

# CHOICES MARKET

## FEASTING SUSTAINABLY

HOW MUCH PROTEIN DO I NEED TO FEED A GROUP?

NOT SURE HOW MUCH PROTEIN YOU'LL NEED TO FEED THE WHOLE FAMILY THIS HOLIDAY? THIS CHART CAN HELP GIVE AN ESTIMATE WHEN PLANNING A HOLIDAY MEAL.

Meat Type	lbs / Person	grams / Person
<i>Boneless Beef Roast</i>	0.5 - 0.75	230 - 340
<i>Bone-in Beef Roast</i>	0.75 - 1	340 - 450
<i>Boneless Pork Roast</i>	0.5 - 0.75	230 - 340
<i>Bone-in Pork Roast</i>	0.75 - 1	340 - 450
<i>Whole Turkey</i>	1 - 1.5 (yield after cooking)	450 - 680 (yield after cooking)
<i>Whole Chicken</i>	0.5 - 0.75 (yield after cooking)	230 - 340 (yield after cooking)
<i>Boneless Lamb Roast</i>	0.5 - 0.75	230 - 340
<i>Lamb Rack</i>	0.75 - 1	340 - 450

### NOTES:

- Boneless beef or pork roast typically yields 100% usable meat, so you need less weight per person.
- Bone-in cuts (beef or pork) generally yield about 60-70% edible meat due to the bone, so you need more weight to account for the bone.
- Whole turkey and chicken also lose weight during cooking (due to water loss and cooking down), and the yield is the portion of edible meat after cooking.