

smtpfb
DAY: Monday
DATE: March 23, 2015

DAILY PREP GUIDE

Period 4 Week 1
Restaurant #028884

SALES: 2976
TRANSACTIONS: 348

PREP Between:		6AM-7AM			10AM-11AM			2PM-3PM			4PM-5PM			8PM-9PM		
Day Parts:		7AM-11AM			11AM-3PM			3PM-5PM			5PM-8PM			8PM-1AM		
*Flag food during the PREP between hours only. For off cycle prep use label to mark expiration time.		White			Green			Yellow			Orange			Red		
		MC Initials			MC Initials			MC Initials			MC Initials			MC Initials		
		1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
HOT INGREDIENTS																
Beef (Bags / Boxes)	0.3	1			0.3			2.1			4.5			2.8		
Beans (Bags / Boxes)	0.1	1			1.4			0.6			1.4			0.5		
Chicken (Bags / Boxes)	0.3	1			0.0			1.7			0.8			1.8		
Steak (Bags / Boxes)	1.0	1			3.2			1.0			2.8			1.8		
Latin Rice (Packets / Paperbags)	0.2	2			0.3			1.3			3.3			1.8		
Black Beans (Bags / Boxes)	0.1	1			1.0			0.3			1.0			0.8		
Caramel Apple Empanadas (Each / Cartons)	0.4	---			0.0			2.7			0.3			1.8		
Steak Shredded (Bags / Boxes)	0.2	---			1.7			0.9			1.7			0.5		
French Sals (Bags / Boxes)	0.1	.5			1.7			0.6			1.1			1.0		
Nacho Doritos Taco Shells (1/2 Stack Pan / Bantega)	0.1	.5			0.4			0.2			0.4			0.3		
Flory Doritos Taco Shells (1/2 Stack Pan / Bantega)	0.1	.5			0.2			0.1			0.2			0.1		
Cool Ranch Doritos Taco Shells (1/2 Stack Pan / Ba	0.1	.5			0.2			0.1			0.1			0.1		
Shredded Chicken (Bags / Boxes)	0.1	1			2.3			1.2			1.8			1.3		
COLD INGREDIENTS																
Pico De Gallo (Cup / Tubs)	0.3	1			0.8			0.4			0.8			0.4		
1 Cheese Blend (Bags / Boxes)	0.1	1			1.3			0.5			1.1			0.5		
Cheddar Cheese (Bags / Boxes)	0.3	1			1.1			0.5			1.0			0.8		
Lettuce Pre-Shredded (Bags / Boxes)	0.1	1			2.0			0.7			1.6			0.9		
Onions Diced (Bags / Boxes)	0.1	.5			0.3			0.1			0.3			0.1		
Sour Cream Container (Tubs / Tubos)	0.4	1			4.8			1.7			4.2			2.0		
Tomatoes Diced (Trays/Bags / Bantega/Bboxes)	0.1	1			1.2			0.5			0.9			0.5		
Remaine Lettuce (Bags / Boxes)	0.1	.5			0.4			0.1			0.4			0.2		

If the QTY Needed listed on the Prep Guide is not accurate, verify your forecast in SMART.

Taco Bell Prep Guide

Lourdes Jefferson

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

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smarTEST Prep Pratheep Sevanthinathan, Padmini Raghavan, 2013-12-06 *smarTEST Prep Guide to LSAT Logic Games* presents a standardized and methodical approach to conquering the Logic Games section of the LSAT. This book helps readers to understand the fundamentals of logic games and how to properly diagram their solutions. Featuring innovative strategies to increase your score, step-by-step guides to accurate diagrams, and twenty-three original and challenging practice games, the book will help every reader feel prepared on test day. [UGC NET Sociology Paper II Chapter Wise Note Book | Complete Preparation Guide](#) EduGorilla Prep Experts, 2022-09-15 Best Selling Book in English Edition for UGC NET Sociology Paper II Exam with objective type questions as per the latest syllabus given by the NTA. Increase your chances of selection by 16X. UGC NET Sociology Paper II Kit comes with well-structured Content Chapter-wise Practice Tests for your self-evaluation. Clear exam with good grades using thoroughly researched content by experts. [The Prepper's Ultimate Food-Storage Guide](#) Tess Pennington, Julie Languille, Daisy Luther, Shelle Wells, 2021-01-19 Be prepared for any disaster with this comprehensive food storage bible packed with advice from the top experts in canning, dehydrating, stockpile maintenance, and shelf-stable cooking. Recent history has shown just how important it is to create and maintain a food storage solution in the event of a pandemic, natural disaster, grid-down situation, or whatever causes SHTF. Now this 4 in 1 book collection offers your one-stop food shop for everything you need to know, including: An affordable step-by-step guide for stockpiling. Complete instructions on how to can and dehydrate almost anything. How to make your stockpile last longer. Food safety guidelines and considerations. The best equipment and modifications for grid-down living. Hundreds of creative recipes for well-rounded, delicious meals. **The Prepper's Canning Guide** Daisy Luther, 2017-03-14 A practical and approachable guide to amassing an emergency food supply filled with your own natural dishes featuring a variety of recipes. As the disaster drags on for days, weeks, months, or even years, food scarcity and starvation will fuel people's desperation. Even preppers like you will need more than dried beans and rice to survive. With **The Prepper's Canning Guide**, you'll learn the lifesaving techniques to take your food storage to the next level, including how to: Store nutrition-packed foods. Create delicious MREs. Can protein-rich meat and poultry. Make canned produce last longer. Use time-tested water bath methods. Utilize modern pressure canning. From food safety guidelines to grid-failure canning tips, this book will guarantee your family stays safe, secure, and well-fed. **The Visual Guide to Easy Meal Prep** Erin Romeo, 2019-08-06 Conquer your healthy eating plan while saving time and money. In **A Visual Guide to Easy Meal Prep**, nutrition coach and meal prep master Erin Romeo, founder of Food Prep Princess, foodprepprincess on Instagram, shows you how to prep your food in five easy steps with photos clarifying every detail. Meal prep is the key component to any diet, whether you're low carb, vegetarian, dairy-free, gluten-free, or just trying to eat healthy. If you don't plan to eat, then you plan to fail. With **A Visual Guide to Easy Meal Prep**

