COOKING MB WORKSHEET

Scout Name: _____ Meal planning page (circle one) #1 #2 #3

Cooking Merit Badge requirement #4, cooking at home, requires 3 breakfasts, 3 lunches, 3 dinners and 1 dessert planned, but you only have to cook one of each meal using 5 methods of cooking from Req. #3. Read merit badge requirements for types of meals, cooking styles and MyPlate food guide lines.
https://www.scoutbook.com/mobile/references/boy-scouting/merit-badges/cooking-merit-badge-requirements.asp
These meals can NOT be used towards both Cooking MB and Rank Advancement

DAY	MENU	GROCERY LIST	COOKING SUPPLIES
BREAKFAST Date Cooked: _____	**Entree** _____ **Sides** _____ **Adult Verification:** _____ **Evaluation:** _____		
LUNCH Date Cooked: _____	**Entree** _____ **Sides** _____ **Adult Verification:** _____ **Evaluation:** _____		
DINNER Date Cooked: _____	**Entree** _____ **Sides** _____ **Dessert (X1)** _____ **Adult Verification:** _____ **Evaluation:** _____		