Planning a Healthy Life Project

Name   Block

Using this page as a guide, create an amazing healthy Menu using an Excel spreadsheet or a Table in word for ONE of the following cases listed below. Pretend that you are trying to sell them on your menus, so make it as appealing as possible.

Identify the person that you are making the menu for:

Male- 80 Diabetic	Male 10 Can't have milk products	Female 18 Pregnant with first child	Female 2 Just starting to eat foods but hates vegetables
Male 15 On the football team	Female 16 15 pounds overweight	Female 50 30 pounds overweight	Male 35 Heart attack last year
Female 20 Vegetarian	Male 16 Hates vegetables	Female 16 Hates milk and milk products	Female 22 Diabetic

1. After choosing your person (one from above); type up what their daily needs are going to be each day. You may use an Excel spreadsheet or a Table in word, as long as you organize your information and make it easy to read for your patient.

2. How many calories should that person have each day to either maintain or lose weight (depending on the person.)

3. Then list 2 days worth of meals for that person. Divide it into each day and each meal. You MUST have breakfast, lunch and dinner. You may add snacks each day.