

Module 2 — Plant Power

Ingredient Order Form

Produce for the classroom juice lab and everything for the composed salad the following day. Quantities are for the full class of 24, in four groups of six.

STUDENTS	GROUPS	RECIPES	PREPARED BY
24	4 groups of 6	2	Isaac Floyd · FG Kids · 407-813-4080

CLASSROOM · ≈ 130 OZ TOTAL

JUICE LAB — THREE JUICES

Kale	4 bunches
Oranges	2 × 3 lb bags
Carrots	3 × 2 lb bags
Cucumbers, large	6
Green grapes	2 lb
Strawberries	3 × 1 lb
Blueberries	3 × 6 oz
Fresh mint	2 packages
Frozen fruit	6 × 16 oz bags

RECIPE 19 · LAB · ×12

CAROLINA GOLD COBB SALAD

Chicken breast fillets	12 (≈ 4½ lb)
Almond flour	4 cups
Butter lettuce blend	24 cups (4 bags)
Eggs, for hard-boiling	48 (4 dozen)
Tomatoes	12
Mini cucumbers	48 (or 6 English)
Mini sweet peppers	48 (2 lb bag)
Red onion	6
Turkey lunch meat	24 oz (1½ lb)
Ranch dressing, low-fat	4 bottles (16 oz)
Carolina Gold or honey mustard	4 bottles
Aged cheddar	1 lb
Seasonings: paprika, allspice, thyme, basil, onion powder, pepper	from the spice pantry

Forty-eight eggs is worth a second look. Two per plate instead of four brings it to two dozen and changes almost nothing about the dish.

Blueberries are not juiced. They clog the screen and yield almost nothing. They are served whole, beside the juice, as the fiber comparison.

Before you order: The juice quantities leave margin on purpose so groups can adjust ratios and taste as they go.