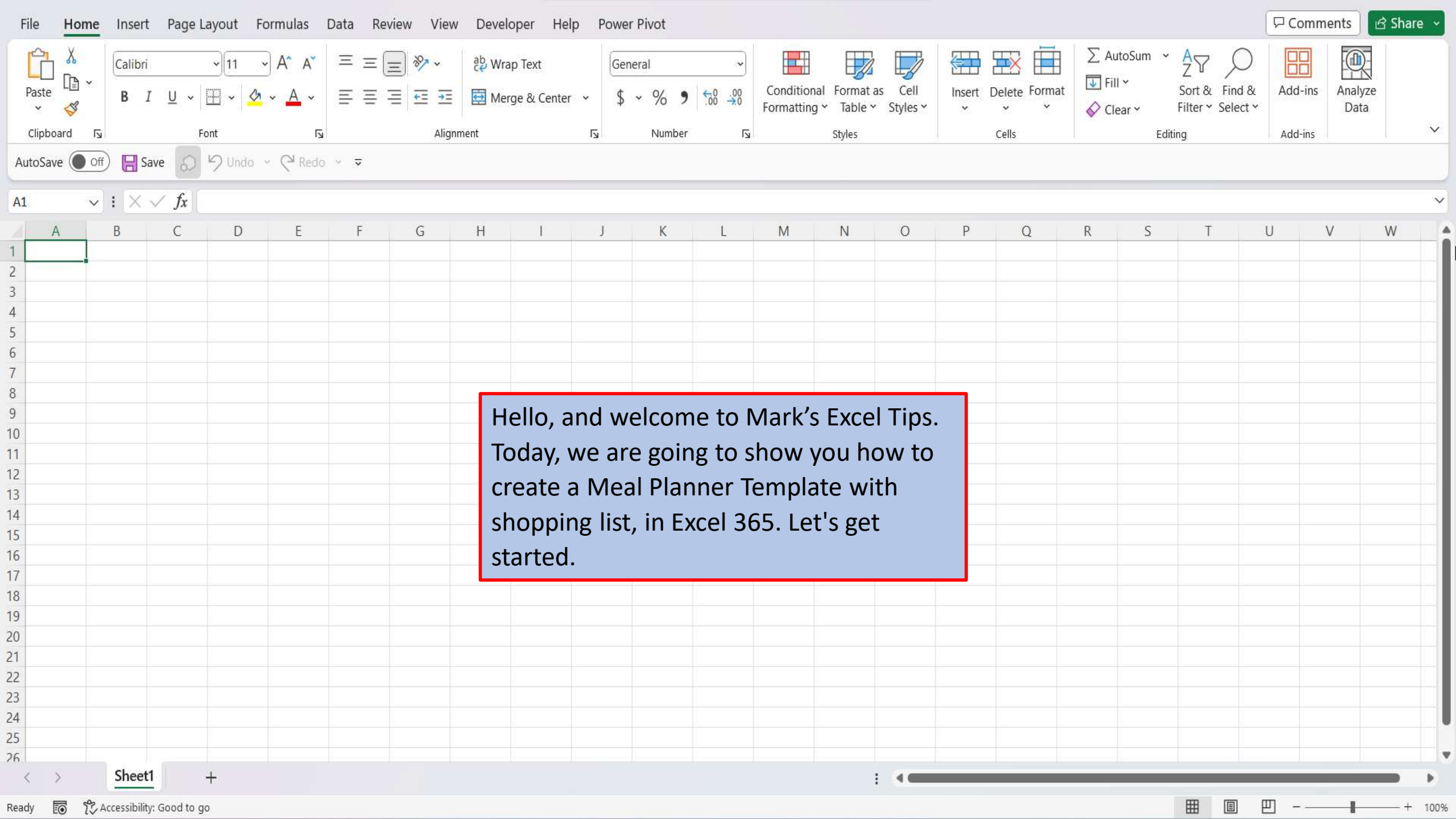
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Add-ins
Analyze Data
Clipboard
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Alignment
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Editing
Add-ins
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Save
Undo
Redo
A1
Hello, and welcome to Mark's Excel Tips. Today, we are going to show you how to create a Meal Planner Template with shopping list, in Excel 365. Let's get started.
Sheet1
Ready
Accessibility: Good to go
100%

Don’t Forget To Check Out My Recommended Excel Help Guides

Excel Shortcuts Cheat Sheet, Keyboard Shortcut, Over 150 Excel Shortcut Keys, Non-Slip Desk mat pad, Large Excel Shortcut Mousepad (35.4x15.74 in).

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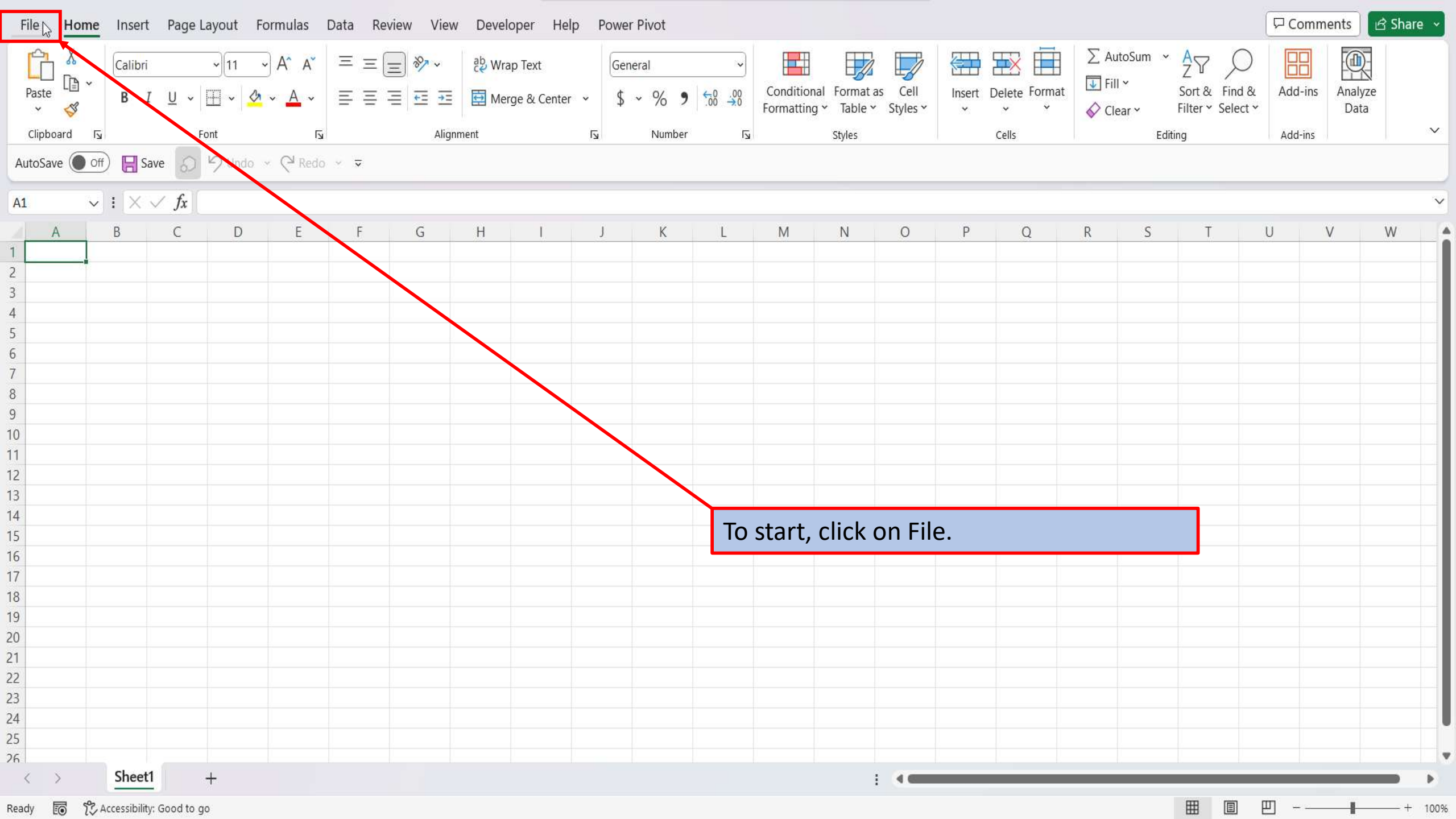
DeskGuide Pro Excel Cheat Sheet Desk Pad - Work Faster with Our Excel Shortcuts Mousepad - Smooth and Non-Slip Excel Shortcut Mat - 31.5" x 11.8" Excel Mouse Pad Shortcuts - 3mm Thick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Add-ins
Analyze Data
Clipboard
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Alignment
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Styles
Cells
Editing
Add-ins
AutoSave
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Save
Undo
Redo
A1
Sheet1
Ready
Accessibility: Good to go
100%
To start, click on File.

