First Name:_____     Last Name:_____

## H.S.S1020 – L10 – Assignment – Nutrition Plan                                    /5 marks

Students will:

- Go to https://www.eatthismuch.com
- Use the Nutritional Calculator to customize their caloric intake.
- Print off **2 different meal plans**.
- Print off **3 different recipes** from the meal plans.
- Staple them all together and place them in your duotang.