Worksheet A - Tally Sheet

	Ingredients	Purchase Measurement	Recipes												Total Needed	(-) On Hand	(=) To Buy
	Meals for Cook #1																
	Meals for Cook #2																
Beef	Ground Beef, Fresh																
	Cooked Ground Beef																
Chicken	Boneless Chicken Breast																
	Cooked, Diced Chicken																
Turkey	Ground Turkey																
	Turkey Breast																
Pork	Ground Pork																
	Ham																
	Sausage																
	Bacon																
Fish	Frozen Fillets																
	Fresh Fillets																
Frozen	Frozen Broccoli																
	Frozen Corn																
	Frozen Peas																
Dairy	Eggs																
	Margarine/Butter																
	Sour Cream																

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Worksheet A - Tally Sheet

	Ingredients	Purchase Measurement	Recipes												Total Needed	(-) On Hand	(=) To Buy
	Meals for Cook #1																
	Meals for Cook #2																
Canned Goods	Canned, Diced Tomatoes																
	Spaghetti Sauce																
Grains, Pasta, Beans, Bread	Pasta																
Fresh Produce	Onions																
	Green Peppers																
Staples - Spices	Flour																
	Oil																
	Ketchup																

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Planning Worksheets

WORKSHEET B
Recipe Worksheet

CATEGORY: _____

RECIPE: _____

Recipes:	1	2	3	4	5	6
Servings/Makes						
Ingredients:						

Assembly Directions:
Freezing Directions:
Serving Directions:
Notes:

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Planning Worksheets

WORKSHEET C – SHOPPING LIST

BEEF	CANNED GOODS	FROZEN FOODS	OILS
CHICKEN			**MIXES**
TURKEY		**FRESH PRODUCE**	**STAPLES**
PORK	**GRAINS**		
FISH	**PASTA**		
DAIRY	**BREADS**	**SPICES**	**MISCELLANEOUS**

Planning Worksheets

What To Do Before Assembly Day	
Cook #1	**Cook #2**

What To Bring On Assembly Day	
Cook # 1	**Cook #2**

Planning Worksheets

Recipe Inventory Checklist

Date_____

# Of Recipes Stored						Recipe	Needed On-Hand For Serving

Be sure to place a slash in a box as a recipe goes into the freezer, then cross one off as it comes out to be served. You can use this list for foods other than your **30 Day Gourmet** recipes to help you keep track of what might be lurking in the back corner!

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Planning Worksheets

MONTHLY MENU PLANNER – WORKSHEET F **MONTH**

Saturday						
Friday						
Thursday						
Wednesday						
Tuesday						
Monday						
Sunday						

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