Good morning

New

Blank workbook | Weekly meal planner and g... | Any year calendar (single m... | Weekly time sheet (8 1/2 x 1... | Trip planner (worksheet) | Student assignment planner | Welcome to Excel

Take a tour

More templates

Search

Recent Pinned Shared with Me

You haven't opened any workbooks recently. Click Open to browse for a workbook.

More workbooks

Home
New
Open
Get Add-ins
Info
Save
Save As
Print
Share
Export
Publish
Close
Account
Options

On the right side of the home screen, click on more templates.

New

Blank workbook | Any year calendar (single... | Weekly time sheet (8 1/2... | Trip planner (worksheet) | Student assignment plan...

Meal Planner

Suggested searches: Business Personal Planners and Trackers Lists Budgets Charts Calendars

Start searching

Welcome to Excel | Formula tutorial | PivotTable tutorial

In the search box on the left, type in Meal Planner. Hit enter, or click on the search icon.

New

Back

meal planner

Simple meal planner

Weekly Meal planner

Weekly meal planner and...

Basic meal planner

Group Event Planner

Excel will load several meal planner templates.

Home
New
Open
Get Add-ins
Info
Save
Save As
Print
Share
Export
Publish
Close
Account
Options

New

Back

Meal Planner

Simple meal planner

Weekly Meal planner

Weekly meal planner and...

Basic meal planner

Group Event Planner

Click on the template titled, Weekly meal planner and grocery list.

Home

New

Open

Get Add-ins

Info

Save

Save As

Print

Share

Export

Publish

Close

Account

Options

New

Home

New

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Get Add-ins

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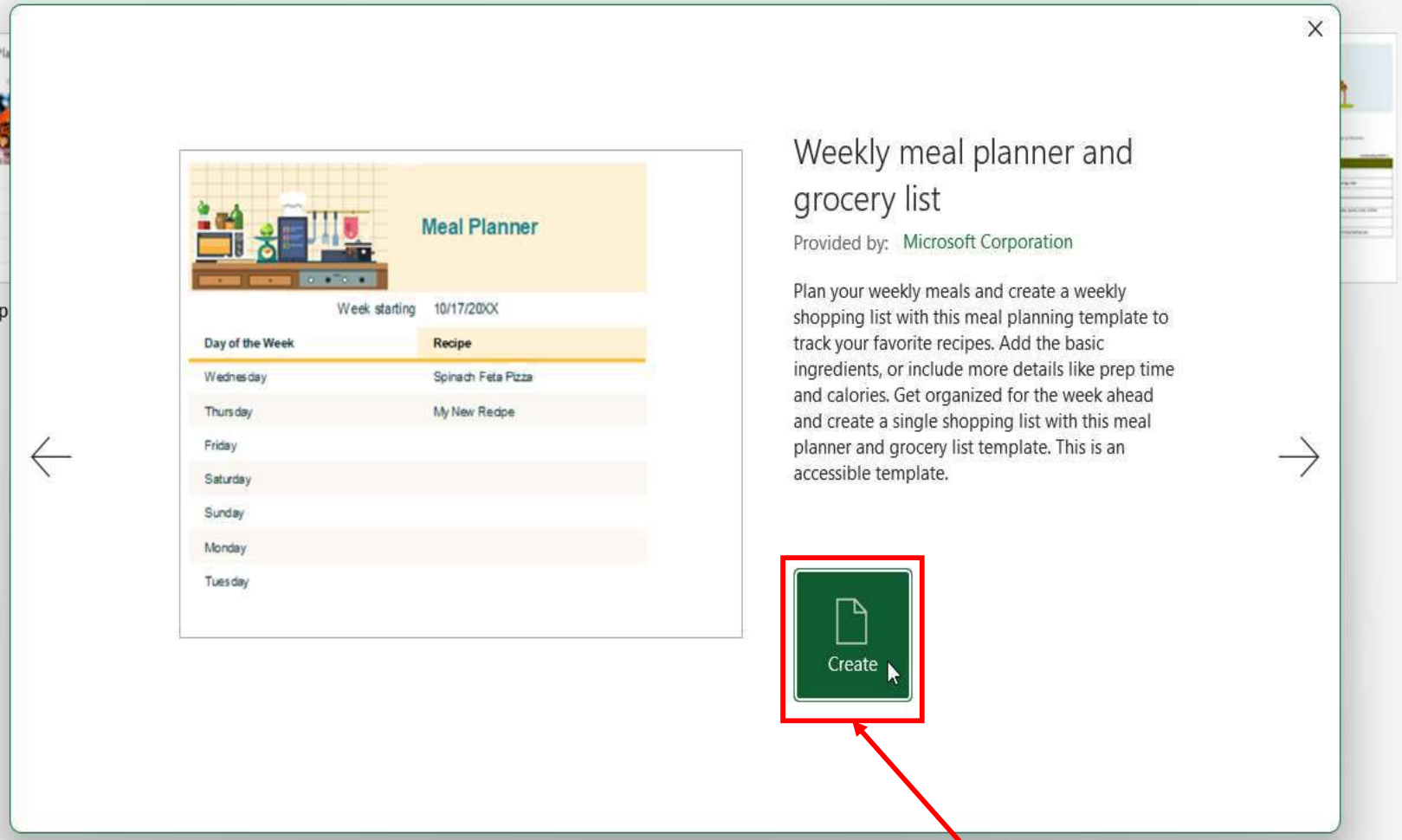
Account

