

Grubmaster Worksheet

Number
of
Servings

Each meal should include: Meat/Protein, Starch, Vegetable, Fruit, Dairy.

Friday Dinner

Ingredients

Amount

Cost

- Entree: ● ● ●
- Side dish: ● ● ●
- Side dish: ● ● ●
- Beverage: ● ● ●
- Desert / Snack: ● ● ●

Saturday Breakfast

- Entree: ● ● ●
- Side dish: ● ● ●
- Side dish: ● ● ●
- Beverage: ● ● ●
- Desert / Snack ● ● ●

Saturday Lunch

- Entree: ● ● ●
- Side dish: ● ● ●
- Side dish: ● ● ●
- Beverage: ● ● ●
- Desert / Snack: ● ● ●

Saturday Dinner

- Entree: ● ● ●
- Side dish: ● ● ●
- Side dish: ● ● ●
- Beverage: ● ● ●
- Desert / Snack: ● ● ●

Sunday Breakfast

- Entree: ● ● ●
- Side dish: ● ● ●
- Side dish: ● ● ●
- Beverage: ● ● ●
- Desert / Snack: ● ● ●

Sunday Lunch

- Entree: ● ● ●
- Side dish: ● ● ●
- Side dish: ● ● ●
- Beverage: ● ● ●
- Desert / Snack: ● ● ●

Total