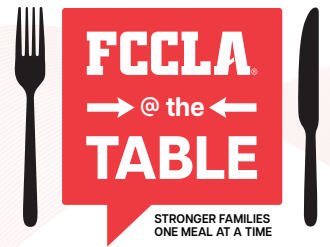


# FCCLA@theTable Advanced Meal Planning Template



Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

## Meal Planning Overview

- Meal Name: \_\_\_\_\_
- Type of Meal (circle one): Breakfast / Lunch / Dinner / Snack / Dessert
- Number of People Served: \_\_\_\_\_

## Step 1: Dietary Preferences and Restrictions

- 1. List the dietary needs/preferences of the people sharing the meal:
  - » Example: Vegetarian, gluten-free, low-sodium, nut-free, etc.

\_\_\_\_\_

## Step 2: Nutritional Balance

- Protein Source: \_\_\_\_\_
- Vegetables / Side Dishes: \_\_\_\_\_
- Whole Grains / Carbohydrates: \_\_\_\_\_
- Fats (if applicable): \_\_\_\_\_
- Dessert/Optional Items: \_\_\_\_\_

## Step 3: Cultural or Seasonal Influence

- Cultural Influence: Which cultural tradition or family recipe does this meal reflect?

\_\_\_\_\_

- Seasonal Ingredients: Highlight any ingredients that are in season or locally sourced.

\_\_\_\_\_

## Step 4: Budget Planning

- Protein Source: \$ \_\_\_\_\_
- Vegetables / Side Dishes: \$ \_\_\_\_\_
- Whole Grains / Carbohydrates: \$ \_\_\_\_\_
- Fats (if applicable): \$ \_\_\_\_\_
- Dessert/Optional Items: \$ \_\_\_\_\_

## Step 5: Cooking Timeline

- Preparation Time: \_\_\_\_\_ minutes
- Cooking Time: \_\_\_\_\_ minutes

## Step 6: Presentation Plan

- How will you present the meal? (e.g., plating style, table setting, etc.)

\_\_\_\_\_

\_\_\_\_\_