



FOOD FOR THOUGHT Meal Planner Worksheet – Round 1

Using the Meal Planning Menu provided in this kit, create your ideal and well-balanced meal plan for the weekend. For round one, **there is no limit for points**, so choose what you want!

Once you have selected your items, tally up the total points for the weekend!

Meal	Friday		Saturday		Sunday	
	Items	Points	Items	Points	Items	Points
Breakfast						
Snack						
Lunch						
Snack						
Dinner						
Drinks						
Points used per day						

Use this side **first!**

Total Points Used: _____



FOOD FOR THOUGHT

Meal Planner Worksheet – Round 2

Once you've completed the game, **use the equation below to receive your new max point total**, then revise your meal plan based on those points, striving to create a well-balance meal plan!

$$100 (+/-) \quad \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

Your starting points
The total of your situational & global cards
Your allotted points for round 2

Meal	Friday		Saturday		Sunday	
	Items	Points	Items	Points	Items	Points
Breakfast						
Snack						
Lunch						
Snack						
Dinner						
Drinks						
Points used per day						

Use this side **second!**

Total Points Used: _____