Options

Back

Meal Planner

Simple meal p



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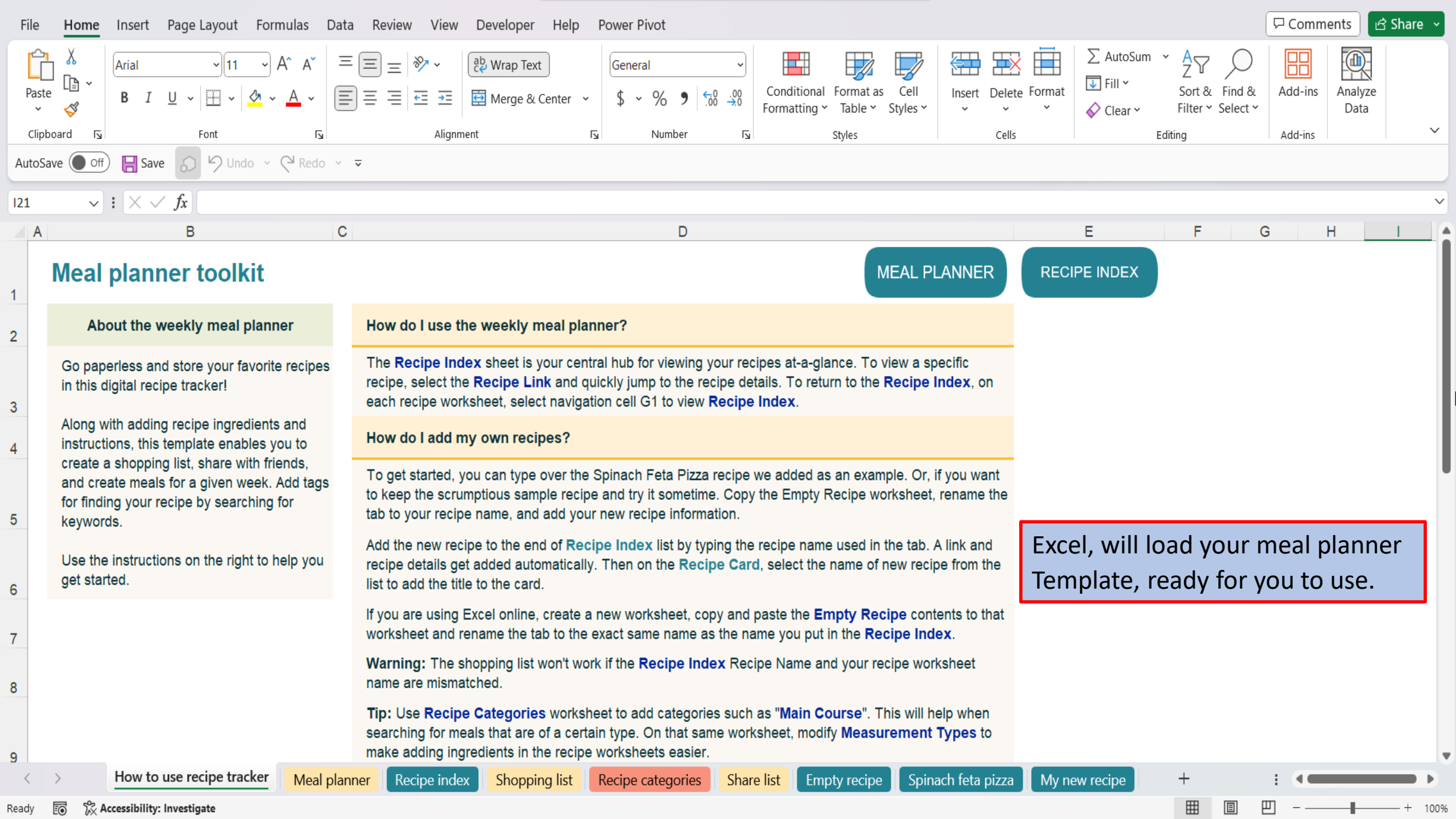
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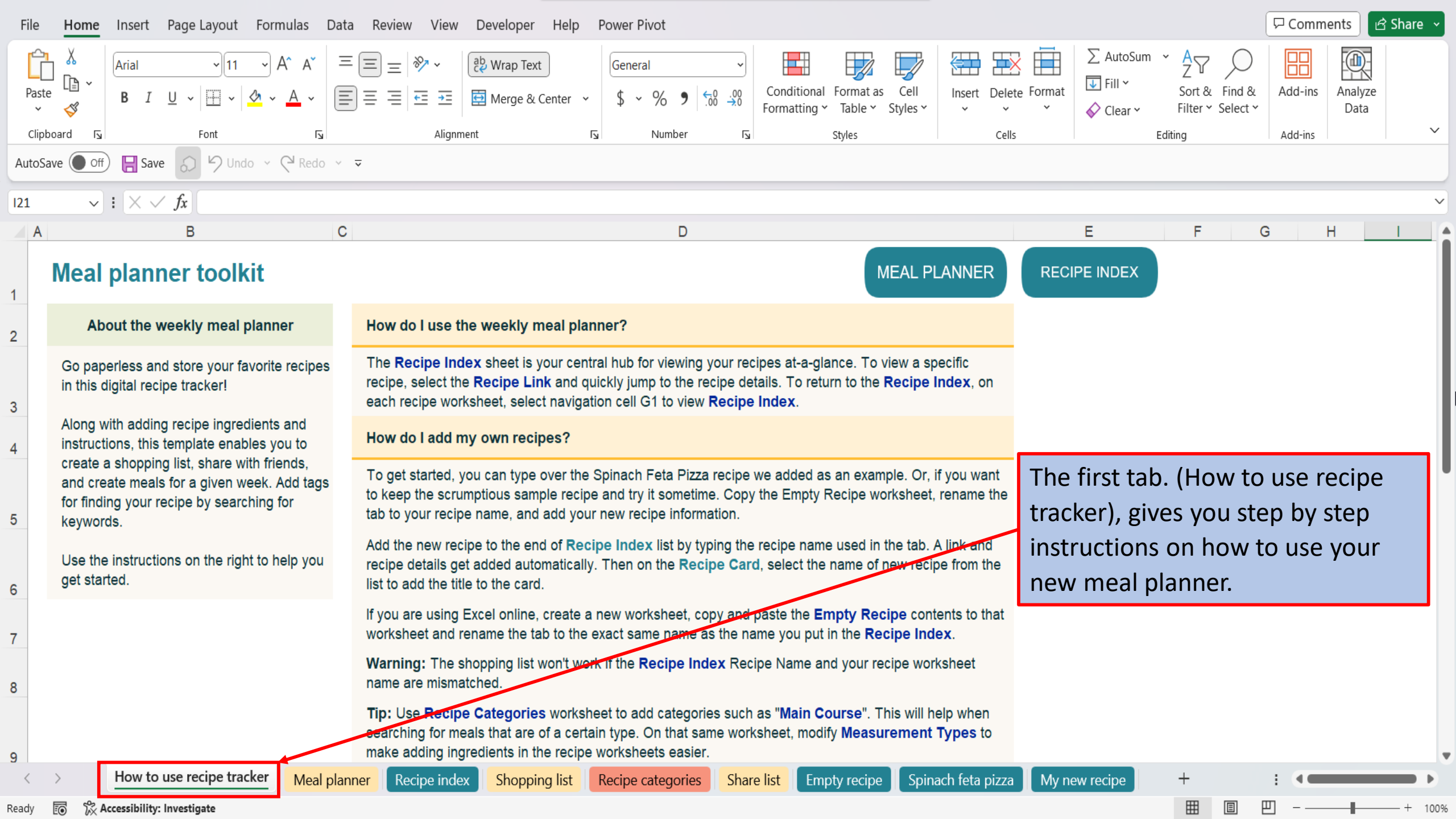
Insert Delete Format Cells
AutoSum Fill Clear Sort & Filter Find & Select Editing
Add-ins Add-ins
Analyze Data
AutoSave Off Save Undo Redo
I21
Meal planner toolkit
MEAL PLANNER
RECIPE INDEX
About the weekly meal planner
Go paperless and store your favorite recipes in this digital recipe tracker!
Along with adding recipe ingredients and instructions, this template enables you to create a shopping list, share with friends, and create meals for a given week. Add tags for finding your recipe by searching for keywords.
Use the instructions on the right to help you get started.
How do I use the weekly meal planner?
The Recipe Index sheet is your central hub for viewing your recipes at-a-glance. To view a specific recipe, select the Recipe Link and quickly jump to the recipe details. To return to the Recipe Index, on each recipe worksheet, select navigation cell G1 to view Recipe Index.
How do I add my own recipes?
To get started, you can type over the Spinach Feta Pizza recipe we added as an example. Or, if you want to keep the scrumptious sample recipe and try it sometime. Copy the Empty Recipe worksheet, rename the tab to your recipe name, and add your new recipe information.
Add the new recipe to the end of Recipe Index list by typing the recipe name used in the tab. A link and recipe details get added automatically. Then on the Recipe Card, select the name of new recipe from the list to add the title to the card.
If you are using Excel online, create a new worksheet, copy and paste the Empty Recipe contents to that worksheet and rename the tab to the exact same name as the name you put in the Recipe Index.
Warning: The shopping list won't work if the Recipe Index Recipe Name and your recipe worksheet name are mismatched.
Tip: Use Recipe Categories worksheet to add categories such as "Main Course". This will help when searching for meals that are of a certain type. On that same worksheet, modify Measurement Types to make adding ingredients in the recipe worksheets easier.
Excel, will load your meal planner Template, ready for you to use.
How to use recipe tracker
Meal planner
Recipe index
Shopping list
Recipe categories
Share list
Empty recipe
Spinach feta pizza
My new recipe
Ready
Accessibility: Investigate
100%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Format as Table
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Sort & Filter
Find & Select
Add-ins
Analyze Data
Clipboard
Font
Alignment
Number
Styles
Cells
Editing
Add-ins
AutoSave
Off
Save
Undo
Redo
I21
Meal planner toolkit
MEAL PLANNER
RECIPE INDEX
About the weekly meal planner
Go paperless and store your favorite recipes in this digital recipe tracker!
Along with adding recipe ingredients and instructions, this template enables you to create a shopping list, share with friends, and create meals for a given week. Add tags for finding your recipe by searching for keywords.
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Tip: Use Recipe Categories worksheet to add categories such as "Main Course". This will help when searching for meals that are of a certain type. On that same worksheet, modify Measurement Types to make adding ingredients in the recipe worksheets easier.
The first tab. (How to use recipe tracker), gives you step by step instructions on how to use your new meal planner.
How to use recipe tracker
Meal planner
Recipe index
Shopping list
Recipe categories
Share list
Empty recipe
Spinach feta pizza
My new recipe
Ready
Accessibility: Investigate
100%

