basil C.

Chicken Breast	\$3.49 per pound	Chicken Breast	1 breast	\$2.68	-
Black Pepper	\$1.79	black pepper	1 pinch	\$0.04	-
Salt	\$1.19	Salt	1 pinch	\$0.04	-
Chicken Broth	\$0.99	Chicken Broth	1/3 cup	\$0.52	-
Tomato Paste	\$0.79	Tomato Paste	3 tbsp	\$0.35	-
Dried Basil	\$7.49	Dried Basil	1 tbsp	\$0.12	-
Listed Sub-Total				\$4.76	
Current Sub Total as of 08/30/22				\$4.45	
FINAL 3 RECIPES				Listed Total \$8.76	
				Current Total as of 08/30/22 \$9.00	

Recipe #1

Chef	Type	Recipe	Ingredient	Cost Whole	Ingredient Link	Amount Used	Listed Cost Used	Details on Current Cost
Kassie	Breakfast	Sausage, Egg and Cheese Quesadilla	Eggs	\$2.99	Eggs	3 Eggs	\$1.13	12 eggs @ 2.99 / 12 x3 = \$0.74
			Butter	\$3.59	Butter	1 tbsp	\$0.17	16 tbsp in 8 oz. 3.59 / 16 = 0.22
			Salt	\$1.19	Salt	pinch	\$0.01	-
			Pepper	\$1.79	black pepper	pinch	\$0.02	-
			Cheddar	\$3.29	Cheddar	1 oz	\$0.27	8 oz @ \$3.29 / 8 = 0.41
			Breakfast Sausage	\$3.99	Breakfast Sausage	1 oz	\$1.07	8oz @ 3.99 / 8 = .50
			Tortilla	\$2.99	Tortillas	1 tortilla	\$0.92	8 servings in package 2.99 / 8 = \$0.37
Listed Sub-Total							\$3.59	
Current Sub Total as of 08/30/22							\$2.24	

Recipe #2

Chef	Type	Recipe	Ingredient	Cost Whole	Ingredient Link	Amount Used	Listed Cost Used	Details on Current Cost
Kassie	Lunch	Chicken Stew	Sweet Italian Sausage	\$5.99	Sausage	1/4lb	\$1.20	16oz = 1lb \$5.99 / 4 = \$1.40
			Yellow Onion	\$1.50 per lb	Yellow Onion	1/2	\$0.18	-
			Carrot	\$1.99 per lb	Carrot	1	\$0.15	-
			Celery	2.49 per CT	Celery	1 rib	\$0.10	-
			Chicken Broth	\$0.99	Chicken Broth	3 cups	\$0.35	-
			Cayenne	\$2.39	Cayenne	1/2 tsp	\$0.04	30 tsp in 5oz 2.39 / 30 x .5 = 0.04

Lentil and Sausage

Smoked Paprika	\$1.79	Paprika	1 tsp	\$0.08	12 tsp in 2 oz 1.79 / 12 = 0.15
Cumin	\$2.49	Cumin	1 tsp	\$0.08	12 tsp in 2 oz 2.49 / 12 = 0.20
Oregano	\$2.59	Oregano	1 tsp	\$0.08	15tsp in 2.25oz 2.59 / 15 = 0.17
Salt	\$1.19	Salt	1 pinch	\$0.01	-
Pepper	\$1.79	black pepper	1 pinch	\$0.01	-
Brown Lentils	\$2.09	Lentils	1 cup	\$0.45	8oz = 1 cup 2.09 / 2 = 1.04
Spinach	\$2.99	Spinach	5oz	\$0.50	-
Listed Sub-Total				\$3.23	
Current Sub Total as of 08/30/22				\$4.30	

Recipe #3

Chef	Type	Recipe	Ingredient	Cost Whole	Ingredient Link	Amount Used	Listed Cost Used	Details on Current Cost	
Kassie	Dinner	Orecchiette	Garlic	\$4.99 per pound	Garlic	1/2 clove	\$0.04	.13 lb per bulb = 0.64 12 cloves in 1 bulb. 0.64 / 12 = \$0.10~	
			Salt	\$1.19	Salt	1 pinch	\$0.02	-	
			Orecchiette Pasta	\$2.69	Pasta	2oz	\$0.33	500 grams in 1 package 500 grams = 18 oz \$2.69 / 9 = \$0.30	
			Olive Oil	\$2.59	Olive Oil	1/2 tbsp	\$0.08	18 tsp in 3 fl oz. \$2.59 / 18 = \$0.14 / 2 = \$0.07	
			Sausage	\$3.99	Sausage	3oz	\$0.80	\$3.99 = 13oz 3.99 / 13 x3 = 0.92	
			Kale	1.99 per lb	Kale	2oz	\$0.54	2oz = .125lb \$1.99 x .125 = \$0.24	
			Butter	\$3.59	Butter	1/2 tbsp	\$0.07	16 tbsp in 8 oz. \$3.59 / 32 = \$0.11	
			Listed Sub-Total						
Current Sub Total as of 08/30/22							\$1.74		
FINAL 3 RECIPES							Listed Total	\$8.70	
							Current Total as of 08/30/22	\$8.28	