

PLANNING HEALTHFUL MEALS

Part I

Fill in the grid below for each meal shown. Copy the recipe names from the Healthful Meal Planner that reflect foods you enjoy eating or would like to try. Put an asterisk next to each food you have never tasted. If you exceed your calorie limit for Day One, try to make up for it on Day Two by selecting foods with lower calorie counts. Have fun!

Day One Menu	Day Two Menu
Breakfast: _____ _____ _____	Breakfast: _____ _____ _____
Lunch: _____ _____ _____	Lunch: _____ _____ _____
Dinner: _____ _____ _____	Dinner: _____ _____ _____
Snack: _____	Snack: _____

PLANNING HEALTHFUL MEALS (continued)

Part II

After clicking “View Today’s Menu,” click on the menu item to see the recipe. Select one recipe that you would like to try and that would be easy and quick to prepare in class. Team up with two fellow chef-classmates to do a cooking demonstration. Use the space below to create a shopping list for ingredients and for other essentials you will need (for example, mixing bowls, pans, and disposable eating utensils).

Ingredients List

Recipe 1: _____

Recipe 2: _____

Recipe 3: _____

