

## Shopping List

- Record your recipes one at a time, listing each ingredient separately under Ingredients.
- List the quantity of that ingredient required in each recipe.
- When done, add together the amounts and place a total amount in the Total Amount column.
- Note where you will buy each item.
- Take this list with you when you go shopping.

<b>Ingredients</b>	<b>Amount Required</b>	<b>Total Amount</b>	<b>Where To Buy</b>
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Dairy

Produce

Meat/Fish/Poultry

Grains/Legumes

Nuts/Seeds

Beverages

Miscellaneous