

Planning my meal.

Name of my recipe		
Ingredients	<ul style="list-style-type: none">•••••	
Tools I need	<ul style="list-style-type: none">•••••	
What food groups I have included		
Protein	✓	X
Fruit/vegetables	✓	X
Carbohydrates	✓	X
Vitamins and minerals	✓	X
Fibre	✓	X
Fat	✓	X
Method How am I going to do it?	1. 2. 3.	

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4.

5.

6.