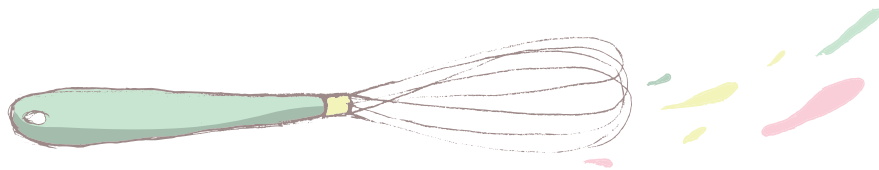


RECIPE AND MEAL PLANNING



weekly meal planner

for the WEEK of

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

grocery list

MONDAY

PRODUCE

FROZEN

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

DAIRY

CLEANING

HOUSEHOLD ITEMS

MEAT

CANNED GOODS

shopping list

STORE 1

STORE 2

STORE 3

[illegible]

favorite recipes

recipe cards

RECIPE

PREP TIME MAKES SERVINGS

INGREDIENTS

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INSTRUCTIONS

RECIPE

PREP TIME MAKES SERVINGS

INGREDIENTS

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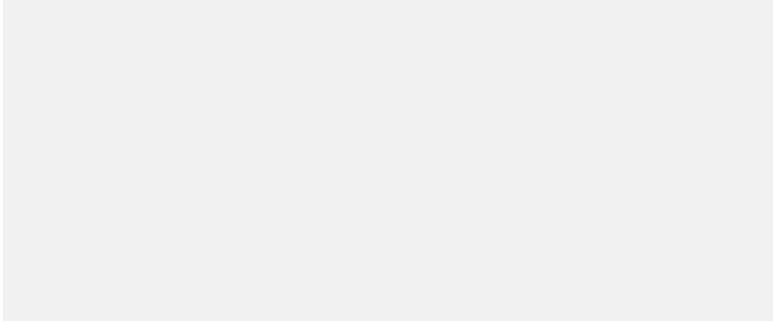
INSTRUCTIONS

recipes to try

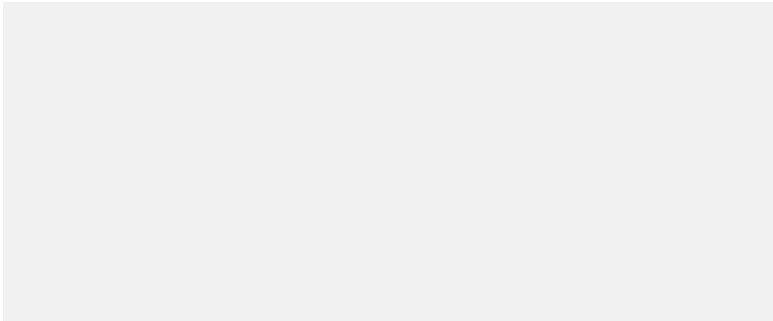
recipes to try

holiday meal planner

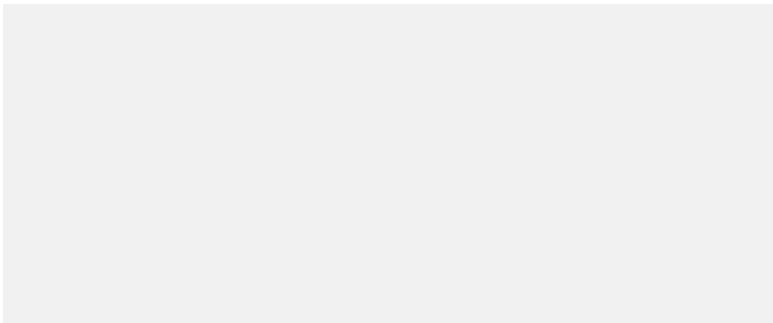
MAIN COURSE

A large, empty light gray rectangular box for planning the main course.

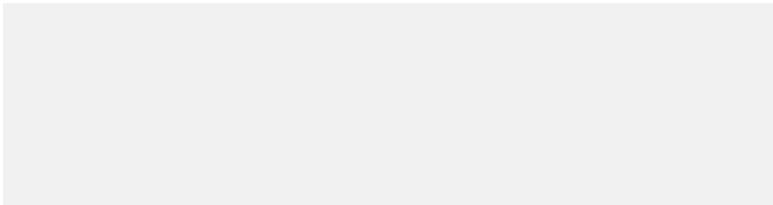
APPETIZERS & SIDES

A large, empty light gray rectangular box for planning appetizers and sides.

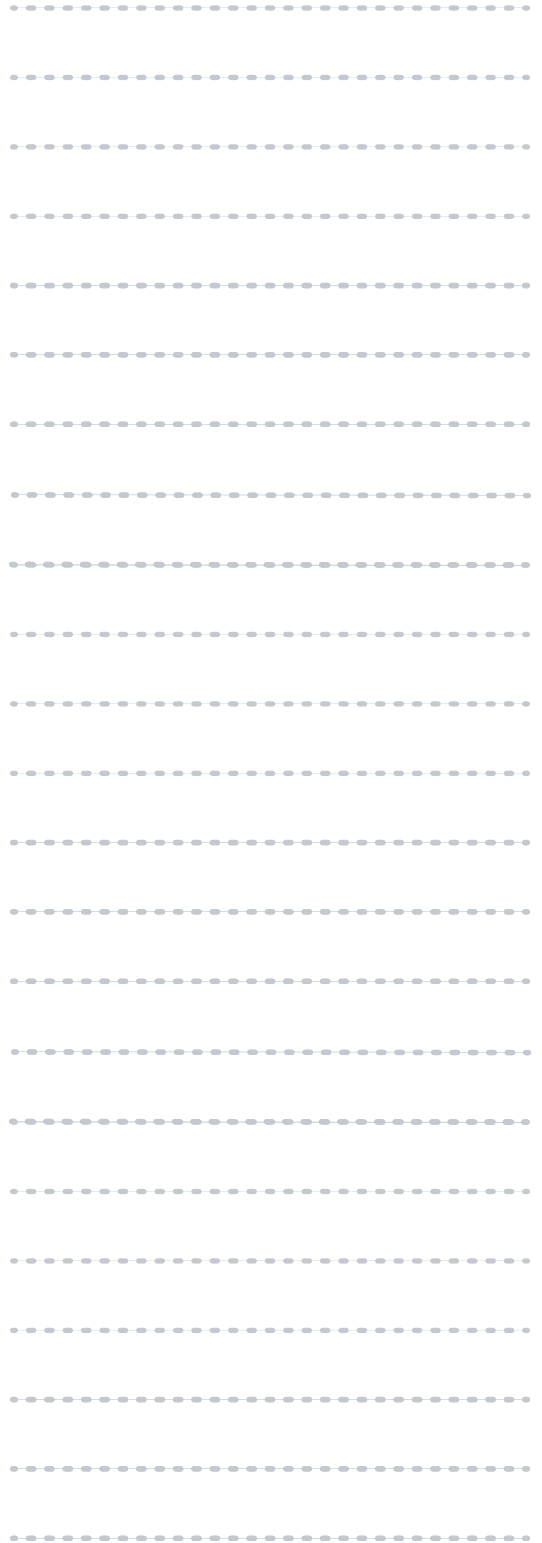
DESSERTS

A large, empty light gray rectangular box for planning desserts.

DRINKS

A large, empty light gray rectangular box for planning drinks.

SHOPPING LIST

A series of horizontal dotted lines for writing the shopping list.

fridge inventory

EGGS & DAIRY

ITEM	QTY	DATE	NEED?
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MEAT & SEAFOOD

ITEM	QTY	DATE	NEED?
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OTHERS

ITEM	QTY	DATE	NEED?
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FRUITS & VEGGIES

ITEM	QTY	DATE	NEED?
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fridge inventory

ITEM

QTY

DATE

NEED?

ITEM

QTY

DATE

NEED?

ITEM

QTY

DATE

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ITEM

QTY

DATE

NEED?

freezer inventory

PREPARED MEALS

ITEM	QTY	DATE	NEED?
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MEAT & SEAFOOD

ITEM	QTY	DATE	NEED?
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OTHERS

ITEM	QTY	DATE	NEED?
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FRUITS & VEGGIES

ITEM	QTY	DATE	NEED?
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freezer inventory

ITEM	QTY	DATE	NEED?
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ITEM	QTY	DATE	NEED?
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ITEM	QTY	DATE	NEED?
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pantry inventory

RICE, POTATO & PASTA

ITEM	QTY	DATE	NEED?
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VEGGIES & LEGUMES

ITEM	QTY	DATE	NEED?
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MEAT & TUNA

ITEM	QTY	DATE	NEED?
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FRUIT & OTHERS

ITEM	QTY	DATE	NEED?
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pantry inventory

ITEM QTY DATE NEED?

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ITEM QTY DATE NEED?

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ITEM QTY DATE NEED?

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baking conversion chart

OVEN TEMPERTURES

°F	°C	GAS MARK
275	140	1
300	150	2
325	170	3
350	180	4
375	190	5
400	200	6
425	220	7
450	230	8
475	240	9

CUPS TO GRAMS

INGREDIENTS	GRAMS
1 cup butter	225 g
1 stick butter	113 g
1 cup flour	125 g
1 cup white sugar	225 g
1 cup brown sugar	200 g
1 cup confectioners' sugar	125 g
1 cup rolled oats	85 g
1 large egg	50 g
1 cup plain Greek yogurt	230 g

SPOONS, CUPS & LIQUID

SPOONS & CUPS	ml
1/4 tsp	1.25ml
1/2 tsp	2.5ml
1 tsp	5ml
1 tbsp	15ml
1/4 cup	60ml
1/3 cup	80ml
1/2 cup	125 ml
1 cup	250ml

HOW TO CUT A RECIPE IN HALF

ORIGINAL	HALF
3/4 cup	6 tbsp
2/3 cup	1/3 cup
1/2 cup	2 tsp 2 tbsp
1/3 cup	1/4cup
1/4 cup	2 tbsp
1tblsp	1.5 tsp
1tsp	1/2 tsp
1/2 tsp	1/4 tsp

notes

RECIPE BINDER

APPETIZERS

BREAD

SALAD

SIDE DISHES

SMOOTHIES

BREAKFAST

DESSERTS

CASSEROLES

FISH

GRILLING

MEAT

PASTA

SLOW COOKER

VEGETARIAN