

Quantities of lean meats and alternatives for menu planning

This tool can help to plan meals which provide enough lean meat and meat alternatives for clients. The table shows how much meat or meat alternatives to include in a main meal recipe to meet the minimum number of serves for older people (1 to 1 ½ serves per person).

Lean meat/ alternative	For 10 people	For 20 people	For 30 people	For 40 people	For 50 people
Lean red meat 100 grams raw weight is 1 serve	1.5 to 2 kilograms	3 to 4 kilograms	4.5 to 6 kilograms	6 to 8 kilograms	7.5 to 10 kilograms
Chicken 100 grams raw weight is 1 serve	1.5 to 2 kilograms	3 to 4 kilograms	4.5 to 6 kilograms	6 to 8 kilograms	7.5 to 10 kilograms
Fish 115 grams raw weight is 1 serve	1.7 to 2.3 kilograms	3.5 to 4.6 kilograms	5.2 to 6.9 kilograms	6.9 to 9.2 kilograms	8.6 to 11.5 kilograms
Eggs 2 large eggs is 1 serve	30 to 40 large eggs	60 to 80 large eggs	90 to 120 large eggs	120 to 160 large eggs	150 to 200 large eggs
Legumes- 1 cup (150 grams) cooked or canned legumes is 1 serve	2.3 to 3 kilograms	4.5 to 6 kilograms	6.8 to 9 kilograms	9 to 12 kilograms	11.3 to 15 kilograms
Nuts or seeds 30 grams nuts or seeds or nut /seed paste is 1 serve	450 to 600 grams	900 grams to 1.2 kilograms	1.4 to 1.8 kilograms	1.8 to 2.4 kilograms	2.3 to 3 kilograms
Tofu 170 grams tofu is 1 serve	2.6 to 3.4 kilograms	5.1 to 6.8 kilograms	7.7 to 10.2 kilograms	10.2 to 13.6 kilograms	12.8 to 17 kilograms