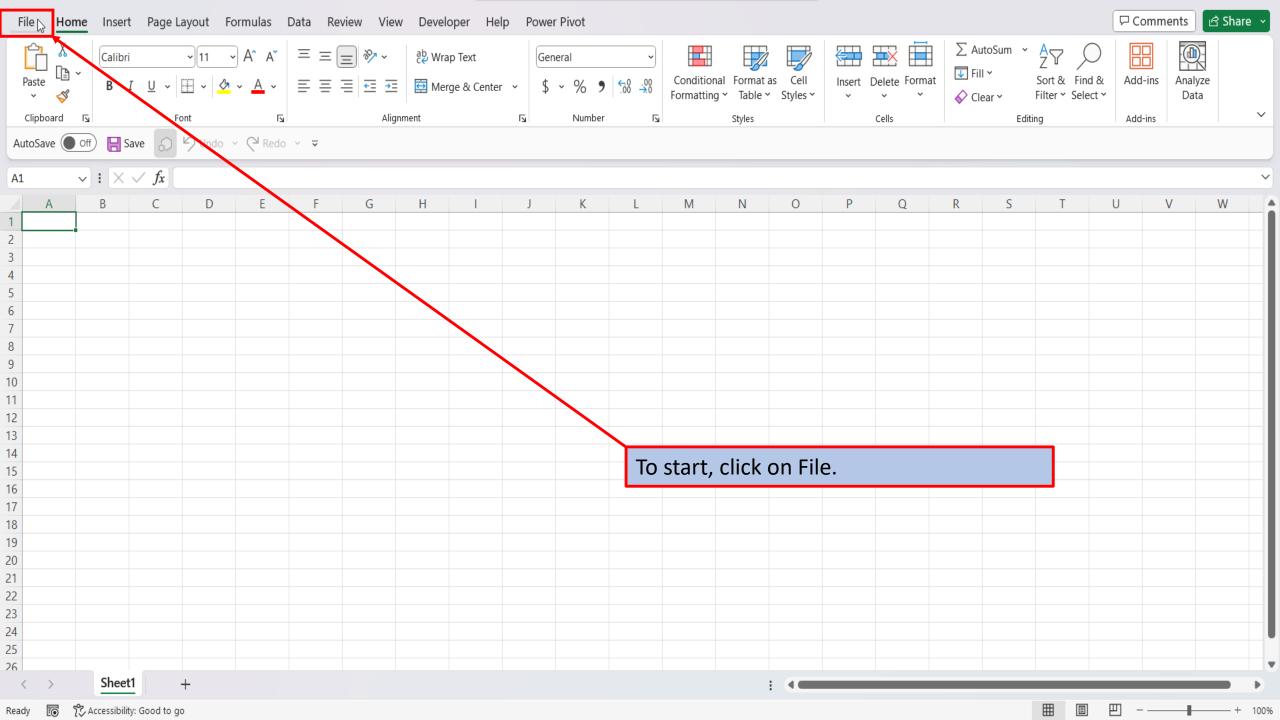
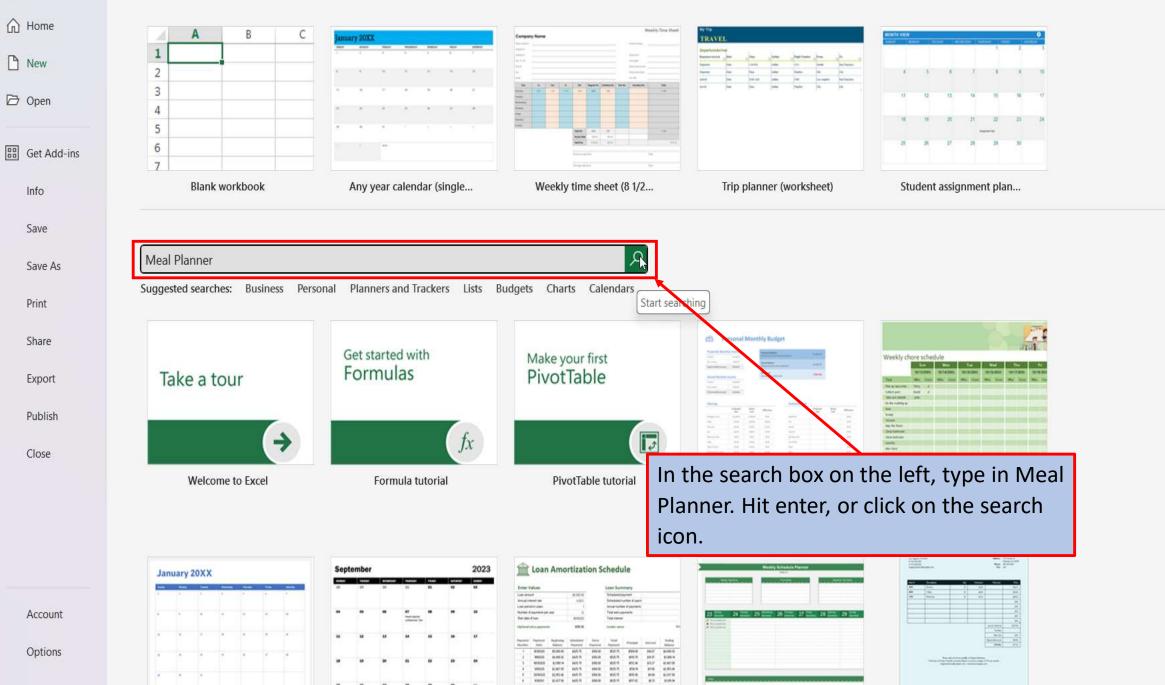
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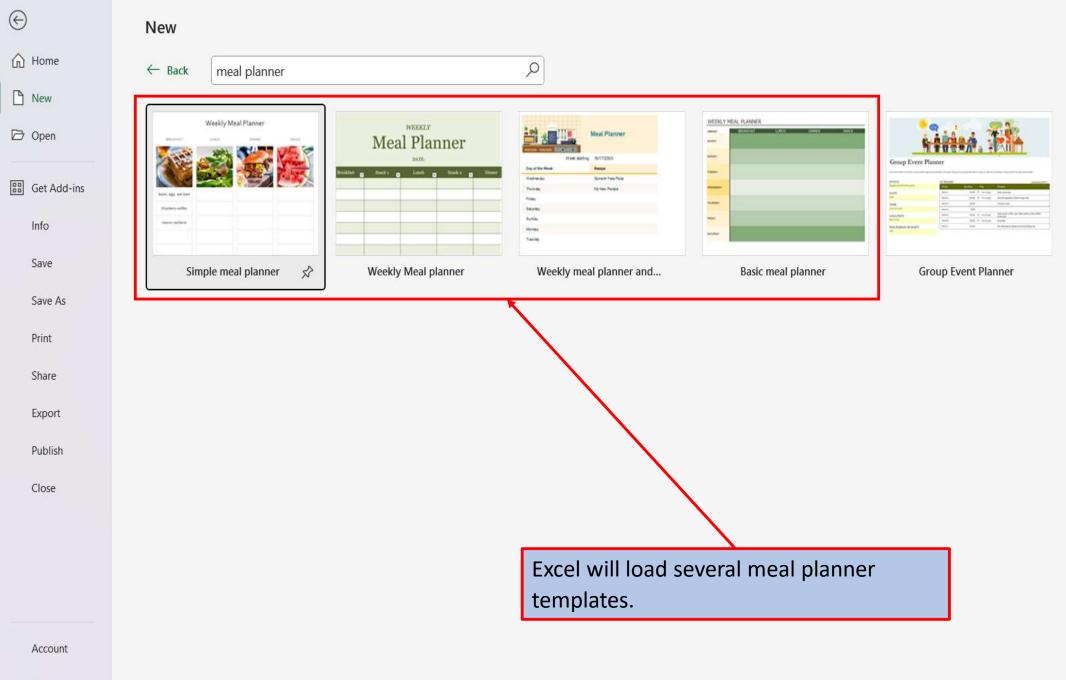
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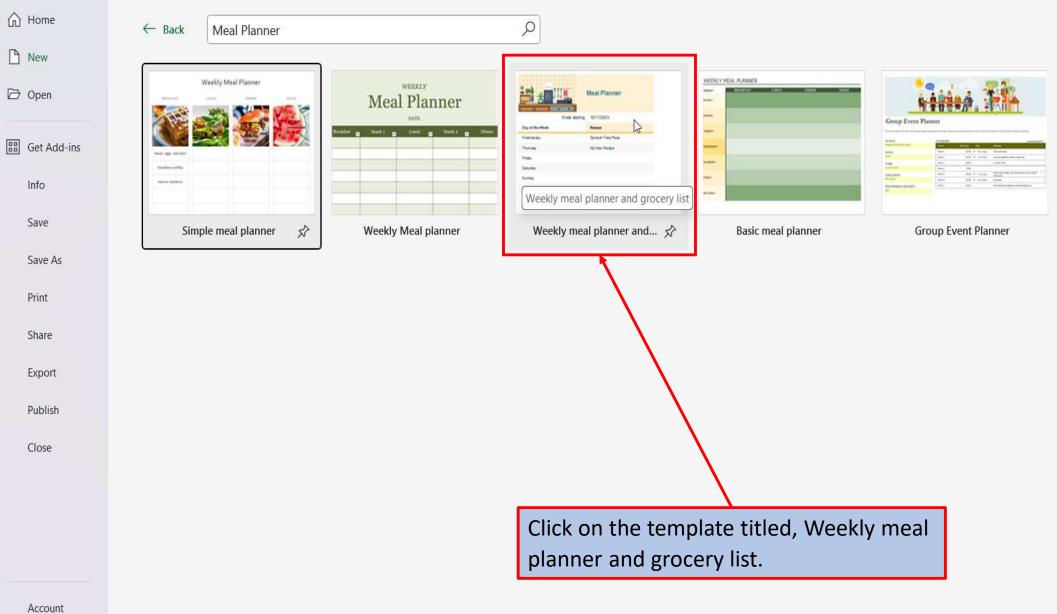
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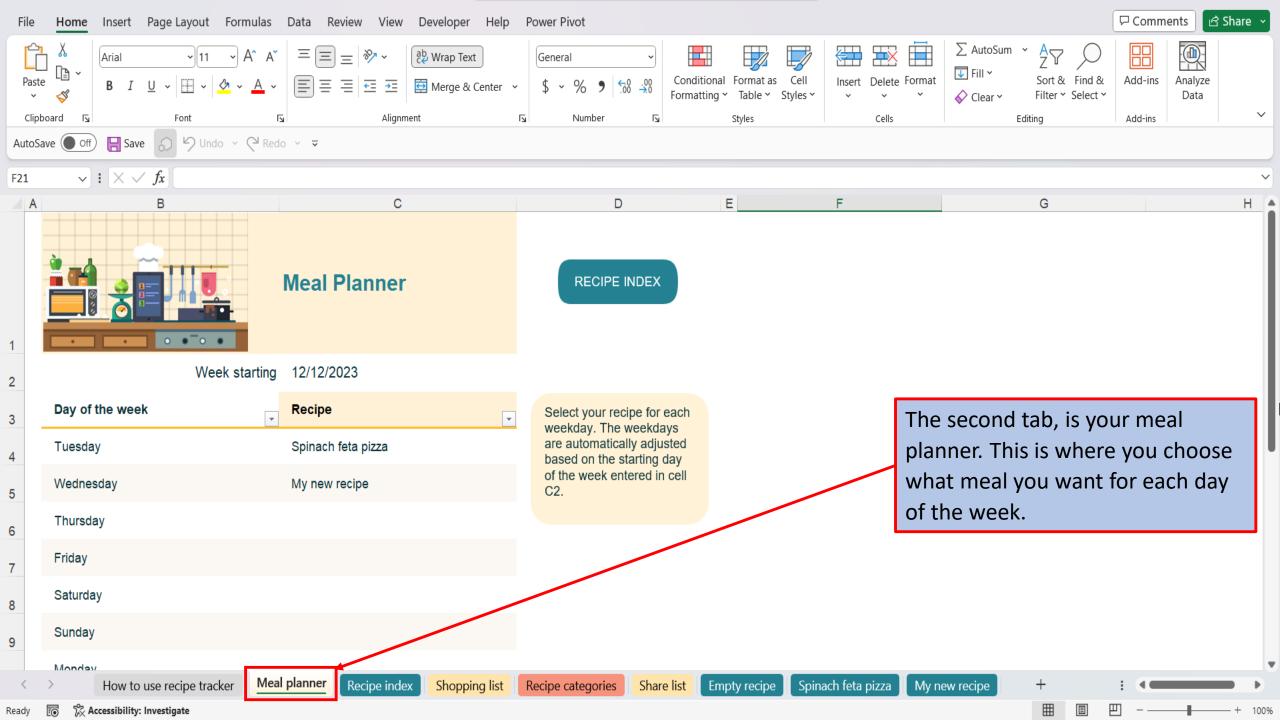
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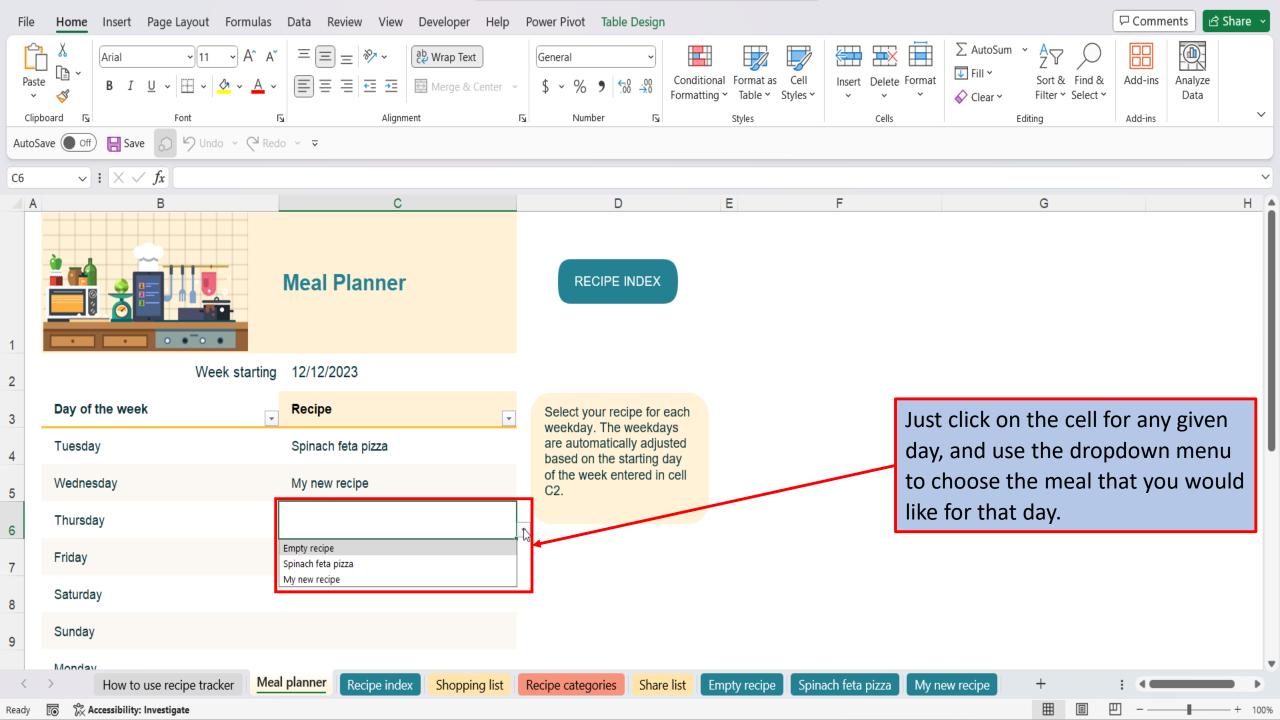
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| 留 Get Add-ins | Exer, qp. of bot Hankey wells | • -4 | | Weekly meal planner and grocery list | |
| Info | | | Meal Planner | Provided by: Microsoft Corporation | |
| Save | Simple meal p | Week starting | 10/17/2000 | Plan your weekly meals and create a weekly shopping list with this meal planning template to | |
| Save As | | Day of the Week | Recipe | track your favorite recipes. Add the basic | |
