Thank You!

Thank you for purchasing the complete meal planning binder! It has helped many moms and (dads) in my community -- and I hope it helps you as well!

If you have any questions about the binder system don't hesitate to email me at josten@muscleandmanna.com.

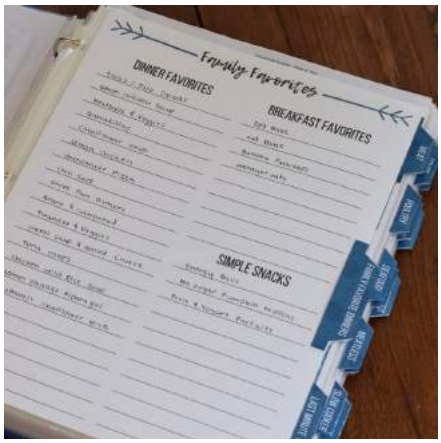
Materials Needed

1. 3 Ring Binder to Organize Your Recipes
2. Cardstock
3. Page Protectors
4. Packaging Tape
5. Scissors

Assembly Instructions

1. Print the following binder pages on card stock in 2 sections:
   - First, choose to print Pages 3-9 Single Sided.
   - Next, print the remainder of the document, pages 10-38 double sided (so that the corresponding inventory page is on the back of the title)
2. Carefully cut out the binder tabs on pages 3-4.
3. Page 5, "My Meal Planner" is the Binder Cover.
4. The rest of the pages can be placed in sheet protectors.
5. The 3 large tabs on the next page can be attached to the Weekly Meal Plan Divider, Family Favorites List, and Last Minute Dinner List.



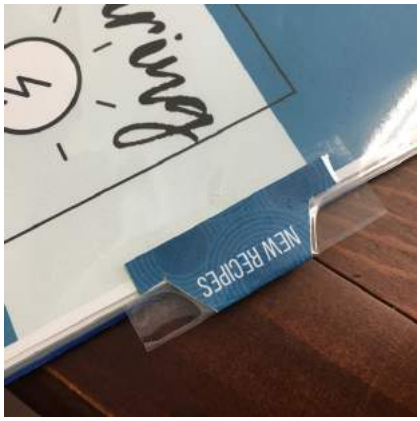




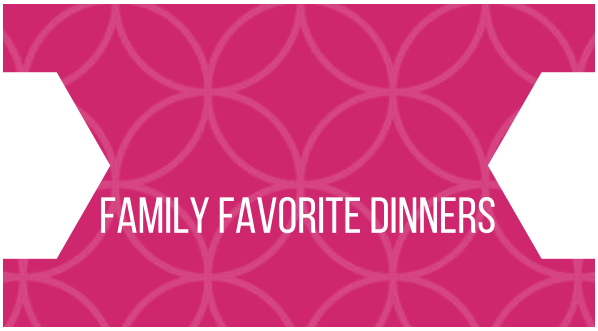
6. Place each recipe category page in a page protector. The back side of the category page is an index in which you can write the names of the recipes so that you can quickly see your recipes at a glance.
7. Use packaging tape (2 inch width is perfect) to attach recipe binder tabs on page 2 to recipe dividers as shown in the photos below. Trim off excess tape.
8. Fill out the lined sheets for family favorite meals, last minute dinner ideas, and recipe inventory sheets. Refer to the meal planning guide for some great ideas on filling out these sheets.








