**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 |