Breakfast Meal Planning Nutrition & Calories

Kitchen Colour: _____   **Completed by: _____**

Recipe

1. **Choose a breakfast recipe from the internet that you want to make.**
   a. **Copy and paste the whole recipe into an email or a google doc and share with me at jbower@rvschools.ab.ca below. Do not copy and paste the link, I need all the ingredients and directions.**
   b. **Rewrite the entire recipe below, including ingredients & directions. Take time to NOTE any questions you have about the recipe and ASK them at the bottom.**

Canada Food Guide

Your plate is supposed to have plenty of vegetables and fruits (half your plate).

1. Write down all the different types of fruits and vegetables you used.

2. Did you accomplish ½ the plate? If not, how could you have added more vegetables or fruits.

You are supposed to eat protein foods (1/4 of your plate)

3. Write down all your protein based foods.

4. Is any of your protein, plant based protein? What plant based protein could you replace the animal based protein with?

You are supposed to choose whole grain foods (1/4 of your plate)

5. Write down the grains in your dish.

6. Are your grains whole grains? If your grains are not whole grains, what should you have replaced your grains with to make a healthier choice?

You are supposed to make water your drink of choice

7. Did you make water your drink of choice? Why or why not?

Calories

Go to https://caloriecontrol.org/healthy-weight-tool-kit/food-calorie-calculator/ Use this tool to find out the calories that you will consume for this recipe.
Fill out the form below:

Ingredient	Calories
Total Calories:	

Check your recipe, how many people is it for? – divide total calories by the number of people, and this is how many calories each person consumed for breakfast. Calories per person :_____

It is recommended that you eat around 400 calories for breakfast. If you are more than 50 calories, above or below this recommendation, what could you do to change the recipe to meet the calories better?

Grocery List – place all items in the proper category.
MUST include the amount and the specific type needed

Produce (Fruits & Vegetables)

Meat

Grains

Dairy

Frozen

Other