

MENUS USING CONVENIENCE FOODS

NAMES IN GROUP _____ PERIOD _____

Directions: Using the labels you brought from home, make a one-day menu for breakfast, lunch, and dinner. List the foods, including brand, you will eat. Try to reach the recommendations for a 2,000 calorie/day plan from MyPyramid. As you pinpoint problems with your plan, state them in the space provided. Cross out problem foods and list substitutions in space provided.

Breakfast:

Lunch:

Dinner:

Problems:

Substitutions: