

MEAT, POULTRY, FISH	SIZE	AMOUNT	COMMENTS
BEEF			
Beef, ground	1 lb		
Sandy's meatballs	1 meatball		
Meatloaf	1 loaf		
Burgers	1 patty		
CHICKEN			
Chicken breasts	2 breasts/pkg		
Chicken thighs	3 thighs/pkg		
Chicken, whole	1 chicken		
TURKEY			
Turkey, ground	1 lb		
Turkey meatballs/meatball cups	1 pkg (6-10)		
Meatloaf	1 loaf		
Burgers	1 patty		
PORK			
Pork, ground	1 pkg (2/3 lb)		
Bacon	1 pkg		
Italian sausage	1 pkg		
Breakfast sausage	1 pkg		
Italian sausage patties	1 patty		
FISH			
Salmon	1 fillet		
White fish (cod, halibut, halibut)	1 fillet		
Fish sticks	1 serving (6)		
LAMB			
Lamb, ground	1 pkg (2/3 lb)		