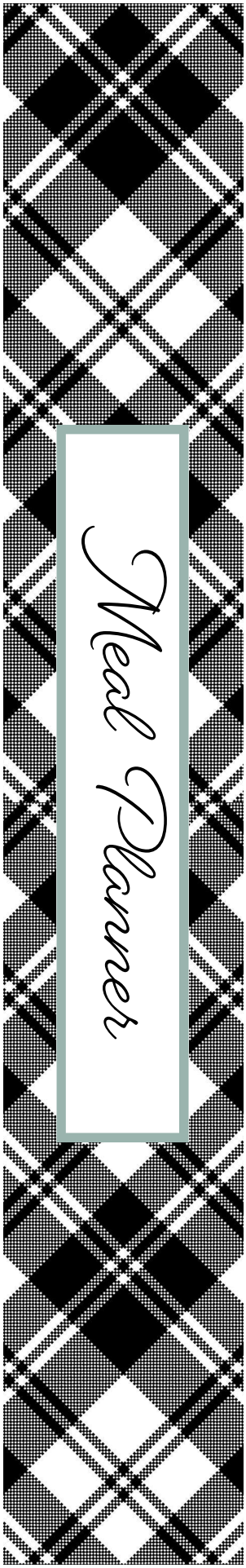
Meal Planner



How to Use Your Printable Meal Planner

Your Printable Meal Planner comes with the following:
>>> Rainbow cover with matching binder strip (on this page)
>>> Monthy calendar pages
>>> Weekly planning page (pre-labeled Sunday-Saturday)
>>> Weekly planning page (unlabeled)
>>> Weekly planning page (with room for breakfast, lunch and dinner)
>>> Gatherings page (to plan large gatherings or holidays)
>>> Spice inventory page
>>> Freezer inventory page
>>> Pantry inventory page
>>> Favorite websites page
>>> Notes page

Here are the materials I used to create the binder:
>>> 1" 3-ring binder
>>> 65# cardstock for the cover, binder strip and recipe cards
>>> 24# copy paper for the inside pages

Have questions? Email us at service@carrieelle.com

Month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Notes

Weekly Menu

WEEK OF:

Grocery List

Weekly Menu

WEEK OF:

Something I am grateful for:

Grocery List

Weekly Menu

WEEK OF:

Grocery List

Weekly Menu

WEEK OF:

breakfast	lunch	dinner

breakfast	lunch	dinner

breakfast	lunch	dinner

breakfast	lunch	dinner

breakfast	lunch	dinner

breakfast	lunch	dinner

breakfast	lunch	dinner

Grocery List

Weekly Menu

WEEK OF:

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Grocery List

Gatherings

EVENT:
EVENT DATE:

Appetizers	Side Dishes

Main Course

Appetizers	Side Dishes

Kids

Supplies

Grocery List

Halloween

OCTOBER 31

Appetizers

Side Dishes

Main Course

Appetizers

Side Dishes

Kids

Supplies

Grocery List

Thanksgiving Dinner

DATE:

Something I am grateful for:

Appetizers	Side Dishes

Main Course

Appetizers	Side Dishes

Kids

Supplies

Grocery List

Baking Conversions

Eggs (per egg): Choose based on the flavors you are trying to create

1/4 C Silken Tofu
1T Ground Flaxseed + 3T Water
1/4 C Unsweetened Applesauce
3 1/2 T Gelatin Mix (1 C Boiling Water & 2 t Gelatin)
1/2 C Mashed Banana

Milk:

Almond Milk
Coconut Milk
Soy Milk
Oat Milk
Rice Milk

Buttermilk (per cup):

1 cup Sour Cream
1 cup Plain Yogurt + 1 Teaspoon Baking Soda + 3 Tablespoons Butter
1 cup Milk + 1 Tablespoon Lemon Juice + 3 Tablespoons Butter

Sour Cream (per cup):

1 cup Plain Yogurt + 1 Tablespoon Lemon Juice
1 cup Silken Yogurt + 1 Tablespoon Lemon Juice Blended

Yeast:

Double Acting Baking Powder
Equal Parts Baking Soda + Lemon Juice, Vinegar or Buttermilk

Baking Conversions

White Flour (per cup): 140 Grams of any mixture below will equal 1 Cup of Flour.

