

Challenge: Plan a Meal!

Instructions: Use this sheet to plan a meal (breakfast, lunch or dinner) that you could cook on your own or with some help. You can use a computer to research recipes, and then write the ingredients and steps. When you write your shopping list, think about whether you usually have any of the ingredients at home already, or if this is a brand new idea.

Step 1: Decide What to Make

Dish Name					
Meal		How many people does it serve?		Cooking Time	

Step 2: Look up a Recipe

Ingredients	
Recipe Steps	

Step 3: Make a Shopping List

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TEAMS

TEENS
ENGAGED
as MENTORS

AN INITIATIVE OF THE AUTISM PROGRAM AT BOSTON MEDICAL CENTER