

# Meal Planning Project

After hearing you have learned about meal planning your parents have given you the task of meal planning for your family. Your meal plan must be neatly typed and include all of the necessary elements.

Must include the following:

1. Meal plan that covers breakfast, lunch, and dinner for 7 days. SEE TEMPLATE!!!
2. Dinner must include: 1 main dish, 2 sides.
3. Lunch must include: 1 main item, a fruit or a vegetable.
4. Breakfast must include: at least 2 foods and a drink
5. ONE dinner must be on ethnic origin (Mexican, Chinese, Italian, French, etc)
  - a. Recipe must be included for main dish as an attachment
  - b. Recipe includes ingredients (include how much is needed) and directions to prepare.
6. ONE dinner must be vegetarian (contain no meat, poultry or seafood)
  - a. Recipe must be included for main dish as an attachment
  - b. Recipe includes ingredients (include how much is needed) and directions to prepare.
7. Using the calorie counter at CalorieKing.com (<https://www.calorieking.com/us/en/>) **calculate the total number of calories for each meal each day. Write the PER SERVING calorie amount in your food journal.**  
**You must find how many calories are in each MEAL.**
8. A large part of meal planning is going to the grocery store to buy the ingredients you need for your meals. **You must also include a grocery list for the entire week PLUS how much each item costs.** Includes the total price of your groceries. Use a local grocery store website to find current prices. Websites to consider: Walmart, Smart & Final, Target and Whole Foods.

***Everything is will turned in using Google Classroom as attachments. Please ask for help before the deadline if you don't know how to turn the assignment in.***

## ***CHECK LIST OF ITEMS TO TURN IN***

### ***\*Completed Food Journal***

*-Meals*

*-Calorie Counts*

*-Per Serving Costs*

### ***\*Shopping List of Meals***