

**GROUP MEMBERS:**

**Points: /40**

**Directions:** You will be designing a menu for a week for one person. You must do this as economically as possible. Use the internet and sites such as Netgrocer.com to establish a rough estimate of each meal's cost, then compile a weekly total. We will be using these figures later. We will also be doing a lab from the menus you create. Attach a copy of your daily menus to this sheet and fill in your figures.

**Day 1:** Breakfast: \$ \_\_\_\_\_  
 Lunch: \$ \_\_\_\_\_  
 Supper: \$ \_\_\_\_\_  
 Snacks: \$ \_\_\_\_\_  
**Daily Total:** \$ \_\_\_\_\_

**Day 5:** Breakfast: \$ \_\_\_\_\_  
 Lunch: \$ \_\_\_\_\_  
 Supper: \$ \_\_\_\_\_  
 Snacks: \$ \_\_\_\_\_  
**Daily Total:** \$ \_\_\_\_\_

**Day 2:** Breakfast: \$ \_\_\_\_\_  
 Lunch: \$ \_\_\_\_\_  
 Supper: \$ \_\_\_\_\_  
 Snacks: \$ \_\_\_\_\_  
**Daily Total:** \$ \_\_\_\_\_

**Day 6:** Breakfast: \$ \_\_\_\_\_  
 Lunch: \$ \_\_\_\_\_  
 Supper: \$ \_\_\_\_\_  
 Snacks: \$ \_\_\_\_\_  
**Daily Total:** \$ \_\_\_\_\_

**Day 3:** Breakfast: \$ \_\_\_\_\_  
 Lunch: \$ \_\_\_\_\_  
 Supper: \$ \_\_\_\_\_  
 Snacks: \$ \_\_\_\_\_  
**Daily Total:** \$ \_\_\_\_\_

**Day 7:** Breakfast: \$ \_\_\_\_\_  
 Lunch: \$ \_\_\_\_\_  
 Supper: \$ \_\_\_\_\_  
 Snacks: \$ \_\_\_\_\_  
**Daily Total:** \$ \_\_\_\_\_

**Day 4:** Breakfast: \$ \_\_\_\_\_  
 Lunch: \$ \_\_\_\_\_  
 Supper: \$ \_\_\_\_\_  
 Snacks: \$ \_\_\_\_\_  
**Daily Total:** \$ \_\_\_\_\_

**WEEKLY TOTAL:** \$ \_\_\_\_\_