

Two Week Food Inventory Planner

CALORIE CALCULATOR			
Family Member	Calories per Day	Days	Calories Needed
Adult/Child 11+, Moderate activity	2,100	14	29,400
Child 2-5 years	1,400	14	19,600
Child 6-8 years	1,600	14	22,400
Child 9-10 years	1,800	14	25,200
Active adult	3,000	14	42,000
Active teen boy	3,200	14	44,800
Total Family Calorie Needs:			

BREAKFAST

[illegible]

SNACKS			
Food	Amount	Calories	Expiry Date

LUNCH

[illegible]

DINNER			
Food	Amount	Calories	Expiry Date