

## Two-Week Snack Worksheet

Meal Category: SNACK

Snack(s) # \_\_\_\_\_ of 84

*Suggestion: Multiply each snack item by at least 12. To serve a snack twice a week, multiply by 24.*

Snack: #(s) ____ of 84 Recipe Title: _____	Amount Needed for ONE Family-sized Snack	Multiply by the number of times this will be served X(____)	Amount Needed for 3 months (or ____ snacks)
Amount of Water Needed:		(x____)	
Ingredients:		(x____)	
		(x____)	
		(x____)	
		(x____)	
		(x____)	
		(x____)	
		(x____)	
		(x____)	
		(x____)	
		(x____)	
		(x____)	
		(x____)	
		(x____)	

Snack(s): #(s) ____ of 84 Recipe Title: _____	Amount Needed for ONE Family-sized Snack	Multiply by the number of times this will be served X(____)	Amount Needed for 3 months (or ____ snacks)
Amount of Water Needed:		(x____)	
Ingredients:		(x____)	
		(x____)	
		(x____)	
		(x____)	
		(x____)	
		(x____)	

Snack: #(s) ____ of 84 Recipe Title: _____	Amount Needed for ONE Family-Sized Snack	Multiply by the number of times this will be served X(____)	Amount Needed for 3 months (or ____ snacks)
Amount of Water Needed:		(x____)	
Ingredients:		(x____)	
		(x____)	
		(x____)	
		(x____)	
		(x____)	
		(x____)	

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<b>Snack #(s) _____ of 84</b>
<b>Recipe Title:</b> _____ <b>Serves:</b> _____
<b>Directions:</b>

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