| | | Wednesday | Spinach Feta Pizza | ingredients, or include more details like prep time and calories. Get organized for the week ahead | |
| Print | , | Thurs day | My New Redpe | and create a single shopping list with this meal | |
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| A | ВС | D | E F G H I |
| 1 | Meal planner toolkit | MEAL PLANNER | RECIPE INDEX |
| 2 | About the weekly meal planner | How do I use the weekly meal planner? | |
| 3 | Go paperless and store your favorite recipes in this digital recipe tracker! | 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 . | |
| 4 | Along with adding recipe ingredients and instructions, this template enables you to | How do I add my own recipes? | |
| 5 | create a shopping list, share with friends, and create meals for a given week. Add tags for finding your recipe by searching for keywords. | 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 | Excel, will load your meal planner |
| 6 | Use the instructions on the right to help you get started. | 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. | Template, ready for you to use. |
| 7 | | 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 . | |
| 8 | | Warning: The shopping list won't work if the Recipe Index Recipe Name and your recipe worksheet name are mismatched. | |
| 9 | | 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. | |
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| 5 | create a shopping list, share with friends, and create meals for a given week. Add tags for finding your recipe by searching for keywords. | 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. | The first tab. (How to use recipe tracker), gives you step by step |
| 6 | Use the instructions on the right to help you get started. | 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. | instructions on how to use your new meal planner. |
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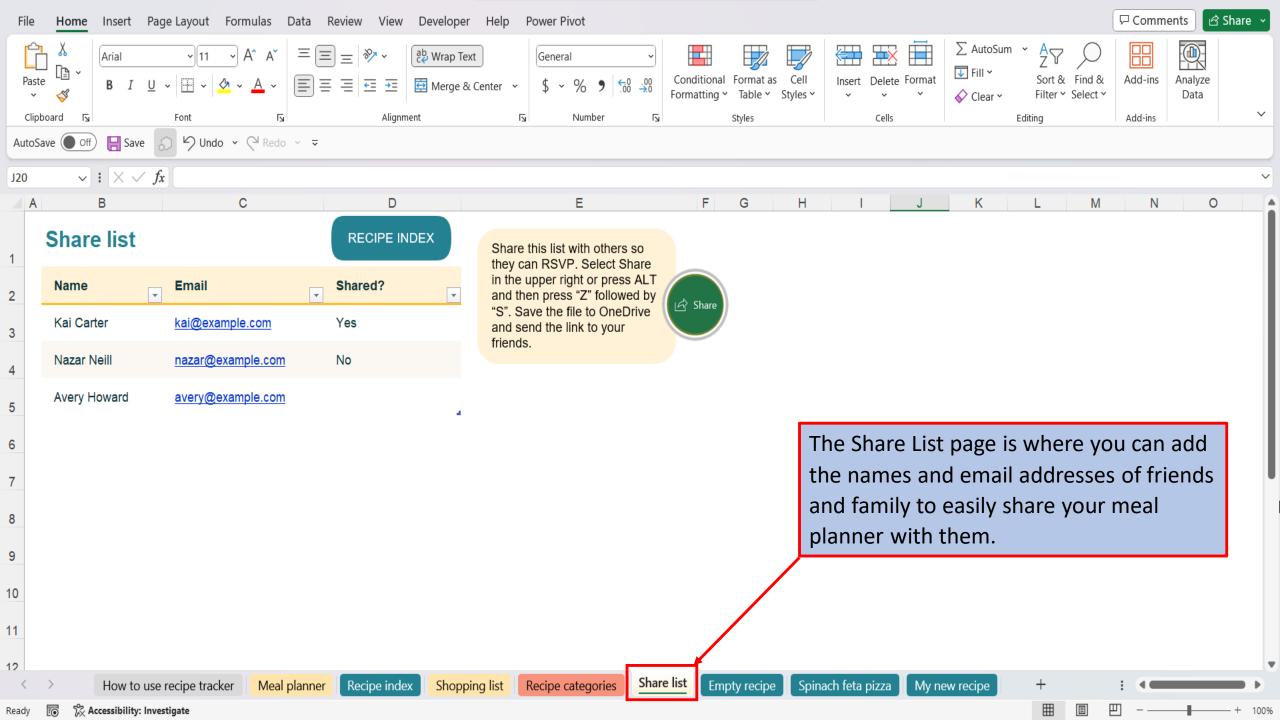


