

Meat Math Chart

Meat	Per Person	4 People	12 People	40 People
Lean or Extra Lean Ground Meat	4 oz (120 g)	1 lb (500 g)	3 lb (1.5 kg)	10 lb (5 kg)
Spareribs	1 lb (500 g)	4 lb (2 kg)	12 lb (6 kg)	40 lb (20 kg)
Steak - tender loin, rib-eye, sirloin...	4 oz (120 g)	1 to 1.5 lb (500 to 750 g)	3 lb (1.5 kg)	10 lb (5 kg)
Steak - T-bone	6 oz (180 g)	1.5 lb (750 g)	4.5 lb (2.25 kg)	15 lb (7.5 kg)
Chicken - boneless	4 oz (120 g)	1 lb (500 g)	3 lb (1.5 kg)	10 lb (5 kg)
Chicken - bone-in	1 to 2 pieces or 1/2 lb (250 g)	2 lb (1 kg)	6 lb (3 kg)	20 lb (10 kg)



kraftcanada.com

Visit us for more great ideas.