Meal Planner

RECIPE INDEX

Week starting 12/12/2023

Day of the week	Recipe
Tuesday	Spinach feta pizza
Wednesday	My new recipe
Thursday	
Friday	
Saturday	
Sunday	
Monday	

Select your recipe for each weekday. The weekdays are automatically adjusted based on the starting day of the week entered in cell C2.

The second tab, is your meal planner. This is where you choose what meal you want for each day of the week.

How to use recipe tracker | Meal planner | Recipe index | Shopping list | Recipe categories | Share list | Empty recipe | Spinach feta pizza | My new recipe

Meal Planner

RECIPE INDEX

Week starting 12/12/2023

Day of the week	Recipe
Tuesday	Spinach feta pizza
Wednesday	My new recipe
Thursday	
Friday	
Saturday	
Sunday	
Monday	

Empty recipe
Spinach feta pizza
My new recipe

Select your recipe for each weekday. The weekdays are automatically adjusted based on the starting day of the week entered in cell C2.

Just click on the cell for any given day, and use the dropdown menu to choose the meal that you would like for that day.

How to use recipe tracker | Meal planner | Recipe index | Shopping list | Recipe categories | Share list | Empty recipe | Spinach feta pizza | My new recipe

Track your recipes in this worksheet. Add your new recipes by entering the recipe card tab name at the end of the Recipe Index. Use the Meal Planner to plan meals for your week. A Shopping List is automatically generated based on recipe selection.

Recipe Index

MEAL PLANNER

RECIPE CATEGORIES

Recipe Name	Recipe Link	Category	Tags	Ca
Empty recipe	Select to view	Course Type	Tag 1, Tag 2, etc.	
Spinach feta pizza	Select to view	Main Course	pizza, spinach, feta, cheese	
My new recipe	Select to view	Appetizer	salmon, crackers, cream cheese	

The third tab, is your recipe index. When you add a new recipe on this page, it will automatically be linked to your recipe, and the meal planner page.

How to use recipe tracker | Meal planner | Recipe index | Shopping list | Recipe categories | Share list | Empty recipe | Spinach feta pizza | My new recipe

Shopping List

RECIPE INDEX

Item	Amount	Need to Buy?
Active dry yeast	2 Teaspoons	Yes
Bread flour	2 Cups	
Chopped fresh spinach	2 Cups	
Crackers	1 Box	
Cream cheese	1 Package	
Crumbled feta cheese	1/4 Cup	
Dried basil	1/2 Teaspoon	
Fresh dill	5 Sprig (s)	

Your shopping list is generated by the recipes selected on the Meal Planner worksheet. The amounts for repeated ingredients are aggregated in the amounts column of the table.

The list is sorted for your convenience but filter buttons on the table headings help you search for specific entries. Mark the items you need to buy in the Need to Buy? column.

The fourth tab is your shopping list. When you add a meal to your meal planner page, the ingredients for that recipe will show up on your shopping list.

