

## RECIPE PLANNING WORKSHEET

Use this guide to plan for the week. Decide which recipes to make, then organize shopping and prep.

Phase: \_\_\_\_\_ Recipe: \_\_\_\_\_ Servings (in recipe): \_\_\_\_\_

Servings needed for main meal: \_\_\_\_\_ Servings needed for leftovers: \_\_\_\_\_

Additional recipes to complete the meal: \_\_\_\_\_ Parts to make ahead: \_\_\_\_\_

\_\_\_\_\_

Substitutions: \_\_\_\_\_

Ingredients to add to shopping list: \_\_\_\_\_

\_\_\_\_\_

Phase: \_\_\_\_\_ Recipe: \_\_\_\_\_ Servings (in recipe): \_\_\_\_\_

Servings needed for main meal: \_\_\_\_\_ Servings needed for leftovers: \_\_\_\_\_

Additional recipes to complete the meal: \_\_\_\_\_ Parts to make ahead: \_\_\_\_\_

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Substitutions: \_\_\_\_\_

Ingredients to add to shopping list: \_\_\_\_\_

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Phase: \_\_\_\_\_ Recipe: \_\_\_\_\_ Servings (in recipe): \_\_\_\_\_

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Additional recipes to complete the meal: \_\_\_\_\_ Parts to make ahead: \_\_\_\_\_

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Substitutions: \_\_\_\_\_

Ingredients to add to shopping list: \_\_\_\_\_

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