



Recipe Revamp Assignment

Think of your favorite recipe:

What is the recipe: _____

Is the recipe/meal balanced? Yes/no

If no, why not? _____

Using the knowledge you have gained so far, what could you do to modify the recipe?

Fat Swap _____

Sugar Swap _____

Grain Swap _____

Protein Swap _____

Dairy Swap _____

Vegetable/Fruit _____

Salt Sub _____

