**Event:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Number of Servings**:\_\_\_\_\_\_\_\_\_

**Planner(s)**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Meal Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Meal** (select one): [ ]  Breakfast **Meal Type**: [ ]  Cold

 [ ]  Lunch (select primary) [ ]  Hot (using camp stove)

 [ ]  Dinner [ ]  Hot (using open fire)

**Menu Planning**

|  |  |  |
| --- | --- | --- |
|  | **Menu Item**(Note: Meal should balance food groups) | **Food Groups**(check which boxes apply) |
| 1 |  | [ ]  Protein [ ]  Fruits/Veg[ ]  Grains [ ]  Dairy |
| 2 |  | [ ]  Protein [ ]  Fruits/Veg[ ]  Grains [ ]  Dairy |
| 3 |  | [ ]  Protein [ ]  Fruits/Veg[ ]  Grains [ ]  Dairy |
| 4 |  | [ ]  Protein [ ]  Fruits/Veg[ ]  Grains [ ]  Dairy |
| 5 |  | [ ]  Protein [ ]  Fruits/Veg[ ]  Grains [ ]  Dairy |

**Ingredient and Equipment Planning &Shopping**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **No.** | **Ingredient or Equipment needed** | **Amt Needed** | **Cost ($)** | **Refrigeration Reg? (Y/N)** | **Departure Day****Packed?** |
| 1 |  |  |  | [ ]  Yes[ ]  No | [ ]  |
| 2 |  |  |  | [ ]  Yes[ ]  No | [ ]  |
| 3 |  |  |  | [ ]  Yes[ ]  No | [ ]  |
| 4 |  |  |  | [ ]  Yes[ ]  No | [ ]  |
| 5 |  |  |  | [ ]  Yes[ ]  No | [ ]  |
| 6 |  |  |  | [ ]  Yes[ ]  No | [ ]  |
| 7 |  |  |  | [ ]  Yes[ ]  No | [ ]  |
| 8 |  |  |  | [ ]  Yes[ ]  No | [ ]  |
| 9 |  |  |  | [ ]  Yes[ ]  No | [ ]  |
| 10 |  |  |  | [ ]  Yes[ ]  No | [ ]  |
| 11 |  |  |  | [ ]  Yes[ ]  No | [ ]  |
| 12 |  |  |  | [ ]  Yes[ ]  No | [ ]  |
| 13 |  |  |  | [ ]  Yes[ ]  No | [ ]  |
|  |  | **Total Cost:** |  |  |  |