

Meal Planning Worksheet

Remember these guidelines for troop meal planning when planning out the menu. If Girl Scouts need extra guidance, consider using the Meal Planning Guide.

1. Dietary Restrictions
2. Something Familiar and Something New
3. Good Nutrition
4. Cooking Methods
5. Prep and Cook Time
6. Clean Up Time

Which meal? _____ How many people? _____

Menu

Main Dish _____

Vegetables/Fruit _____

Side Dishes _____

Dessert (Optional) _____

Beverage _____

Shoppers (troop, individuals, patrol, etc.) _____

Grocery List

Item	Ingredients Needed	Quantity	Equipment

Grocery List Continued

Item	Ingredients Needed	Quantity	Equipment