**Meal Planning/Grocery Budgeting Assignment:**

Meal planning and having an idea of how much you will spend on groceries per week is an important skill to learn.

**For this assignment you will….**

**Step 1:** Look through different recipes online or think about recipes you already know (family recipes, recipes you have already tried)

**Step 2:** Make a rough meal plan by assigning them to one of the meals for the week. You can plan to eat out **a maximum of two times.**

**Step 3:** Make a list of all of the ingredients you will need for these recipes on the grocery list on the back

You will be assessed based on the following rubric….

|  |  |  |  |
| --- | --- | --- | --- |
|  | Fully Meeting and Exceeding Expectations  | Almost Meeting expectations  | Not Yet Meeting expectations |
| Recipes  | * minimum of six different recipes and all meals throughout the week are covered
* all recipes are well balanced with proteins, veggies, and carbohydrates
* A copy of one of the recipes is included to the assignment
 | * minimum of 3 different recipes
* only some recipes are healthy
* there is a maximum of two meals that are not covered
 | * Less than three recipes are included
* There are more than two missing meals
* Meals are mostly unhealthy
* There is no recipe attached
 |
| Grocery List  | * includes all of the ingredients needed for the meal plan
* quantities of ingredients are realistic for your “situation”
 |  | * a significant number of ingredients are missing
 |
| Prices/Weekly grocery bill  | * Prices for each ingredient are included and calculated correctly
* Total for grocery list is accurate
 |  | * Quite a few prices are missing, or prices are not included at all
* Prices do not seem to be realistic
 |

/6

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/3

/15

**Weekly Meal Plan**

**Family Situation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |
| --- | --- | --- |
| Monday | Tuesday | Wednesday |
| Breakfast: | Breakfast: | Breakfast: |
| Lunch: | Lunch: | Lunch: |
| Dinner:  | Dinner:  | Dinner:  |

|  |  |  |
| --- | --- | --- |
| Thursday | Friday | Saturday |
| Breakfast: | Breakfast: | Breakfast: |
| Lunch: | Lunch: | Lunch: |
| Dinner:  | Dinner:  | Dinner:  |

|  |
| --- |
| Sunday |
| Breakfast: |
| Lunch: |
| Dinner:  |

**Grocery List (Don’t forget to include prices and a little note to know what recipe the ingredient is for):**

|  |  |
| --- | --- |
| **Produce (Fruits & Vegetables)**  | **Other**  |
| **Bananas (Smoothie - $5.00)** |  |
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|  |  |
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|  |  |
|  |  |
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|  |  |
|  |  |
|  |  |
| **TOTAL:**  |  |
| **Carbohydrates (Rice, bread, pasta)** |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| **TOTAL:** |  |
| **Protein**  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| **TOTAL:**  |  |

 **Estimated Total Bill: $**