

For the Fluids

L/ml to CUPS

0.25L / 250 ml = 1 CUP

1 L = 4 CUPS

For the Flour

g to CUPS/tbsp

25 g = 2 tbsp

100 g = 1/2 cup

For the meat

g to oz

500 g = 17.5 oz

1 Kg = 35 oz

For bigger pieces

Kg to lbs

1 Kg = 2.2 lbs

5 Kg = 11 lbs