

Free Meal Planner

HOMEISHANDMADE.COM

Monthly Menu Plan

MONTH:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Weekly Menu Plan

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Daily Meal Plan

DATE:

BREAKFAST

LUNCH

SNACKS

DINNER

NOTES

Favorite Meals

BREAKFAST	LUNCH
SNACKS	DINNER

Recipe:

SOURCE

INGREDIENTS

SERVES:

PREP TIME:

TOTAL TIME:

OVEN TEMP:

DIRECTIONS

Recipe Cards

RECIPE

DISH: _____

SERVES: _____ PREP. TIME: _____ TOTAL TIME: _____

INGREDIENTS

PROCEDURE

HOMEISHANDMADE.COM

RECIPE

DISH: _____

SERVES: _____ PREP. TIME: _____ TOTAL TIME: _____

INGREDIENTS

PROCEDURE

Daily Food Journal

DATE:

BREAKFAST	CALORIES	FAT	CARBS	PROTEIN

LUNCH	CALORIES	FAT	CARBS	PROTEIN

DINNER	CALORIES	FAT	CARBS	PROTEIN

SNACKS	CALORIES	FAT	CARBS	PROTEIN

TOTAL:				
--------	--	--	--	--

HOW I FELT TODAY

Grocery List

PRODUCE

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

CANNED GOODS

- _____
- _____
- _____
- _____
- _____
- _____
- _____

CONDIMENTS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

OTHERS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
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- _____
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- _____
- _____

FROZEN FOODS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PANTRY

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAIRY

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Kitchen Conversion Chart

LIQUID MEASURES



CUPS

QUARTS

PINTS

GALLONS

FLUID OZ

1 cup

1/4 qt

1/2 pt

1/16 gal

8 fl oz

2 cups

1/2 qt

1 pt

1/8 gal

16 fl oz

4 cups

1 qt

2 pt

1/4 gal

32 fl oz

8 cups

2 qt

4 pt

1/2 gal

64 fl oz

16 cups

4 qt

8 pt

1 gal

128 fl oz

DRY MEASURES



CUPS

OUNCES

TABLESPOONS

TEASPOONS

GRAMS

1/16 cup

0.5 oz

1 tbsp

3 tsp

14 g

1/8 cup

1 oz

2 tbsp

6 tsp

29 g

1/4 cup

2 oz

4 tbsp

12 tsp

57 g

1/3 cup

2.7 oz

5 tbsp

16 tsp

76 g

1/2 cup

4 oz

8 tbsp

24 tsp

114 g

2/3 cup

5.4 oz

11 tbsp

32 tsp

152 g

3/4 cup

6 oz

12 tbsp

36 tsp

171 g

1 cup

8 oz

16 tbsp

48 tsp






229 g

Temperature Conversion Chart

OVEN TEMPERATURES

°F	225	250	275	300	325	350	375	400	425	450	475	500
°C	110	120	140	150	165	180	190	200	220	230	245	260
°C FAN	90	100	120	130	150	160	170	180	200	210	220	240
GAS MARK	1/4	1/2	1	2	3	4	5	6	7	8	9	10

COOKING TEMPERATURES

						
		Beef	Pork	Lamb	Chicken	Seafood
RARE	°F	125	-	-	-	-
	°C	52	-	-	-	-
MEDIUM RARE	°F	135	150	145	-	-
	°C	57	65	63	-	-
MEDIUM	°F	145	155	160	-	-
	°C	63	68	71	-	-
MEDIUM WELL	°F	150	160	165	-	-
	°C	65	71	74	-	-
WELL DONE	°F	160	160	170	165	145
	°C	71	71	77	74	63