

RECIPE

*Binder*

OUR FAVORITE  
FAMILY *Recipes*

APPETIZERS

BREAKFAST

# MAIN DISHES

# SIDE DISHES

DESSERTS

# CONVERSIONS



# VOLUME

60 drops = 1 teaspoon

1 dash =  $\frac{1}{16}$  teaspoon

1 pinch =  $\frac{1}{8}$  teaspoon

1 teaspoon =  $\frac{1}{3}$  tablespoon =  $\frac{1}{6}$  ounce

2 teaspoons =  $\frac{2}{3}$  tablespoon =  $\frac{1}{3}$  ounce

3 teaspoons = 1 tablespoon =  $\frac{1}{2}$  ounce

2 tablespoons =  $\frac{1}{8}$  cup = 1 ounce

4 tablespoons =  $\frac{1}{4}$  cup = 2 ounces

$5 \frac{1}{3}$  tablespoons =  $\frac{1}{3}$  cup =  $2 \frac{2}{3}$  ounces

8 tablespoons =  $\frac{1}{2}$  cup = 4 ounces = 1 gill

16 tablespoons = 1 cup = 8 ounces

2 cups = 1 pint =  $\frac{1}{2}$  quart = 16 ounces

4 cups = 2 pints = 1 quart = 32 ounces

16 cups = 8 pints = 4 quarts = 1 gallon

# INGREDIENTS

## Butter

1 stick = 4 ounces = 8 tablespoons = 1/2 cup

4 sticks = 16 ounces = 32 tablespoons = 2 cups

## Chocolate

1 ounce = 1/4 cup grated

6 ounces chips = 1 cup chips

1 pound cocoa = 4 cups cocoa

## Eggs

1 large egg (approximately) = 1 tablespoon yolk + 2 tablespoons white

1 cup = 4 jumbo = 4 to 5 extra-large = 5 large = 5 to 6 medium = 7 small

## Flour

1 pound = 4 cups all-purpose or bread flours = 4 3/4 cups cake flour

1 cup sifted cake flour = 7/8 cup sifted all-purpose

1+ cup self-rising flour = 1 cup sifted all-purpose flour + 1 1/2 tsp baking powder + 1/2 tsp salt

## Lemon

1 lemon = 1 to 3 tablespoons juice, 1 to 1 1/2 teaspoons grated zest

4 large lemons = 1 cup juice = 1/4 cup grated zest

## Onion

1 pound = 2 1/2 cups sliced or chopped

## Sugars

1 pound white = 2 cups white

1 pound packed brown = 2 1/4 cups packed brown

1 cup packed brown = 1 cup white

1 pound superfine sugar = 1 cup white sugar

1 pound powdered sugar = 3 1/2 to 4 cups

1 3/4 cups powdered sugar = 1 cup white sugar

1 cup powdered sugar = 80 grams

100 grams white sugar = 1/2 cup

## Yeast

1 cake = 3/5 ounce = 1 packet dry = 2 1/4 to 2 1/2 teaspoons dry

# MEAL PLANNING

for the month of: \_\_\_\_\_

# MEAL PREP PLANNER

SUN

MON

TUES

WEDS

THURS

FRI

SAT






for the month of: \_\_\_\_\_

# LUNCH BOX PLANNER

MON TUES WEDS THURS FRI

MON	TUES	WEDS	THURS	FRI