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| Recipe | Serving Size | Cost Per Serving | Total Cost of Recipe | Total Cost of Tasting Supplies¹ | Cost for Recipe² |
| **1: *Welcome to Eating Smart • Being Active*** |  |  |  |  |  |
| **Fried Rice with Chicken** | 4 | $1.16 | $4.62 | $0.40 | $5.02 |
| **Fried Rice with Chicken (Tamari Instead of Soy Sauce)** | 4 | $1.16 | $4.62 | $0.40 | $5.02 |
| **Stir-Fried Vegetables with Chicken** – using celery, broccoli, zucchini, onions, and carrots for vegetables | 6 | $1.73 | $10.35 | $0.96 | $11.31 |
| **Stir-Fried Vegetables with Beef** – using celery, broccoli, zucchini, onions, and carrots for vegetables | 6 | $2.31 | $13.86 | $0.96 | $14.82 |
| **Stir-Fried Vegetables with Tofu** – using celery, broccoli, zucchini, onions, and carrots for vegetables | 6 | $0.95 | $5.72 | $0.96 | $6.68 |
| **2: *Get Moving!*** |  |  |  |  |  |
| **Skillet Lasagna** | 8 | $1.48 | $11.85 | $1.28 | $13.13 |
| **Enchilada Casserole** | 8 | $1.04 | $8.33 | $1.28 | $9.61 |
| **3: *Plan, Shop, $ave*** |  |  |  |  |  |
| **Breakfast Parfait** | 6 | $1.31 | $7.84 | $0.60 | $8.44 |
| **Cranberry Pecan Granola** | 16  | $0.57 -0.61 | $9.13 – w/ imitation vanilla$9.81 – w/ vanilla extract |  | $9.13 - $9.81 |

1. **Total Cost of Tasting Supplies =** the total cost of disposable supplies, such as paper plates, plastic cups, and utensils, required for the recipe. Disposable supplies needed for each recipe can be found in the recipe’s *Plan, Shop, Pack List*

2**. Cost for x1 Recipe =** Total Cost of Recipe **+** Total Cost of Tasting Supplies

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| Recipe | Serving Size | Cost Per Serving | Total Cost of Recipe | Total Cost of Tasting Supplies | Cost Recipe |
| **3-Bean Salad** | 6 | $0.56 | $3.38 | $0.60 | 3.98 |
| **Cowboy Caviar** | 16 | $0.36 | $5.82 | $1.60 | $7.42 |
| **3-Can Chili** | 4  | $0.75-0.78 | $3.01 – w/ pinto beans$3.11 – w/ kidney beans | $0.52 | $3.53 - $3.63 |
| **Baked Tortilla Chips** | 6 | $0.16 | $0.96 |  | $0.96 |
| **4: *Fruits and Veggies: Half Your Plate*** |  |  |  |  |  |
| **Apple Salad** | 6 | $0.47 | $2.82 | $0.60 | $3.42 |
| **Fruit Salad** | 6 | $0.61 | $3.64 | $0.60 | $4.42 |
| **Black-Eyed Pea and Collard Greens Soup** | 6 | $0.86 | $5.13 | $0.78 | $5.91 |
| **Cabbage Stir-Fry** | 6 | $0.73 | $4.38 | $0.96 | $5.34 |
| **Collard Greens** | 6 | $0.69 | $4.35 | $0.78 | $5.13 |
| **Garden Vegetable Soup** | 9 | $0.62 | $5.58 | $1.60 | $7.18 |
| **Summer Italian Vegetables** | 6 | $0.62 | $3.71 | $0.60 | $4.31 |
| **Winter Italian Vegetables** | 6 | $0.39 | $2.32 | $0.60 | $2.92 |

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| Recipe | Serving Size | Cost Per Serving | Total Cost of Recipe | Total Cost of Tasting Supplies | Cost for Recipe |
| **5: *Make Half Your Grains Whole*** |  |  |  |  |  |
| **Pasta Salad** | 6 | $0.61 | $3.63 | $0.60 | $4.23 |
| **Pasta Salad (Using Gluten Free Pasta)** | 6 | $0.65 | $3.87 | $0.60 | $4.47 |
| **Black Bean and Couscous Salad** | 8  | $0.37 | $2.92 – w/ frozen corn$2.94 – w/ canned corn | $0.80 | $3.72 - $3.74 |
| **Grilled Quesadillas with Vegetables** | 8 | $0.87 | $6.94 | $0.92 | $7.86 |
| **Rice Salad** | 4 | $0.45 | $1.79 | $0.40 | $2.19 |
| ***6: Vary Your Protein Routine*** |  |  |  |  |  |
| **Chili Tomato Beefy Macaroni** | 4 | $2.19 | $8.74 | $0.40 | $9.14 |
| **Chili Tomato Beefy Macaroni (Using Gluten Free Pasta)** | 4 | $2.23 | $8.93 | $0.40 | $9.33 |
| **Healthy Refried Beans (With Chicken Broth)** | 4 | $0.38 | $1.53 | $0.40 | $1.93 |
| **Healthy Refried Beans (With** **Vegetable Broth)** | 4 | $0.38 | $1.53 | $0.40 | $1.93 |
| **Lentil Tacos** | 6 | $1.21 | $7.24 | $0.60 | $7.84 |

