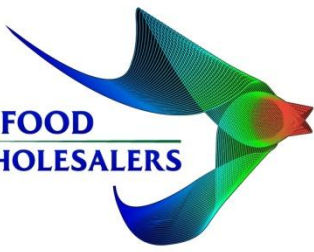


## Knowledge is Power



In the restaurant industry managing your food cost is king. These next few pages will help you in gaining the knowledge to figure your food cost, what you should pay for a protein and what is the minimum you should sell a plate for.



## What Is My Current Food Cost

### Step 1:

Cost of Protein



Cost of sides



Total Plate Cost

### Step 2:

Cost to Consumer



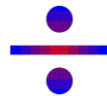
Total Plate Cost



Profit of the Plate

### Step 3:

Profit of the Plate



Cost to Consumer



**Current Food Cost**  
**(.35 = 35%)**





## Find Maximum Price Per Pound You Should Pay For A Protein

### Step 1:

Cost to Consumer



Food Cost Goal  
(35% = .35)



Total Plate Cost

### Step 2:

Total Plate Cost



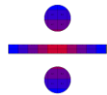
Cost of sides



Total Protein Cost

### Step 3:

Total Protein Cost



Portion size



Cost per ounce

### Step 4:

Cost per ounce



Oz per pound



**Max Price Per  
Pound**

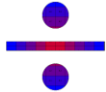




## To Find Minimum Sale Price To Your Customer

### Step 1:

Price Per Pound



Oz per pound



Cost per ounce

### Step 2:

Cost per ounce



Portion size



Total Protein Cost

### Step 3:

Total Protein Cost



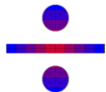
Cost of sides



Total Plate Cost

### Step 4:

Total Plate Cost



Food Cost Goal  
(35% = .35)



**MIN Cost to  
Your Consumer**