How to use recipe tracker | Meal planner | Recipe index | Shopping list | Recipe categories | Share list | Empty recipe | Spinach feta pizza | My new recipe

Shopping List

RECIPE INDEX

Item	Amount	Need to Buy?
Active dry yeast	2 Teaspoons	Yes
Bread flour	2 Cups	
Chopped fresh spinach	2 Cups	
Crackers	1 Box	
Cream cheese	1 Package	
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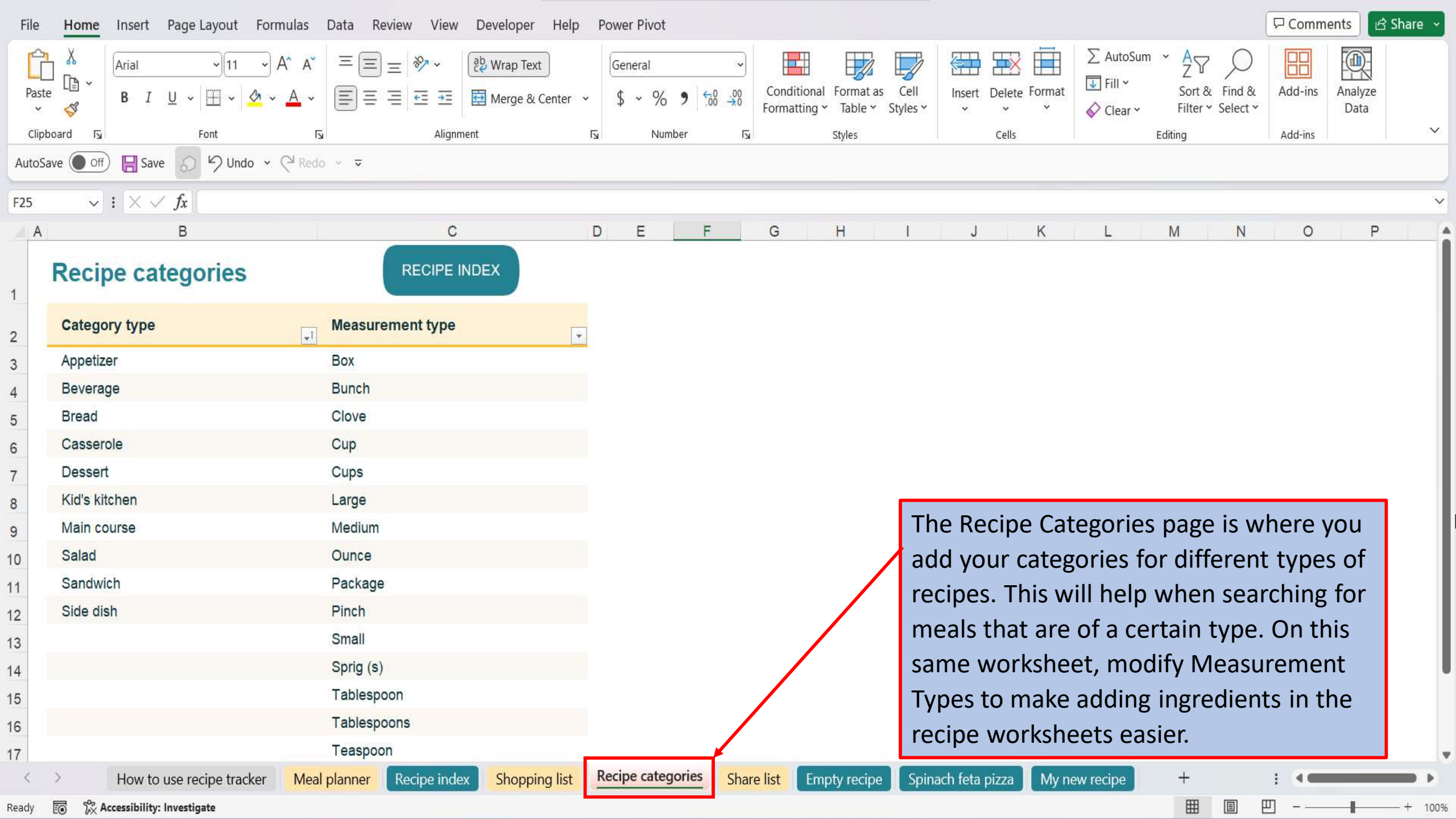
Fresh dill	5 Sprig (s)	

Your shopping list is generated by the recipes selected on the Meal Planner worksheet. The amounts for repeated ingredients are aggregated in the amounts column of the table.

The list is sorted for your convenience but filter buttons on the table headings help you search for specific entries. Mark the items you need to buy in the Need to Buy? column.

Use the dropdown menu, in the (need to buy column) to choose “Yes”, if it’s an ingredient that you need to pick up at the store.

How to use recipe tracker | Meal planner | Recipe index | Shopping list | Recipe categories | Share list | Empty recipe | Spina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Conditional Formatting Format as Table Cell Styles Styles
Insert Delete Format Cells
AutoSum Fill Clear Sort & Filter Find & Select Editing
Add-ins Add-ins
Analyze Data
AutoSave Off Save Undo Redo
F25
Recipe categories
RECIPE INDEX
Category type
Measurement type
Appetizer
Beverage
Bread
Casserole
Dessert
Kid's kitchen
Main course
Salad
Sandwich
Side dish
Box
Bunch
Clove
Cup
Cups
Large
Medium
Ounce
Package
Pinch
Small
Sprig (s)
Tablespoon
Tablespoons
Teaspoon
The Recipe Categories page is where you add your categories for different types of recipes. This will help when searching for meals that are of a certain type. On this same worksheet, modify Measurement Types to make adding ingredients in the recipe worksheets easier.
How to use recipe tracker
Meal planner
Recipe index
Shopping list
Recipe categories
Share list
Empty recipe
Spinach feta pizza
My new recipe
Ready
Accessibility: Investigate
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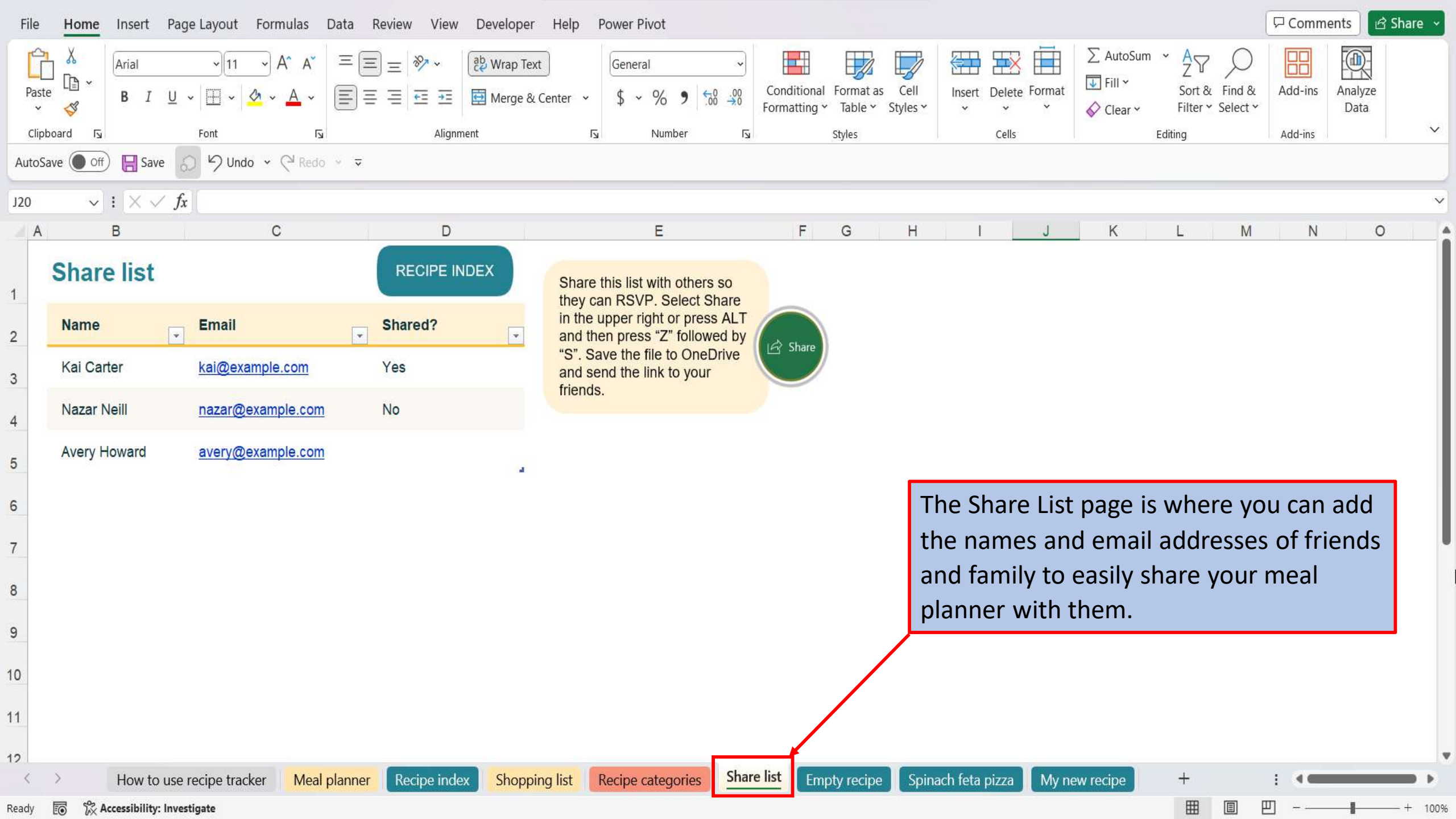


