




Shopping for Meat, Poultry & Dry Beans

<p>Dry Beans 4-6 people per pound</p> <p>5-6 cups cooked</p>	
<p>No bone or fat to discard 4-5 people per pound</p> <p>Boneless Roast or Steak Stew Meat Ground Meat Boneless Ham Fish Fillets</p>	
<p>Little Bone or Fat to Discard 3 people per pound</p> <p>Bone-in Round Steak Heel of Round Roast Pork Steak Chicken or Turkey Breasts</p>	
<p>More Bone and Fat to Discard 2-3 people per pound</p> <p>Pork Chops Chicken Legs and Thighs Whole Chicken and Turkey Turkey Legs Picnic Ham Bone-in Ham Chuck Steak</p>	