Dinner Meal Planning Calories & Cost

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

Recipe

1. **Choose a lunch 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.**

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:	

This recipe is for ___ people – divide total calories by this number and this is how many calories each person consumed for breakfast. Calories per person :_____

1. **It is recommended that you eat around 500-700 calories for dinner. 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?**

Dinner Meal Planning Costs

Cost of items - Go to saveonfoods.com click Shop Online, fill out the form below for all your ingredients. For common ingredients (flour, sugar, spices, please see the list posted on the board).

Ingredient – be very specific to which type/brand	Amount Needed in grams or ml	Cost for only what you need $	Did you have to buy a larger amount y/n. If YES, how much extra food is left?

Add up the total $ _____

Divide the total $ by the number of people this recipe is for, this is how much your meal cost per person $_____

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