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| Recipe | Serving Size | Cost Per Serving | Total Cost of Recipe | Total Cost of Tasting Supplies | Cost for Recipe |
| **Simple Fish Tacos** | 6  | $1.88-1.94 | $11.26 – w/ bottled lemon juice$11.62 – w/ fresh lemon juice | $0.60 | $11.86 - $12.22 |
| **Tuna Salad** | 7 | $0.56 | $3.95 | $1.12 | $5.07 |
| ***7: Build Strong Bones*** |  |  |  |  |  |
| **Skillet Mac and Cheese (Using Frozen Spinach)** | 12 | $0.43 | $5.11 | $1.20 | $6.31 |
| **Skillet Mac and Cheese (Using Fresh Spinach)** | 12 | $0.49 | $5.90 | $1.20 | $7.10 |
| **Fruit Smoothie** | 6 | $1.21 | $7.27 | $0.24 | $7.51 |
| **Fruit Smoothie (With Lactose Free Milk and Dairy Free Yogurt)** | 6 | $1.37 | $8.23 | $0.24 | $8.47 |
| **Salmon Patties** | 6 | $0.98 | $5.88 | $0.96 | $6.84 |
| **Broccoli Cheese Soup** | 5 | $1.15 | $5.75 | $0.65 | $6.40 |
| **Collard Greens** | 6 | $0.69 | $4.35 | $0.78 | $5.13 |
| ***8: Small Changes Matter*** |  |  |  |  |  |
| **Baked Tortilla Chips** | 6 | $0.16 | $0.96 | $0.24 | $1.20 |
| **Mango Salsa** | 6 | $0.44 | $2.63 | $0.96 | $3.59 |

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| Recipe | Serving Size | Cost Per Serving | Total Cost of Recipe | Total Cost of Tasting Supplies | Cost for x1 Recipe |
| **Mango Salsa (Served with *Baked Tortilla Chips* from the *Eating Smart • Being Active Let’s Cook! Cookbook)*** | 6 | $0.60 | $3.59 | $1.20 | $4.79 |
| **Banana Swirl** | 2 | $0.28 | $0.55 | $0.20 | $0.75 |
| **Peach Fruit Sorbet** | 7 | $0.45 | $3.18 | $0.70 | $3.88 |
| **Pineapple Fruit Sorbet** | 5 | $0.36 | $1.79 | $0.50 | $2.29 |
| **Pineapple Banana Fruit Sorbet** | 7 | $0.30 | $2.07 | $0.70 | $2.77 |
| **Zesty Bean Dip (Served with Baked Tortilla Chips from the** ***Eating Smart • Being Active Let’s Cook!* Cookbook)** | 6 | $0.62 | $3.71 | $0.60 | $4.31 |
| **Zesty Bean Dip (Served with King Soopers Brand Wheat Crackers)** | 6 | $0.74 | $4.13 | $0.60 | $4.73 |
| **Watermelon Lime Flavored Water** | 8 | $0.42 | $3.34 | $0.32 | $3.66 |
| **Cucumber Lemon (or Lime) Flavored Water** | 8  | $0.16-0.17 | $1.34 – w/ lemon$1.24 – w/ lime | $0.32 | $1.56 - $1.66 |
| **Pineapple Grape Flavored Water** | 8 | $0.24 | $1.90 | $0.32 | $2.22 |
| **Blackberry Kiwi Flavored Water** | 8 | $0.34 | $2.75 | $0.32 | $3.07 |
| **Strawberry Orange Flavored Water** | 8 | $0.41 | $3.29 | $0.32 | $3.61 |
| **Homemade Ranch Dressing Homemade Ranch Dressing w/ Raw Veggies –** using carrots, broccoli, celery, and green bell pepper | 16 | $0.17 | $5.77 | $0.42 | $6.19 |

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| Recipe | Serving Size | Cost Per Serving | Total Cost of Recipe | Total Cost of Tasting Supplies | Cost for Recipe |
| **Salad Greens w/ Basic Vinaigrette** | 5 | $1.28 | $6.40 | $.80 | $7.20 |
| **Salad Greens w/ Italian Vinaigrette** | 5 | $1.35 | $6.75 | $.80 | $7.55 |
| **Salad Greens w/ Honey Mustard Vinaigrette** | 5 | $1.32 | $6.62 | $.80 | $7.42 |
| ***9: Celebrate! Eat Smart & Be Active*** |  |  |  |  |  |
| **Hummus with Raw Veggies –** using carrots, broccoli, celery, and green bell pepper | 6 | $0.70 | $4.22 | $0.42 | $4.64 |
| **Energy Bites** | 6 | $0.65 | $1.09 | $0.24 | $1.33 |
| **Fruit and Peanut Butter Dip –** using apples and strawberries | 6  | $1.19-1.22 | $7.12 – w/ imitation vanilla$7.29 – w/ vanilla extract | $0.60 | $7.72 - $7.89 |
| **Vegetable Pinwheels** | 6 | $0.42 | $2.50 | $0.60 | $3.10 |
| **Veggies and Creamy Dip –** using broccoli, cauliflower, carrots, celery | 12 | $0.50 | $6.01 | $1.20 | $7.21 |

**Average Total Cost for *Eating Smart • Being Active* 9-Lesson Series Recipes for Group of 12**

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| --- | --- |
| **Lesson** | **Average Cost for 1x Recipe** |
| **1: Welcome to Eating Smart • Being Active** | $8.57 |
| **2: Get Moving!** | $11.37 |
| **3: Plan, Shop, $ave** | $5.64 |
| **4: Fruits and Veggies: Half Your Plate** | $4.82 |
| **5: Make Half Your Grains Whole** | $4.50 |
| **6: Vary Your Protein Routine** | $6.75 |
| **7: Build Strong Bones** | $6.82 |
| **8: Small Changes Matter** | $3.94 |
| **9: Celebrate! Eat Smart & Be Active** | $4.82 |

# TOTAL: ~ **$57.23**

1x recipe provides a tasting for a group of 12. 2x and 3x recipes provide more and are better suited for larger classes.