The Share List page is where you can add the names and email addresses of friends and family to easily share your meal planner with them.

Empty recipe

Course Type

RECIPE INDEX

Amount	Measurement	Ingredient

Directions

Copy this worksheet to enter a new recipe. Rename the tab, the same name from the Recipe Index worksheet.

Enter recipe directions in this cell. Enter Ingredients, measurements and amounts in cells at left. Press ALT+Enter to add new paragraphs in this cell.

Enter Preparation Time, Cook Time and Yield (Servings) in cells at right. Change the stock photo in column B to a photo of your recipe, then enter Calories, Recipe Tags and Comments in cells underr

Recipe tags help you sea
quality in the Recipe Inde

Select a recipe on the Grocery List worksheet to view the ingredients you may need to buy.

Preparation time

Enter preparation time in this cell

Cook time

Yield (servings)

Enter yield (servings) in

Calories

Enter calories for the recipe in this cell

Recipe tags

Tag 1, Tag 2, etc.

Comments

The Empty Recipe page allows you to easily add new recipes.

How to use recipe tracker | Meal planner | Recipe index | Shopping list | Recipe categories | Share list | Empty recipe | Spinach feta pizza | My new recipe

Spinach feta pizza

Main Course

RECIPE INDEX

Amount	Measurement	Ingredient
2	Tablespoons	Olive or canola oil
1/2	Teaspoon	Salt
2	Cups	Bread flour
2	Teaspoons	Active dry yeast
3/4	Cup	Warm water
1	Clove	Minced garlic
1/8	Teaspoon	Garlic salt
2	Cups	Chopped fresh spinach
1	Small	Red onion
1	Cup	Sliced fresh mushrooms

Directions

In bread machine, place the first five ingredients on order suggested by manufacturer.

Select dough setting. Check dough after 5 minutes of mixing: add 1 to 2 tablespoons of water or flour if needed.

When cycle is complete, turn dough onto a lightly flowered surface. Knead for 1 minute.

Cover and let rest for 15

Roll into a 12-in. pizza p
place until puffed, about 20 minutes.

Sprinkle with garlic and garlic salt. Top with spinach, onion, mushrooms, cheeses, and basil.

Bake at 400 degrees F for 35-40 minutes or until crust is golden and cheese is melted.

Let stand for 5 minutes before slicing.

Calories

287

Recipe tags

pizza, spinach, feta, cheese

Comments

Preparation time

45 Minutes

Cook time

Yield (servings)

6 servings

This meal planner template, starts you out with a recipe for Spinach Feta Pizza.

How to use recipe tracker | Meal planner | Recipe index | Shopping list | Recipe categories | Share list | Empty recipe | Spinach feta pizza | My new recipe

My New Recipe

Appetizer

RECIPE INDEX

Amount	Measurement	Ingredient
1	Box	Crackers
1	Package	Cream cheese
1	Package	Smoked salmon
1	Tablespoon	Honey mustard-dill sauce
5	Sprig (s)	Fresh dill

Directions

Using a knife, smear desired amount of cream cheese onto one side of a cracker.

Place a small slice of smoked salmon on top of the cream cheese.

Add several drops of honey mustard-dill sauce on top of the salmon.

Top with a small amount of

Preparation Time

5 Minutes

Calories

60

Recipe tags

salmon, crackers, cream cheese

Comments

Yield (Servings)

12 Servings

The My new recipe page gives you a template to follow when adding a new recipe to your meal planner.

How to use recipe tracker | Meal planner | Recipe index | Shopping list | Recipe categories | Share list | Empty recipe | Spinach feta pizza | My new recipe

My New Recipe

Appetizer

RECIPE INDEX

Amount	Measurement	Ingredient	Directions	Preparation Time
1	Box	Crackers	Using a knife, smear desired amount of cream cheese onto one side of a cracker.	
1	Package	Cream cheese	Place a small slice of smoked salmon on top of the cream cheese.	5 Minutes
1	Package	Smoked salmon	Add several drops	
1	Tablespoon	Honey mustard-dill sauce	salmon.	
5	Sprig (s)	Fresh dill	Top with a small amount of dill.	
				0 Minutes

Calories
60

Recipe tags
salmon, crackers, cream cheese

Comments

Yield (Servings)
12 Servings

Let's add a new recipe. Click on the Empty recipe tab.

How to use recipe tracker | Meal planner | Recipe index | Shopping list | Recipe categories | Share list | Empty recipe | Spinach feta pizza | My new recipe

Empty recipe

Create a new recipe using this Empty Recipe template. To begin, create a copy of this worksheet and name the new worksheet the same name as the recipe, then enter recipe contents on the new worksheet

Course Type

RECIPE INDEX

Amount	Measurement	Ingredient

Directions

Copy this worksheet to enter a new recipe. Rename the tab, the same name from the Recipe Index worksheet.

Enter recipe directions in this cell. Enter Ingredients, measurements and
to add new paragra

Enter Preparation T
cells at right. Change the stock photo in column B to a photo of your recipe, then enter Calories, Recipe Tags and Comments in cells underneath.

Recipe tags help you search for a recipe with a specific quality in the Recipe Index worksheet.

Select a recipe on the Grocery List worksheet to view the ingredients you may need to buy.

