## Two-Week Menu Worksheet

## Meal Category: (circle one) Breakfast / Lunch / Dinner

Meal #	of_	14	
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Amount of <b>Drinking</b>		Amount of <u>Drinking Water</u>
Water Needed for ONE meal		Needed for 3 months (or 6
	X6	meals)
	(x6)	

Main Dish:  Recipe Title:	Amount Needed for ONE meal	Х6	Amount Needed for 3 months (or 6 meals)
Amount of Water Needed:		(x6)	
		(x6)	
Ingredients:		(x6)	
		(x6)	

Side Dish:  Recipe Title:	Amount Needed for ONE meal	X6	Amount Needed for 3 months (or 6 meals)
Amount of Water Needed:		(x6)	
Ingredients:		(x6)	
		(x6)	

Side Dish:  Recipe Title:	Amount Needed for ONE meal	X6	Amount Needed for 3 months (or 6 meals)
Amount of Water Needed:		(x6)	
Ingredients:		(x6)	
		(x6)	

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	Main Dish:	
Recipe Title:		Serves:
Directions:		
	Side Dish:	
Recipe Title:	_	Serves:
Directions:		
	Side Dish:	
Recipe Title:		Serves:
Recipe Title:		Serves:
		Serves:
		Serves: