



Categorized Favourite Foods & Meals

Copy the foods and meals from the previous page into the correct category on this page.

Proteins

Fruits & Vegetables

Carbohydrates

Full Meals

"Junk Food"

Festive Meal Planning: Group Endeavour

Holiday being planned for: _____

Date: _____ Time: _____

Meal Components

<i>Protein</i>	<i>Vegetables</i>	<i>Carbohydrates</i>	<i>Desserts</i>

Guests—Total People to Feed:

(Include any food allergies or sensitivities)

Food Assignments

Festive Meal Planning: Solo Project

Holiday being planned for: _____

Date: _____ Time: _____

Meal Components

<i>Protein</i>	<i>Vegetables</i>	<i>Carbohydrates</i>	<i>Desserts</i>

Guests—Total People to Feed:

(Include any food allergies or sensitivities)

What meal components can be made ahead of time (will taste good if reheated)?

Which days will I have time to make these dishes?



Festive Meal Planning: Grocery List

Holiday being planned for: _____

Date: _____ Time: _____

This chart will help you figure out how much of each ingredient you need in order to make everything for the meal.

<i>Ingredient</i>	<i>Recipe(s)</i>	<i>Amount(s)</i>	<i>Total Amount</i>	<i>Need More?</i>