Preparation time

Enter preparation time in this cell

Enter cook time in this cell

Yield (servings)

Enter yield (servings) in this cell

Calories

Enter calories for the recipe in this cell

Recipe tags

Tag 1, Tag 2, etc.

Comments

Click on the top left corner of the page to select the whole page.

How to use recipe tracker | Meal planner | Recipe index | Shopping list | Recipe categories | Share list | Empty recipe | Spinach feta pizza | My new recipe

File Home Insert Page Layout Formulas Data Review View Developer Help Power Pivot

Comments Share

Paste Clipboard Arial 11 Font Wrap Text Merge & Center Alignment General Number Conditional Formatting Format as Table Cell Styles Styles Insert Delete Format Cells AutoSum Fill Clear Sort & Filter Find & Select Editing Add-ins Add-ins Analyze Data

AutoSave On Save Undo Redo

A1

Create a new recipe using this Empty Recipe template. To begin, create a copy of this worksheet and name the new worksheet the same name as the recipe, then enter recipe contents on the new worksheet

Empty recipe

Course Type

RECIPE INDEX

Amount	Measurement	Ingredient

Directions

Copy this worksheet to enter a new recipe. Rename the tab, the same name from the Recipe Index worksheet.

Enter recipe directions in this cell. Enter Ingredients, measurements and amounts in cells at left. Press ALT+Enter

Press Ctrl + C to copy the page.

cells at right. Change the stock photo in column B to a photo of your recipe, then enter Calories, Recipe Tags and Comments in cells underneath.

Recipe tags help you search for a recipe with a specific quality in the Recipe Index worksheet.

Select a recipe on the Grocery List worksheet to view the ingredients you may need to buy.

Preparation time

Enter preparation time in this cell

Calories

Enter calories for the recipe in this cell

Recipe tags

Tag 1, Tag 2, etc.

Comments

Yield (servings)

Enter yield (servings) in

How to use recipe tracker | Meal planner | Recipe index | Shopping list | Recipe categories | Share list | Empty recipe | Spinach feta pizza | My new recipe

Select destination and press ENTER or choose Paste

Count: 20 100%

Create a new recipe using this Empty Recipe template. To begin, create a copy of this worksheet and name the new worksheet the same name as the recipe, then enter recipe contents on the new worksheet

Empty recipe

Course Type

RECIPE INDEX

Amount	Measurement	Ingredient	Directions	Preparation time
			Copy this worksheet to enter a new recipe. Rename the tab, the same name from the Recipe Index worksheet. Enter recipe directions in this cell. Enter Ingredients, measurements and amounts in cells at left. Press ALT+Enter	Enter preparation time in this cell

Calories

Enter calories for the recipe in this cell

Recipe tags

Tag 1, Tag 2, etc.

Comments

Comments in cells underneath.

Recipe tags help you search for a recipe with a specific quality in the Recipe Index worksheet.

Select a recipe on the Grocery List worksheet to view the ingredients you may need to buy.

k time

Enter cook time in this cell

Yield (servings)

Enter yield (servings) in

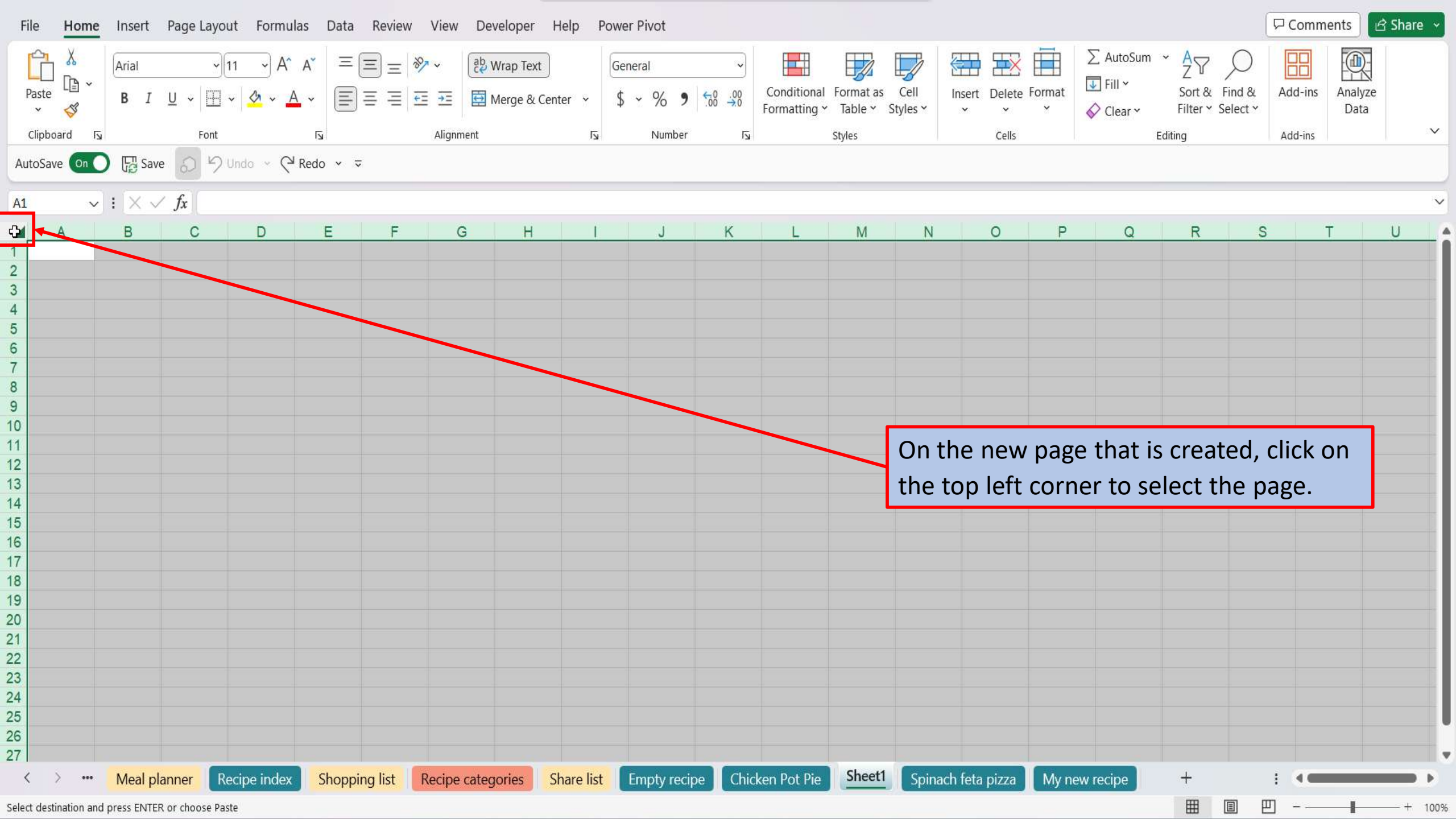
Click on the plus sign, next to the “My new recipe” tab.

