



EXPEDITION SKILLS

MENU PLANNER

WEEK 10

****Fitbit.com is a great site for finding out calories in specific foods, they even show you specific brands of foods as well.****

Remember you are aiming for: 3500 calories per day

My Menu Planner

	Breakfast	Lunch	Dinner
Day 1			
Day 2			
Day 3			<i>Gold only</i>
Day 4	<i>Gold only</i>	<i>Gold only</i>	

Well Done!! Once you've filled in your Menu Planner, please send a copy to your assessor or admin@pkdofe.com

This needs to be completed to get credit before you will be able to go on Expedition!! You can send me a picture over email if that is easier