WEEKLY MEAL PLAN


FAMILY FAVORITE DINNERS


LAST MINUTE DINNERS

MAIN DISHES

SIDES

DESSERTS

BEVERAGES

APPETIZERS

SLOW COOKER

BREADS

BREAKFASTS

STAPLES

MISC

SOUPS

SALADS

SNACKS

FREEZER

NEW RECIPES

My Meal Planner

Kitchen Cheat Sheet

MEASUREMENTS & CONVERSIONS

Dry Measurement

3 tsp	=	1 Tbsp
4 Tbsp	=	1/4 cup
5 Tbsp + 1/3 tsp	=	1/3 cup
8 Tbsp	=	1/2 cup
10 2/3 Tbsp	=	2/3 cup
12 Tbsp	=	3/4 cup
16 Tbsp	=	1 cup

Liquid Measurement

Measure	Equivalent	Onces
1 gallon	4 quarts	128 fl oz
1 quart	2 pints	32 fl oz
1 pint	2 cups	16 fl oz
1 cup	16 Tbsp	8 fl oz
1 Tbsp	3 tsp	1/2 fl oz

TEMPERATURE GUIDE

Food	Temperature
Ground Beef/Pork/Veal/Lamb	160°F
Fresh Beef/Veal/Lamb	145°F
Poultry	165°F
Fresh Pork/Raw Ham	145°F
Precooked Ham (Reheat)	140°F
Fish	145°F
Egg Dishes	160°F
Casseroles & Leftovers	165°F

MISCELLANEOUS

- 1 Stick of Butter = 1/2 cup
- 1 Tbsp Fresh Herbs = 1 tsp Dried Herbs
- Grain to Water Ratio (Brown Rice, Quinoa, and Rolled Oats) = 2:1
- 2 Cups Tomato Sauce = 1/4 Cup Tomato Paste + 1 Cup Water

weekly MEAL PLAN

Family Favorites

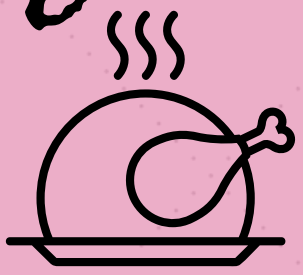
DINNER FAVORITES

BREAKFAST FAVORITES

SIMPLE SNACKS

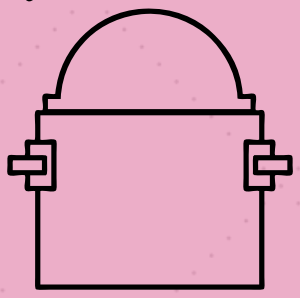
Back Up Dinners

Main Dish RECIPES



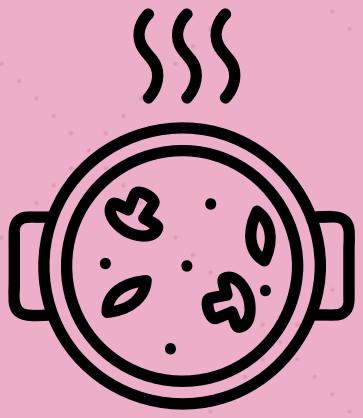
Main Dish Recipes

Slow Cooker RECIPES



Slow Cooker Recipes

Soup RECIPES



Soup & Stew Recipes

Side RECIPES



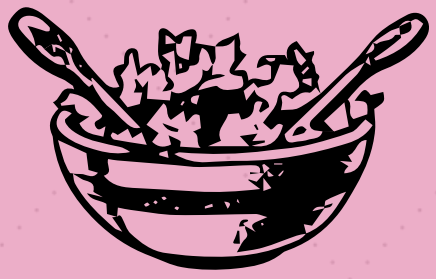
Side Recipes

Bread RECIPES



Bread Recipes

Salad RECIPES



Salad Recipes

Dessert RECIPES



Dessert Recipes

Breakfast RECIPES



Breakfast Recipes

Snack RECIPES



Snack Recipes

Beverage RECIPES



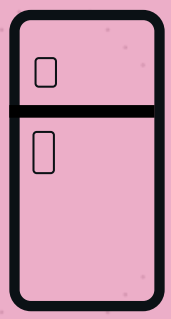
Beverage Recipes

Staple RECIPES



Staples Recipes

Freezer RECIPES



Freezer Meal Recipes

Appetizer RECIPES

Appetizer Recipes

Miscellaneous

Miscellaneous

New & Inspiring RECIPES

