






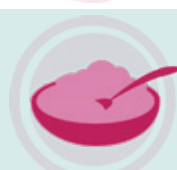


CHRISTMAS PORTION PLANNER

FOOD TYPE	PER PERSON	MY TOTAL
Turkey 	140-175g	
Roast potatoes 	225-250g	
Stuffing balls 	2-3	
Pigs in blankets 	2-3	
Brussels sprouts 	80g	
Carrots 	80g	
Parsnips 	80g	
Gravy 	120ml	
Bread sauce 	80g	
Cranberry sauce 	25g	