

Cooking

Scout's Name: _____

	Menu	Quantity	Equipment	Utensils
Meal 3 Dinner	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			

Meal 4	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			

Choose:
 Snack or
 Dessert

Cooking

Scout's Name: _____

	Menu	Quantity	Equipment	Utensils
Meal 5 Choose: <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Snack <input type="checkbox"/> Dessert	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			

Shopping Lists:

Meal 1			
Menu Item	Components to purchase	Quantity	Cost
Meal 1 Total Cost			

Meal 2

Menu Item	Components to purchase	Quantity	Cost
Meal 2 Total Cost			

Meal 3

Menu Item	Components to purchase	Quantity	Cost
Meal 3 Total Cost			

Meal 4

Menu Item	Components to purchase	Quantity	Cost
Meal 4 Total Cost			

Meal 5

Menu Item	Components to purchase	Quantity	Cost
Meal 5 Total Cost			