Coconut Flour
Almond Flour
Cornmeal
Rice Flour
Oat Flour
Rolled Oats
Soy Flour

Butter:

Vegetable Shortening
Earth Balance Spread
Coconut Oil
Avocado

White Sugar (per cup):

2/3 Cup Agave Nectar*
3/4 Cup Honey*
1 Cup Chopped Dates (puree with 1 Cup of liquid after soaking for 1 hour)
1 Cup Mashed Ripe Banana
1 Teaspoon Stevia
*You will need to reduce the liquid in the overall recipe for both of these substitutions.

Salt (per teaspoon):

1/2 Teaspoon Lemon Juice
Dulse Seaweed Flakes (to taste)
Dried Celery Flakes or Powder

Cocoa Powder:

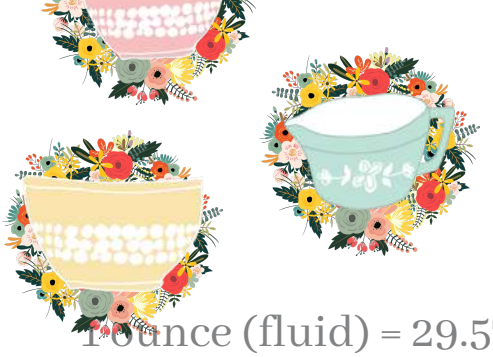
Carob Powder

Baking Conversions

Oil (per cup): What you use will depend on if your dish is sweet or savory
Fruit Puree
Sour Cream
Yogurt
Banana
Melted Butter
Coconut Oil

As baking can sometimes be a very finicky operation, not all recipes will come out the exact same texture when you make certain substitutions. You may need to practice and perfect your favorite recipes with these.

Also consider moving towards weighing ingredients over using measuring cups. Think in terms of flavors, texture, and how each ingredient affects it when you make substitutions.



Measurement Conversions

1 ounce (fluid) = 29.574 milliliter
1 cup = 236.58 milliliters, or .236 liters, 140 grams (dry)
1 pint = .47 liters
1 quart = .946 liters
1 gallon = 3.785 liters

Temperature
32 degrees Fahrenheit = 0 degrees Celsius

Fahrenheit:
Freezing point of water: 32 degrees Fahrenheit
Boiling point of water: 212 degrees Fahrenheit

Celsius:
Freezing point of water: 0 degrees Celsius
Boiling point of water: 100 degrees Celsius

1 Cup is equal to:
1/2 pint
8 ounces
16 Tablespoons
48 Teaspoons
237 milliliters

1 Tablespoon is equal to:
1/16 cup
1/2 ounce
3 Teaspoons
15 milliliters

1 pint is equal to 2 cups, or .47 liters
1 quart is equal to 4 cups, or .946 liters
1 gallon is equal to 4 quarts, or 16 cups, or 3.79 liters

Freezer Inventory

Item	Expiration Date

Spice Inventory

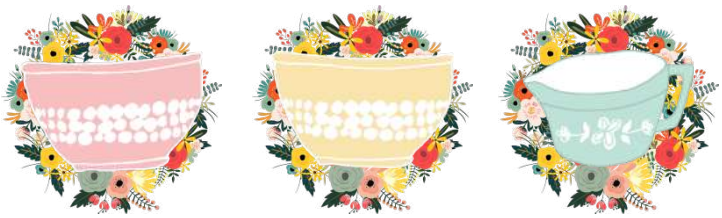
Item	Expiration Date

Pantry Inventory

Item	Expiration Date

Favorite Websites

Favorite Food Blogs & Recipe Sites



Favorite Recipes

Use this space to keep track of your favorites!

RECIPE:

ingredients:

directions:

COOK TIME:

RECIPE:

ingredients:

directions:

COOK TIME: