



my

RECIPE BOOK

& meal planner





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my

RECIPE BOOK

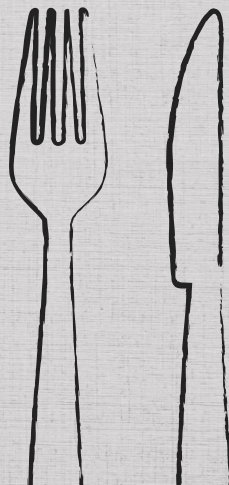
& meal planner





my
RECIPE BOOK

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INDEX

GLOSSARY

CONVERTER

RECIPES

Breakfast

Lunch

Dinner

Snack

Soup

Sauce

Sides

Starter

Dessert

Bakery

Beverage

INVENTORY

Pantry

Fridge

Freezer

Seasonings

Baking items

NOTES

Recipe contd.

Lined

Blank

Grid

Dotted

Cornell

CUSTOM

1.

2.

3.

4.



MEAL PLANNER



1

2

3

4

BREAKFAST LUNCH DINNER SNACK SOUP SAUCE SIDES STARTER DESSERT BAKERY BEVERAGE MEAL PLAN INVENTORY

BREAKFAST

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SNACK
SOUP
SAUCE
SIDES
STARTER
DESSERT
BAKERY
BEVERAGE
MEAL PLAN
INVENTORY

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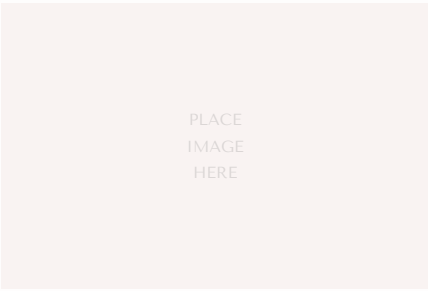
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INVENTORY



PANTRY

FRIDGE

FREEZER

SEASONINGS

BAKING ITEMS



NOTES

RECIPE contd.

LINED

BLANK

GRID

DOTTED

CORNELL



BREAKFAST

LUNCH

DINNER

SNACK

SOUP

SAUCE

SIDES

STARTER

DESSERT

BAKERY

BEVERAGE

MEAL PLAN

INVENTORY

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MY NOTES



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BREAKFAST

LUNCH

DINNER

SNACK

SOUP

SAUCE

SIDES

STARTER

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BAKERY

BEVERAGE

MEAL PLAN

INVENTORY



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3

4



MY NOTES



2.



MY NOTES



3.



MY NOTES



4.

GLOSSARY

Sauté: To cook food quickly in a small amount of hot oil or fat over high heat, while stirring or tossing the food.

Boil: To heat a liquid until it reaches the point where it bubbles vigorously and evaporates quickly.

Simmer: To cook food in a liquid that is just below the boiling point, usually at a temperature between 185-205°F (85-96°C).

Roast: To cook food, especially meat, in an oven using dry heat, often on a roasting pan or rack.

Broil: To cook food under direct heat, usually in an oven or on a grill, to give it a crisp or browned exterior.

Bake: To cook food in an oven, usually uncovered, using dry heat.

Fry: To cook food in hot oil or fat, often in a pan or a deep fryer.

Grill: To cook food over an open flame, usually on a grill or barbecue.

Poach: To cook food, especially eggs or fish, by simmering it gently in a liquid, usually water or broth.

Steam: To cook food using steam, often in a steamer basket or pot with a lid.

Reduce: To simmer a liquid until some of the water evaporates, which thickens and intensifies the flavor of the liquid.

Braise: To cook food, especially meat, slowly in a covered pot with a small amount of liquid, often in the oven or on the stove.

Marinate: To soak food, usually meat, in a flavorful liquid or mixture, often in the refrigerator for several hours or overnight.

Season: To add salt, pepper, herbs, spices, or other ingredients to a dish to enhance its flavor.

Dice: To cut food into small, uniform cubes.

Chop: To cut food into small, irregular pieces.

Mince: To cut food into very small pieces, often using a knife or food processor.

Grate: To shred food into small pieces using a grater.

Whisk: To mix ingredients together quickly using a wire whisk or fork.

Stir: To mix ingredients together using a spoon or spatula, often in a circular or figure-eight motion.

Fold: To gently mix ingredients together by repeatedly lifting and turning them over, usually using a spatula or whisk.

Knead: To work dough or other ingredients with the hands in a pressing and folding motion to develop gluten and create a smooth texture.

Proof: To allow dough to rise or ferment, usually in a warm place, before baking.

Garnish: To add decorative elements to a dish, often using fresh herbs, chopped nuts, or sliced fruit.



UNIT CONVERTER

Unit type	From	To	Conversion factor
Volume	cups	ml	240
Volume	ml	cups	0.0042
Volume	cups	fl oz	8
Volume	fl oz	cups	0.125
Volume	ml	fl oz	0.034
Volume	fl oz	ml	29.5735
Weight	grams	oz	0.0353
Weight	oz	grams	28.35
Weight	grams	lb	0.0022
Weight	lb	grams	453.59
Weight	oz	lb	0.0625
Weight	lb	oz	16
Temperature	Celsius	Fahrenheit	$(\text{Celsius} * 1.8) + 32$
Temperature	Fahrenheit	Celsius	$(\text{Fahrenheit} - 32) / 1.8$
Length	mm	in	0.0394
Length	in	mm	25.4
Length	cm	in	0.3937
Length	in	cm	2.54

