



Plan a Whaler's Menu

Name: _____

Date: _____

Pretend you are the chef a whaling ship. Using the "menu options and calories" sheet, create a menu for one whaler for breakfast lunch and dinner that adds up to a minimum of 3000 calories.

1. What will you serve for breakfast?

Total Breakfast calories:

2. What will you serve for lunch?

Total Lunch Calories:

3. What will you serve for dinner?

Total Dinner Calories:

4. TOTAL DAILY CALORIES: