

Two-Week Menu Worksheet

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

Meal # _____ **of** 14

Amount of Drinking Water Needed for ONE meal	X6	Amount of Drinking Water Needed for 3 months (or 6 meals)
	(x6)	

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

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

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

