Names: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Block: \_\_\_\_\_\_ Unit: \_\_\_\_\_

**Meal Planning for the Week**

Imagine that you have recently moved out of your family home and are living on your own. Your budget is limited either because you are a student or you are earning starting wages at a new job. The challenge you face is to not spend too much on eating out or convenience foods. In order to make ends meet, you need to make a plan of **healthy** meals that can you make for yourself over the course of the week. Consider the foods chosen, the cooking method and the preparation in making your choices and decisions.

**The Assignment**

On a weekend, you make a base menu with large quantities of food from which you intend to build a meal plan for the following week. Starting with this base menu, find ways to imaginatively use the leftovers from this meal to create an additional **2 dinner meals** and **2 lunch meals**.

**Starting Base Menu:**

1 – 1.5 kg Roasted Chicken (Total **usable** meat weight= 900 g)

1.5 L (1500 mL) of cooked brown rice

1.5 L (1500 mL) of fresh mixed vegetables (beans, carrots, cauliflower)

Taken from the above quantities you make your weekend meal for you and a friend using:

150 g Roast Chicken (¼ pound = 115 g … think of a ¼ pound burger)

500 mL Rice (2 cups)

500 mL Vegetables (2 cups) - to make vegetable fried rice

\*\*Calculate the amount of each food you have left over to use in your meal planning.

**Criteria:**

Using books and magazines for inspiration and recipes, plan leftover meals for and record them on the chart on the back of this page. It does not matter what day you intend to serve the leftovers but they all must be used by Friday before they spoil. The leftover meals should serve no more than one or two people.

1. The leftover meals must incorporate a total of **at least 3** different cooking methods (ex - cold, baked, fried, grilled, etc.); use **3 additional** ingredients (per meal) to expand on the leftovers and add variety; and use up **ALL** the leftovers.

**/8**

1. Each meal must contain at least 1 food from each food guide group.

**/4**

1. Each meal must contain at least one of the original base menu items. Divide the base menu ingredients as you see fit, but you must indicate how much is allocated for each meal. Example: 75 g of chicken to make 1- Curried Chicken Pita Sandwich

**/4**

1. Include on the Shopping List **all additional ingredients** you would need to buy to make the leftover meal.

**/4**

 **Total: /20**

**Tait/Vint 2013**

**The Meal Plan (write neatly in pencil)**

|  |
| --- |
|  **Meal Planner**  |
| **Day 1** | **Lunch:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Dinner:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Day 2** | **Lunch:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Dinner:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**The Shopping List (write in pencil)**

Savvy retailers make it way too easy for impulse purchases to derail your grocery budget. Fight back with a shopping list! Sticking to the list makes sure you get the best value for your supermarket dollar--and get out of the store with only what you need, in record time.

**Milk & Alternatives Frozen or Canned Goods**

**Grain Products Meats and Alternatives**

**Vegetables and Fruit Spices and Miscellaneous**