

	Item	Quantity for home recipe	Purchase quantity	Price per unit	Quantity as consumed (%)	Adjusted price for recipe
Thai Chicken Quinoa Bowl (4 servings)	broccoli florets	2 cups	1 lb broccoli crowns	1.49/lb	60%	0.89
	carrots	3/4 cup, chopped	1 package	0.99	60%	0.59
	shelled edamame	2/3 cup	8-oz frozen package	1.99	40%	0.8
	green onion	2/3 cup	1 bunch	0.99	75%	0.74
	extra virgin olive oil	1 tablespoon + 1 teaspoon for preparing chicken	smallest available	3.96	6%	0.24
	quinoa, dry	1 cup	16-oz package	4.94	50%	2.47
	low-sodium chicken stock or broth	2 cups + 1/2-1 cup for preparing chicken	1 quart	1.49	75%	1.12
	chicken breast, skinless boneless shredded	2 cups	2 large breasts, boneless, raw, approximately 1 pound	1.99	100%	1.99
	roasted peanuts	1/2 cup	smallest available	2.48	25%	0.62
	fresh cilantro	1/2 cup chopped	1 bunch	0.99	40%	0.4
	sweet chili sauce	1/4 cup	smallest available	2	20%	0.4
	rice vinegar	2 tablespoons	smallest available	2	10%	0.2
	lite coconut milk	2 tablespoons	1 can	2.49	10%	0.25
brown sugar	1 tablespoon	smallest available	1.74	5%	0.09	
minced garlic	1 teaspoon	2 cloves	0.5	100%	0.5	
lime juice	1/2 a lime	1 lime	0.49	50%	0.25	
ground ginger	1/4 teaspoon	smallest available	2.96	5%	0.15	
					price per recipe (as consumed)	11.3
					price per serving	2.83

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	extra virgin olive oil	1 tablespoon + 1 teaspoon for preparing chicken	smallest available	3.96	6%	0.24
	quinoa, dry	1 cup	16-oz package	4.94	50%	2.47
	low-sodium chicken stock or broth	2 cups + 1/2-1 cup for preparing chicken	1 quart	1.49	75%	1.12
	extra firm tofu	14-oz package	14-oz package	1.99	100%	1.99
	roasted peanuts	1/2 cup	smallest available	2.48	25%	0.62
	fresh cilantro	1/2 cup chopped	1 bunch	0.99	40%	0.4
	sweet chili sauce	1/4 cup	smallest available	2	20%	0.4
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Winter Fruit Salad (6 servings)	bananas, sliced	1 1/2 cups	2 large bananas	0.19/banana	100%	0.38
	kiwi, peeled and sliced	1 1/2 cups	3 kiwi	0.49/kiwi	100%	1.47
	strawberries, sliced and quartered	3 cups	1 container	2.49	100%	2.49
	cantaloupe, peeled and cubed	2 cups	1 cantaloupe	2.99	50%	1.5
	honey	3 tablespoons	smallest available	2.98	15%	0.45
	fresh lime juice + lime zest	3 tablespoons + 1 whole lime zested	1 lime	0.49	100%	0.49
					price per recipe (as consumed)	8.63
				price per 1-cup serving	1.44	