Strategies and Recipes to Get Organized Save Time and Eat Healthier you ll learn shortcuts to prep to reduce your time in the kitchen budget friendly meal prep ideas and how to pack your food Learn how to shop how to prep and cut your food and the best containers to maximize your food prep pantry In this guide you ll also get more than 75 recipe ideas for healthy meal prep complete with photos to make your prep work quick and easy So skip the unhealthy take out food and save money and time with the shortcuts in this essential healthy living companion with tips and tricks for all of your food planning needs You ll find meal prep for Weight loss Specific diets low carb vegetarian dairy free and gluten free Preventing disease Quick and easy healthy eating A flat belly And much more You ll never be at a loss for a healthy meal again with this easy and complete guide to meal prep

The Complete Idiot's Guide to Starting and Running a Coffee Bar Susan Gilbert,W. Eric Martin,Linda Formichelli,2005 FORMICHELLI CIG START RUN COFFEE BA

The Ultimate Guide to Mexican Cuisine Ted Alling,2020-03-24 We all know how delicious Mexican recipes can be Mexican cuisine is not only incredibly filling but packed full of a taste many people can t resist If you are a huge fan of Mexican cuisine then this is the perfect book for you Inside of this book *The Ultimate Guide to Mexican Cuisine* Homemade Mexican Rice and Mexican Desserts Mexican Meals You Can t Resist you will find a variety of different Mexican recipes that you can make From delicious Mexican desserts to Mexican rice you can rest assured that you will find an endless amount of dishes to sink your teeth into So what are you waiting for Download your copy of *The Ultimate Guide to Mexican Cuisine* Homemade Mexican Rice and Mexican Desserts Mexican Meals You Can t Resist and start cooking today

[Meal Prep Cookbook](#) Keith S. Taylor,2017-10-01 Keith S Taylor is a trained experienced and professional chef with a vast amount of knowledge in the aspect of meal preparation In this book I share many secrets and tricks to living calories free junks less and a healthy life style with meal preparation If you are ready to commit to a healthy lifestyle lose some weight healthy and less expensive eating then look no further because this is the book you have being searching all ths while for In this book I share with you How to get started with meal preparation Advantages of meal preparation Best meal preparation schedules Unique and healthy meal preparation recipes Including the duration in which each meals can last for

CSU Diet Guide for Planning Prudent Diets G. Richard Jansen,1983

The Healthy Alkaline Diet Guide Lauren O'Connor,2020-07-21 A practical guide to the alkaline diet complete with delicious recipes and a meal plan The alkaline diet has been touted for its many potential health benefits including weight loss reduced blood pressure and relief from acid reflux In *The Healthy Alkaline Diet Guide* registered dietitian Lauren O Connor gets straight to the nutrition facts laying out what makes this diet a healthy and sustainable choice for the long term This compact guide covers everything you ll need to know to start a whole food plant based alkaline diet including a comprehensive list of what to eat real talk about supplements and 50 easy delicious recipes that will have you feeling great Inside *The Healthy Alkaline Diet Guide* you ll find A complete meal plan Discover 3 weeks of pre planned meals to make your transition to the diet as easy as possible At a glance charts Explore extensive charts to help you quickly and easily identify acid and alkaline