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| 4 | Bread flour | 2 Cups | | | | | | you add a | - | - | - |
| 5 | Chopped fresh spinach | 2 Cups | | | | mea | ıl planr | ner page, tl | ne ingi | edient | ts |
| 6 | Crackers | 1 Box | | | | | | cipe will sh | ow up | on | |
| 7 | Cream cheese | 1 Package | | | | you | r shopp | oing list. | | | |
| 8 | Crumbled feta cheese | 1/4 Cup | | | | | | | | | |
| 9 | Dried basil | 1/2 Teaspoon | | | | | | | | | |
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| 1 | | Spinach f | feta pizza | | | Ma | ain Course | | RECIPE INDEX | | | |
| 2 | A CONTRACTOR | Amount | Measurement | Ingredient | - | Directions | | | Preparation time | i - | | |
| 3 | Verre | 2 | Tablespoons | Olive or canola oil | | In bread machine, place suggested by manufactu | the first five ingredients on irer. | order | | | | |
| 4 | TRACE S | 1/2 | Teaspoon | Salt | | | neck dough after 5 minutes | of mixing: | 45 Minutes | | | |
| 5 | Calories | 2 | Cups | Bread flour | | | of water or flour if needed. | owered | | | | |
| 6 | | 2 | Teaspoons | Active dry yeast | | surface. Knead for 1 min | turn dough onto a lightly fl nute. | owered | Cook time | | | . 1 |
| 7 | 287 | 3/4 | Cup | Warm water | | Cover and let rest for 15 | This meal plar | nner te | emplate, sta | irts yo | วน | |
| 8 | Recipe tags | 1 | Clove | Minced garlic | | Roll into a 12-in, pizza p place until puffed, about | out with a rec | ipe foi | r Spinach Fe | eta Pi | zza. | |
| 9 | sime spinsch fats shares | 1/8 | Teaspoon | Garlic salt | | | garlic salt. Top with spinac | h, onion, | | | | |
| 10 | pizza, spinach, feta, cheese | 2 | Cups | Chopped fresh spinach | | mushrooms, cheeses, ar | | | Yield (servings) | | | |
| 11 | Comments | 1 | Small | Red onion | | Bake at 400 degrees F figure and cheese is me | or 35-40 minutes or until cr elted. | astis | | | | |
