

Mahi-Mahi in a Red Ancho Marinade with Corn Salad

Ingredient	Unit	Unit Cost*	Units per Dish	Units to purchase	Total cost if purchased at store	Paying for waste		No-waste accounting	
						Cost Per Dish	Cost Per serving	Cost Per Dish	Cost Per serving
Ancho Concentrate	14.4oz Jar	\$ 9.95	0.07	1	\$ 9.95	\$ 9.95	\$ 1.66	\$ 0.69	\$ 0.12
Corn	15.2 oz can	\$ 1.00	1.05	2	\$ 2.00	\$ 2.00	\$ 0.33	\$ 1.05	\$ 0.18
Herb Mix	0.5oz bottle	\$ 3.19	0.25	1	\$ 3.19	\$ 3.19	\$ 0.53	\$ 0.80	\$ 0.13
Lime Juice	8oz bottle	\$ 2.19	0.06	1	\$ 2.19	\$ 2.19	\$ 0.37	\$ 0.14	\$ 0.02
Mahi Mah	1 lb	\$ 8.99	1.88	2	\$ 17.98	\$ 17.98	\$ 3.00	\$ 16.86	\$ 2.81
Salt, Kosher	3 lb	\$ 2.59	0.01	1	\$ 2.59	\$ 2.59	\$ 0.43	\$ 0.03	\$ 0.00
Tortillas, flour 6"	8ct pack	\$ 2.39	0.75	1	\$ 2.39	\$ 2.39	\$ 0.40	\$ 1.79	\$ 0.30

\$ 6.72

\$ 3.56

	cost includes waste		no waste accounting	
Market	\$	6.72	Market	\$ 3.56
LD	\$	3.26	LD	\$ 3.26
Savings		51.5%	Savings	8.4%

*All costs as of 4/23/08

Thai-Marinated Flank Steak

Ingredient	Unit	Unit Cost*	Units per Dish	Units to purchase	Total cost if purchased at store	Paying for waste		No-waste accounting	
						Cost Per Dish	Cost Per serving	Cost Per Dish	Cost Per serving
Brown Sugar	1lb bag	\$ 1.09	0.06	1	\$ 1.09	\$ 1.09	\$ 0.18	\$ 0.07	\$ 0.01
Garlic, chopped	head	\$ 0.69	1.00	1	\$ 0.69	\$ 0.69	\$ 0.12	\$ 0.69	\$ 0.12
Jalepeno Pepper, diced	25oz jar	\$ 1.99	0.20	1	\$ 1.99	\$ 1.99	\$ 0.33	\$ 0.40	\$ 0.07
Lemon Peel	One lemon	\$ 0.99	1.00	1	\$ 0.99	\$ 0.99	\$ 0.17	\$ 0.99	\$ 0.17
Soy sauce, low sodium	10oz bottle	\$ 2.49	0.20	1	\$ 2.49	\$ 2.49	\$ 0.42	\$ 0.50	\$ 0.08
Steak Flank	1lb	\$ 9.99	2.00	2	\$ 19.98	\$ 19.98	\$ 3.33	\$ 19.98	\$ 3.33

\$ 4.54

\$ 3.77

	cost includes waste		no waste accounting	
Market	\$	4.54	Market	\$ 3.77
LD	\$	3.26	LD	\$ 3.26
Savings		28.2%	Savings	13.5%

*All costs as of 4/23/08