

# Cook's Worksheet

Number  
of  
Servings

Each meal should include: Meat/Protein, Starch, Vegetable, Fruit, Dairy.

## Friday Dinner

### Time Needed

### Gear Needed

Entree: ●

●

Side dish: ●

●

Side dish: ●

●

Beverage: ●

●

Desert / Snack: ●

●

## Saturday Breakfast

Entree: ●

●

Side dish: ●

●

Side dish: ●

●

Beverage: ●

●

Desert / Snack ●

●

## Saturday Lunch

Entree: ●

●

Side dish: ●

●

Side dish: ●

●

Beverage: ●

●

Desert / Snack: ●

●

## Saturday Dinner

Entree: ●

●

Side dish: ●

●

Side dish: ●

●

Beverage: ●

●

Desert / Snack: ●

●

## Sunday Breakfast

Entree: ●

●

Side dish: ●

●

Side dish: ●

●

Beverage: ●

●

Desert / Snack: ●

●

## Sunday Lunch

Entree: ●

●

Side dish: ●

●

Side dish: ●

●

Beverage: ●

●

Desert / Snack: ●

●