| | | 1 | Cup | Sliced fresh mushrooms | | Let stand for 5 minutes b | pefore slicing. | | 6 servings | | | |
| < | > How to use recipe tracker | Meal planner | Recipe index | Shopping list Recipe categories | Share | e list Empty recipe | pinach feta pizza My ne | w recipe | + | : . | | |
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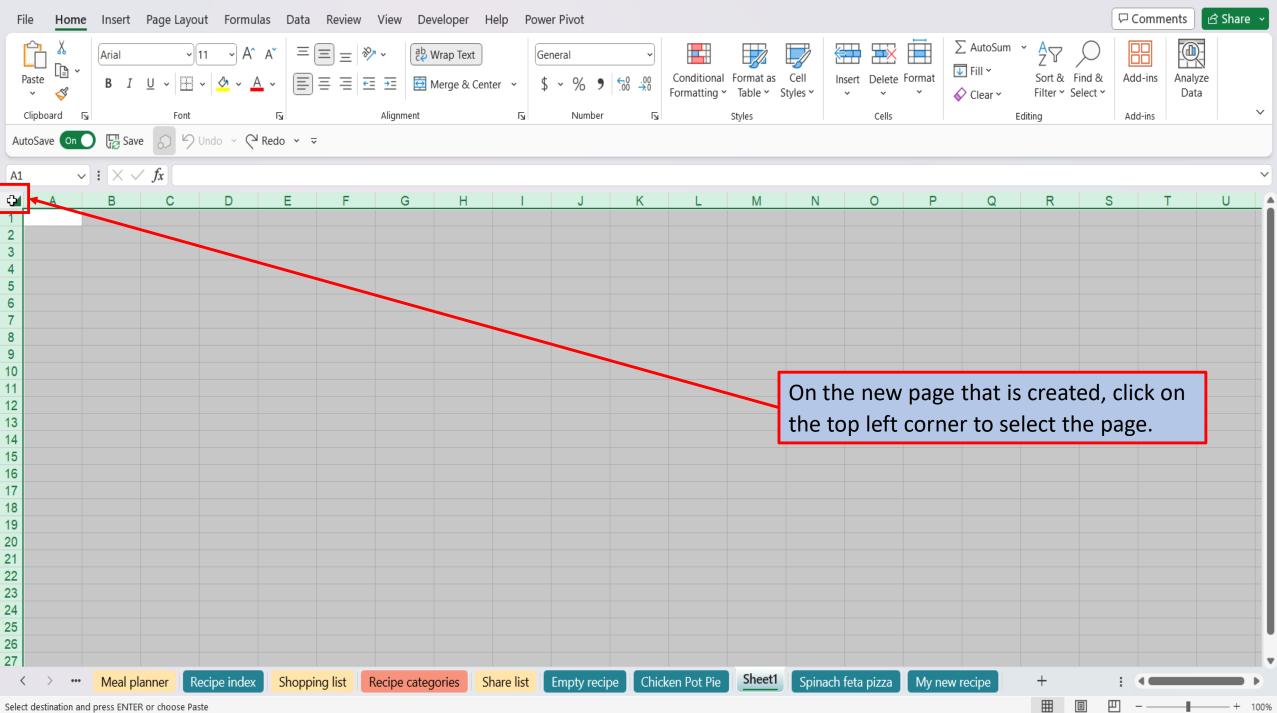
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| 2 | Life and all the second | Amount | Measurement | Ingredie | ent | | Directions | | | Preparation Tim | e | | - 1 |
| 3 | | 1 | Box | Crackers | 5 | | Using a knife, smear desire one side of a cracker. | d amount of cream che | ese onto | | | | |
| 4 | | 1 | Package | Cream c | heese | | Place a small slice of smok | ed salmon on top of the | cream | 5 Minutes | | | - 1 |
| 5 | Calories | 1 | Package | Smoked | salmon | | cheese. | | | | | | |
| 6 | 60 | 1 | Tablespoon | Honey n | nustard-dill sauce | | Add several drops of honey salmon. | The My nev | | e page give | s you | a | |