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and authoritative the guide effectively balances a practical focus with the latest scientific information serving the needs of consumers and health professionals alike Opting for flexibility over rigid dos and don ts it allows readers to personalize their own paths to healthier living through simple strategies This newly updated Fifth Edition addresses the most current dietary guidelines consumer concerns public health needs and marketplace and lifestyle trends in sections covering Choices for Wellness Food from Farm to Fork Know Your Nutrients Food for Every Age and Stage of Life and Smart Eating to Prevent and Manage Health Issues Young Person's Guide to Getting & Keeping a Good Job J. Michael Farr,2000 Keto Meal Prep Cookbook Lourdes Jefferson,2018-11-05 Do you want to live healthier and lose weight without wasting time and money on elaborate ingredients and costly meals Do you want to reach ketosis and be sustained in ketosis with practical and easy to make ketogenic meal prep recipes If your answer is YES THEN THIS BOOK IS FOR YOU This book is a practical guide to keto meal prepping that will help you achieve your dreams of having optimal mental health a healthy body with rapid and sustained weight loss In this book you will find useful ketogenic meal prep HACKS TIPS and a COMPLETE BEGINNER S KICKSTART GUIDE to help you get started with keto meal prepping with several delicious KETOGENIC MEAL PREP RECIPES that will keep you sustained on your weekly cycle Each of the recipes in this book have been written with nutritional information and servings to help you keep tabs on your macros You will also find A COMPLETE 30 DAY MEAL PLAN to help you exploit the benefits of the ketogenic diet Start keto meal prepping today live healthy lose excess weight and live longer *Keto Meal Prep Cookbook* Kristi Ganley,2018-09-13 Do you want to achieve your weight loss goals while keeping tabs on your macros Do you want to save time and eat healthy keto friendly meals Do you want to reach and stay in nutritional ketosis Planning and making your keto meals ahead has proven to be a simple yet effective way to exploit the limitless benefits of the ketogenic diet You will also save time and have access to healthy homemade ketogenic meals and snacks on the go This book Keto Meal Prep Cookbook The Essential Meal Prep Guide for Beginners will give you practical and straightforward information on how to meal prep your keto meals efficiently without stress You will find a very detailed beginner s kick start guide a comprehensive 14 day meal plan more about meal prepping benefits and several delicious easy to make and fast recipes such as Cheesy Avocado Sandwich Golden Scrambled Breakfast Eggs Avocado Turkey Salad Cheese Crusted Salmon Chipotle Turkey Lettuce Wraps Shrimp Thai Coconut Soup Keto Taco Cups No Sugar Lime Meringue Cookies and more Enjoy the many benefits of the keto diet get a copy of Keto Meal Prep Cookbook stay fit and eat your way to a healthier happier and longer life The Complete Idiot's Guide to the College Diet Cookbook Shelly James,2007-09-04 Now college students can feed their minds and their bodies This unique cookbook serves up easy to follow mouth watering recipes that students can make in record time with just apartment or dorm appliances Packed with great meals snacks and desserts that are quick to prepare and healthy alternatives to restaurants or prepared foods this indispensable student resource is the most essential bookstore purchase a college student will make The only book of its kind that features both

recipes and a plan for healthy eating for college students Most of the recipes can be prepared in less time than it would take to be served at a restaurant or on the meal plan Recipes tested and approved by students at four major universities Provides extensive nutritional information **The Complete Idiot's Guide to the Superfood Cookbook** Heidi McIndoo MS RD LDN,Shelly James,2008-02-05 Take healthy eating to a whole new level With the declining popularity of fad diets many people are turning to sensible moderate eating habits that include foods that go beyond basic nutrition Inside readers will find recipes for the super fruits and vegetables protein and spices and flavors One of the superfoods blueberries have been ranked No 1 in antioxidant activity compared with 40 other fresh fruits and vegetables Wild Oats a chain of health food stores is promoting 20 different superfoods from berries to seeds and yogurt Young Person's Guide to Getting and Keeping a Good Job, Third Edition Michael Farr,Marie A. Pavlicko,2006 Whether young people are seeking a part time job internship summer job or their first full time job this workbook can teach them how to approach their job search on the right foot and make the most of their employment experience This outstanding best selling workbook gives students a full understanding of how to identify their skills document their experiences and prepare a resume excel in job interviews survive on the job and much more This third edition includes updated career information and more content dedicated to job retention SCANS skills have been incorporated as well as unique topics covering entrepreneurship and computer based applications Information is also included on digital portfolios and using the Internet in the job search Central to the book s effectiveness is Michael Farr s philosophy of self directed attitudes and behaviors Students will gain an understanding of the entire process while building confidence in their ability to market themselves to employers **A City Girl's Guide to the Kitchen** Hillary Lynn Christman,Natalie Christman Urig,2007-12 In this book you will find easy healthful tantalizing recipes for every occasion that will hit the spot AND impress Intertwined with funny anecdotes and real stories A City Girl s Guide to the Kitchen offers not only step by step culinary lessons tips and wine pairings but a recipe for young women making it on their own through all of life s trials and tribulations Complete with an easy to understand wine guide as well as an index of cooking tips and pantry essentials A City Girl s Guide to the Kitchen turns even the most complex cooking into an everyday affair

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