

# Voyaging Meal Plan

Day	Meal	Location <i>(coordinates or distance and direction from last location)</i>	Meal Overview <i>Include image(s)</i>	Ingredients List <i>Include image(s)</i>	Preparation Instructions	Parameters <i>3-5, with relevant data</i>	Planner Name
1	B						
	L						
	D						
2	B						
	L						
	D						
3	B						
	L						
	D						
4	B						
	L						
	D						
5	B						
	L						
	D						
6	B						
	L						
	D						

7	B						
	L						
	D						
8	B						
	L						
	D						
9	B						
	L						
	D						
10	B						
	L						
	D						
11	B						
	L						
	D						
12	B						
	L						
	D						
13	B						
	L						
	D						

14	B						
	L						
	D						
15	B						
	L						
	D						
16	B						
	L						
	D						
<b>Approval Signatures</b>		<i>Captain's Signature approving the whole Meal Plan meets the Crew's Sustainable Food Choices goals</i>		<i>Quartermaster's Signature approving all meals meet weight, volume, and storage parameters</i>		<i>Cook's Signature approving all meals meet crew health, morale, and cooking parameters</i>	