| 7 | 6.63 | 5 | Sprig (s) | Fresh di | I | | Top with a small amount of | template to | follow | v when add | ing a | new | |
| | Recipe tags | | | | | | | recipe to yo | our me | al planner. | | | |
| 8 9 10 | salmon, crackers, cream cheese | | | | | | | | / | Yield (Servings |) | | |
| 11 | Comments | | | | | | | | | | | | |
| | | | | | | | | | | 12 Servings | | | |
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| 3 | | 1 | Box | Crackers | Crackers | | r desired amount of cream c er. | | | | - 1 | |
| 4 | | 1 | Package | Cream cheese | | | of smoked salmon on top of | the cream | 5 Minutes | | | - 1 |
| 5 | Calories | 1 | Package | Smoked salmon | | cheese. | Let's add a nev | | . Click on th | е | | |
| 6 | 60 | 1 | Tablespoon | Honey mustard-dill s | | Add several drops (salmon. | Empty recipe t | ab. | | | | - 1 |
| 7 | 60 | 5 | Sprig (s) | Fresh dill | | Top with a small am | ount of dill. | | | | | |
| 8 | Recipe tags | | | | | | | | 0 Minutes | | | |
| 9 | | | | | | | | | | | | |
| 10 | salmon, crackers, cream cheese | | | | | | | | Yield (Servings) | | | |
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| 2 | Create a new recipe using this Empty Recipe template. To | Amount Measurement | Ingredient | Directions | | Preparation time | i | | | | |
| 3 | 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 | | | Copy this worksheet to en the same name from the F Enter recipe directions in | 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. | | | | | | |
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| 7 | cell Recipe tags | | | of your recipe, then enter Comments in cells undern | Calories, Recipe Tags and | Enter cook time in th | nis | 1 | | | |
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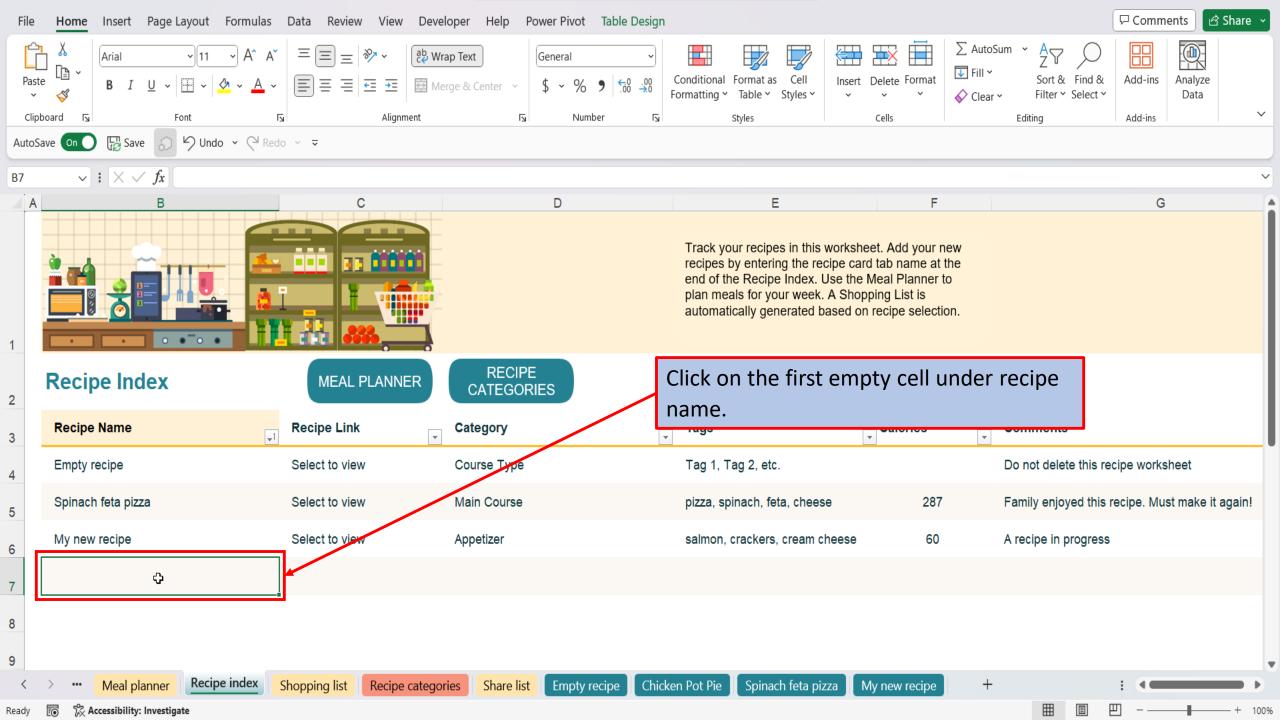


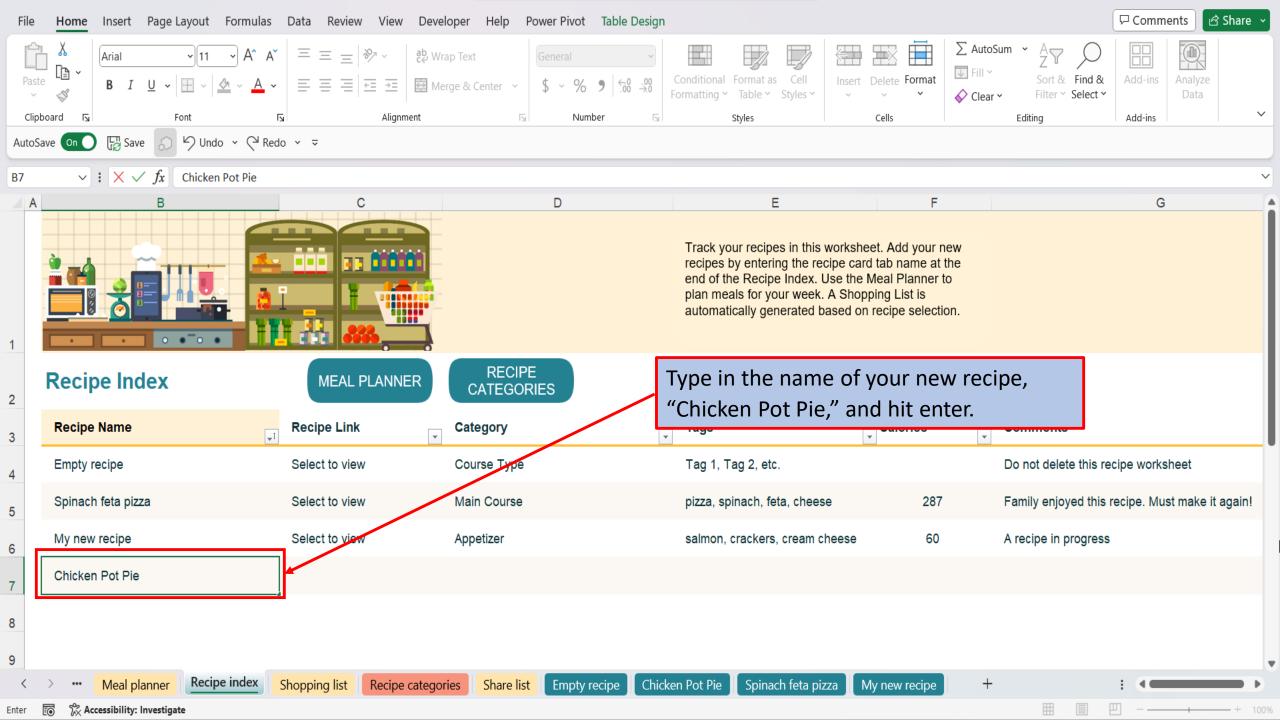
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