HOST THOUGHTFULLY 001

Count Guests, Then Plan Portions

GOOD FOOD. GOOD COMPANY. ENOUGH.



Aim for a satisfying plated dinner: the same planned serving for each guest, with sides arranged on every plate. Good hosting does not require unlimited seconds or more food than anyone enjoys eating.

1 Make room for conversation

Consider inviting at least two other couples. Count the hosts too: two hosts plus two guest couples make six diners; a solo host makes five.

Why: Guests have others to talk with while you finish plating. A shared evening gives friendships room to grow.

2 Portion like a restaurant

Set the serving size before cooking and repeat it on every plate. Plan the protein with its plated sides and other courses. Slice larger steaks or chicken breasts into the planned portions.

Why: Build each plate yourself so you control portion size and placement, making every serving beautiful.

3 Let one helping be enough

Buy for the planned plates without automatically adding spare servings. Offer seconds if food remains. Let guests stop when satisfied, even with food left on their plate.

Why: Dinner should remain a pleasure, without pressure to keep eating or unnecessary food to throw away.

BUY BY RAW, BONELESS WEIGHT

Weigh after trimming and before cooking. Cooking changes weight; bones do not become servings. These targets assume plated sides and other courses.

A SIMPLE PLAN FOR SIX DINERS

Choose ONE main for a lighter plated dinner.

MAIN	EACH	BUY FOR 6
Salmon fillet	¼ lb	1½ lb
Chicken, boneless	⅓ lb	2 lb
Steak, boneless	⅓ lb	2 lb

Salmon: six ¼ lb portions = **1½ lb**.
Chicken or steak: three ⅓ lb portions per pound, so six portions = **2 lb**.

House planning targets, not universal restaurant portions. Bone-in cuts need a different purchase weight.

THE PLATING MINDSET

Plan a complete first helping for everyone. Running out of seconds is okay; cooking extra is a choice, not a hosting obligation.