How to use recipe tracker | Meal planner | Recipe index | Shopping list | Recipe categories | Share list | Empty recipe | Spinach feta pizza | My new recipe

Select destination and press ENTER or choose Paste

Count: 20

100%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Analyze Data
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AutoSave
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Save
Undo
Redo
A1
On the new page that is created, click on the top left corner to select the page.
Meal planner
Recipe index
Shopping list
Recipe categories
Share list
Empty recipe
Chicken Pot Pie
Sheet1
Spinach feta pizza
My new recipe
Select destination and press ENTER or choose Paste
100%

Empty recipe

Course Type

Amount	Measurement	Ingredient

Directions

Copy this worksheet to enter a new recipe. Rename the tab, the same name from the Recipe Index worksheet.

Enter recipe directions in this cell. Enter Ingredients, measurements and amounts in cells at left. Press ALT+Enter to add new paragraphs in this cell.

Enter Preparation Time, Cook Time and Yield (Servings) in cells at right. Change the stock photo in column B to a photo of your recipe, then enter Calories, Recipe Tags and

cipe with a specific t.

orksheet to view the

RECIPE INDEX

Enter preparation time in this cell

Cook time

Enter cook time in this cell

Yield (servings)

Enter yield (servings) in

Comments

Press Ctrl + V to paste the empty recipe page into your new recipe. You may need to resize the images by clicking on them and dragging them up so they fit the recipe page.

Meal planner | Recipe index | Shopping list | Recipe categories | Share list | Empty recipe | Sheet1 | Spinach feta pizza | My new recipe

Select destination and press ENTER or choose Paste

Empty recipe

Course Type

RECIPE INDEX

Amount	Measurement	Ingredient

Right click on the Sheet 1 tab, and select Rename.

Calories

Enter calories for the recipe in this cell

Recipe tags

Tag 1, Tag 2, etc.

Comments

Enter preparation time in this cell

Cook time

Enter cook time in this cell

Yield (servings)

Enter yield (servings) in

Empty recipe

Course Type

RECIPE INDEX

Amount	Measurement	Ingredient

Directions

Copy this worksheet to enter a new recipe. Rename the tab, the same name from the Recipe Index worksheet.

Enter recipe directions in this cell. Enter Ingredients, cells at right. Change the stock photo in column B to a photo of your recipe, then enter Calories, Recipe Tags and Comments in cells underneath.

Recipe tags help you search for a recipe with a specific quality in the Recipe Index worksheet.

Select a recipe on the Grocery List worksheet to view the ingredients you may need to buy.

Preparation time

Enter preparation time in this cell

Calories

Enter calories for the recipe in this cell

Recipe tags

Tag 1, Tag 2, etc.

Comments

Cook time

Enter cook time in this cell

Yield (servings)

Enter yield (servings) in this cell

Type in the name of your new recipe. We will name this one, Chicken Pot Pie.

Meal planner | Recipe index | Shopping list | Recipe categories | Share list | Empty recipe | Chicken Pot Pie | Spinach feta pizza | My new recipe

Ready | Accessibility: Investigate

File Home Insert Page Layout Formulas Data Review View Developer Help Power Pivot

Comments Share

Paste Clipboard Arial 11 Font Wrap Text Merge & Center Alignment General Number Conditional Formatting Format as Table Cell Styles Styles Insert Delete Format Cells AutoSum Fill Clear Sort & Filter Find & Select Editing Add-ins Add-ins Analyze Data

AutoSave On Save Undo Redo

G23

Empty recipe

Course Type

RECIPE INDEX

Amount	Measurement	Ingredient

Directions

Copy this worksheet to enter a new recipe. Rename the tab, the same name from the Recipe Index worksheet.

Enter recipe directions in this cell. Enter Ingredients,

Preparation time

Enter preparation time in this cell

Next, click on Recipe index.

Calories

Enter calories for the recipe in this cell

Enter Preparation Time, Cook Time and Yield (Servings) in cells at right. Change the stock photo in column B to a photo of your recipe, then enter Calories, Recipe Tags and Comments in cells underneath.

Recipe tags help you search for a recipe with a specific quality in the Recipe Index worksheet.

Select a recipe on the Grocery List worksheet to view the ingredients you may need to buy.

Cook time

Enter cook time in this cell

Recipe tags

Tag 1, Tag 2, etc.

Yield (servings)

Enter yield (servings) in this cell

Comments

Meal planner | Recipe index | Shopping list | Recipe categories | Share list | Empty recipe | Chicken Pot Pie | Spinach feta pizza | My new recipe

Ready Accessibility: Investigate 100%

Track your recipes in this worksheet. Add your new recipes by entering the recipe card tab name at the end of the Recipe Index. Use the Meal Planner to plan meals for your week. A Shopping List is automatically generated based on recipe selection.

Recipe Index

MEAL PLANNER

RECIPE CATEGORIES

Click on the first empty cell under recipe name.

Recipe Name	Recipe Link	Category	Tags	Calories	Comments
Empty recipe	Select to view	Course Type	Tag 1, Tag 2, etc.		Do not delete this recipe worksheet
Spinach feta pizza	Select to view	Main Course	pizza, spinach, feta, cheese	287	Family enjoyed this recipe. Must make it again!
My new recipe	Select to view	Appetizer	salmon, crackers, cream cheese	60	A recipe in progress

Meal planner | Recipe index | Shopping list | Recipe categories | Share list | Empty recipe | Chicken Pot Pie | Spinach feta pizza | My new recipe

Track your recipes in this worksheet. Add your new recipes by entering the recipe card tab name at the end of the Recipe Index. Use the Meal Planner to plan meals for your week. A Shopping List is automatically generated based on recipe selection.

Recipe Index

MEAL PLANNER

RECIPE CATEGORIES

Type in the name of your new recipe, "Chicken Pot Pie," and hit enter.

Recipe Name	Recipe Link	Category	Tags	Calories	Comments
Empty recipe	Select to view	Course Type	Tag 1, Tag 2, etc.		Do not delete this recipe worksheet
Spinach feta pizza	Select to view	Main Course	pizza, spinach, feta, cheese	287	Family enjoyed this recipe. Must make it again!
My new recipe	Select to view	Appetizer	salmon, crackers, cream cheese	60	A recipe in progress
Chicken Pot Pie					

Meal planner | Recipe index | Shopping list | Recipe categories | Share list | Empty recipe | Chicken Pot Pie | Spinach feta pizza | My new recipe

Track your recipes in this worksheet. Add your new recipes by entering the recipe card tab name at the end of the Recipe Index. Use the Meal Planner to plan meals for your week. A Shopping List is automatically generated based on recipe selection.

Recipe Index

MEAL PLANNER | RECIPE CATEGORIES

Excel automatically links this to your recipe page and auto populates the information for this recipe.

Recipe Name	Recipe Link	Category			Comments
Empty recipe	Select to view	Course Type	Tag 1, Tag 2, etc.		Do not delete this recipe worksheet
Spinach feta pizza	Select to view	Main Course	pizza, spinach, feta, cheese	287	Family enjoyed this recipe. Must make it again!
My new recipe	Select to view	Appetizer	salmon, crackers, cream cheese	60	A recipe in progress
Chicken Pot Pie	Select to view	Course Type	Tag 1, Tag 2, etc.		Do not delete this recipe worksheet

Meal planner | Recipe index | Shopping list | Recipe categories | Share list | Empty recipe | Chicken Pot Pie | Spinach feta pizza | My new recipe

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