Student’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Prepare a personal two week menu plan, including breakfast, lunch and dinner. Be sure to make it a balanced menu that follows the guidelines of the Canada’s Food Guide.

|  |  |  |  |
| --- | --- | --- | --- |
| Day 1:  |  |  |  F/V G D M |
| Breakfast | Lunch | Dinner |  |
|  |  | Daily Totals: |  |
| Day 2:  |  |  |  F/V G D M |
| Breakfast | Lunch | Dinner |   |
|  |  | Daily Totals: |  |
| Day 3:  |  |  |  F/V G D M |
| Breakfast | Lunch | Dinner |  |
|  |  | Daily Totals: |  |
| Day 4:  |  |  |  F/V G D M |
| Breakfast | Lunch | Dinner |  |
|  |  | Daily Totals: |  |
| Day 5:  |  |  |  F/V G D M |
| Breakfast | Lunch | Dinner |  |
|  |  | Daily Totals: |  |
| Day 6:  |  |  |  F/V G D M |
| Breakfast | Lunch | Dinner |   |
|  |  | Daily Totals: |  |
| Day 7:  |  |  |  F/V G D M |
| Breakfast | Lunch | Dinner |   |
|  |  | Daily Totals: |  |
| Day 8:  |  |  |  F/V G D M |
| Breakfast | Lunch | Dinner |   |
|  |  | Daily Totals: |  |
| Day 9:  |  |  |  F/V G D M |
| Breakfast | Lunch | Dinner |   |
|  |  | Daily Totals: |  |
| Day 10:  |  |  | F/V G D M |
| Breakfast | Lunch | Dinner |   |
|  |  | Daily Totals: |  |
| Day 11:  |  |  |  F/V G D M |
| Breakfast | Lunch | Dinner |   |
|  |  | Daily Totals: |  |
| Day 12:  |  |  |  F/V G D M |
| Breakfast | Lunch | Dinner |   |
|  |  | Daily Totals: |  |
| Day 13:  |  |  |  F/V G D M |
| Breakfast | Lunch | Dinner |   |
|  |  | Daily Totals: |  |
| Day 14:  |  |  |  F/V G D M |
| Breakfast | Lunch | Dinner |   |
|  |  | Daily Totals: |  |

Target goals for each food group

 Fruits/Veg \_\_\_\_\_\_\_\_ Grains \_\_\_\_\_\_\_\_ Dairy \_\_\_\_\_\_\_\_ Meats \_\_\_\_\_\_\_

Total food intake for the period

 Fruits/Veg \_\_\_\_\_\_\_\_ Grains \_\_\_\_\_\_\_\_ Dairy \_\_\_\_\_\_\_\_ Meats \_\_\_\_\_\_\_

Average food intake per day

 Fruits/Veg \_\_\_\_\_\_\_\_ Grains \_\_\_\_\_\_\_\_ Dairy \_\_\_\_\_\_\_\_ Meats \_\_\_\_\_\_\_

Notes:

* Be careful to include details of specific foods that you each with each meal. (‘cooked dinner’ is not sufficient to describe a meal)
* Don’t forget to include side dishes and drinks in your meal plan. This is where a lot of your vegetables and dairy may show up.
* Use a tally to keep track of the servings for each food group as you record them for the day. You can then total them in the row at the bottom of each day
* Your totals for each food group do not have to be perfect for each day, but the average intake should be within the range recommended by the Canada’s Food Guide.

As you work through the planning process, answer the following questions. These should be submitted along with your meal plan with cover page attached.

1. Describe the client for this meal plan (name, age, sex, etc.)
2. Do a complete analysis of the client for this meal plan. Do they have any special medical requirements, preferences, lifestyle choices (vegan, etc), dietary restrictions (religious rules, etc.), activity levels, etc. that would affect their menu options or food intake levels?
3. What patterns did you notice from your first draft of the meal plan? Where there any food groups that were consistently over or under represented in the client’s diet?
4. How hard was it to adjust the client’s diet to make it meet the Food Guide recommendations? Would the client need to make significant changes in order to eat healthier?
5. In your opinion, does following the Canada’s Food Guide automatically mean you are eating healthy? Give reasons and examples to support you opinion.