

Recipe Planner

This planner covers each of the key areas you need to consider before cooking a family meal. Use your Keep Calm and Cook recipe to complete the plan for your meal!



INGREDIENTS	PACK SIZE	PACK COST	RECIPE COST
Mince	500g	£3.00	
Coconut milk	400g	£1.00	
Garlic	3 pack	£0.95	
Celery sticks (approx 8 sticks)	250g	£0.85	
Green curry paste	x 1	£1.80	
Sugar snap peas	150g	£1.05	
Tomato puree	x 1	£0.45	
Carrot	x 1	£0.08	
Bacon	300g	£1.40	
Potato	x 1	£0.40	
Stock cubes	x 10	£0.75	
Pasta	500g	£0.90	
Lime	x 1	£0.24	
Chicken	300g	£3.00	
Onion	3 pack	£0.90	
Green cabbage	x 1	£0.70	
Sunflower oil	1 litre	£2.40	
Chopped tomatoes	400g	£0.40	
Mixed herbs	12g	£0.60	
Black pepper	25g	£0.70	
Spring onions	6 pack	£0.50	
Coriander	30g	£0.55	
TOTAL			

1. Cost Efficiency

One factor to consider when meal planning is only buying what you need - this reduces food waste and keeps costs down. Using your recipe, work out what you'll need and how much it will cost. Remember to consider how much of each item you will need. Sometimes you will have ingredients in your store cupboard, like black pepper, mixed herbs and oil. We can factor this in by estimating the value. Use the value of 5p for these ingredients to make sure it's covered in your recipe.

Example: Onions come in packs of 3 for £0.90. If your recipe only asks for one, you will need to work out how much this will cost based on the pack price.

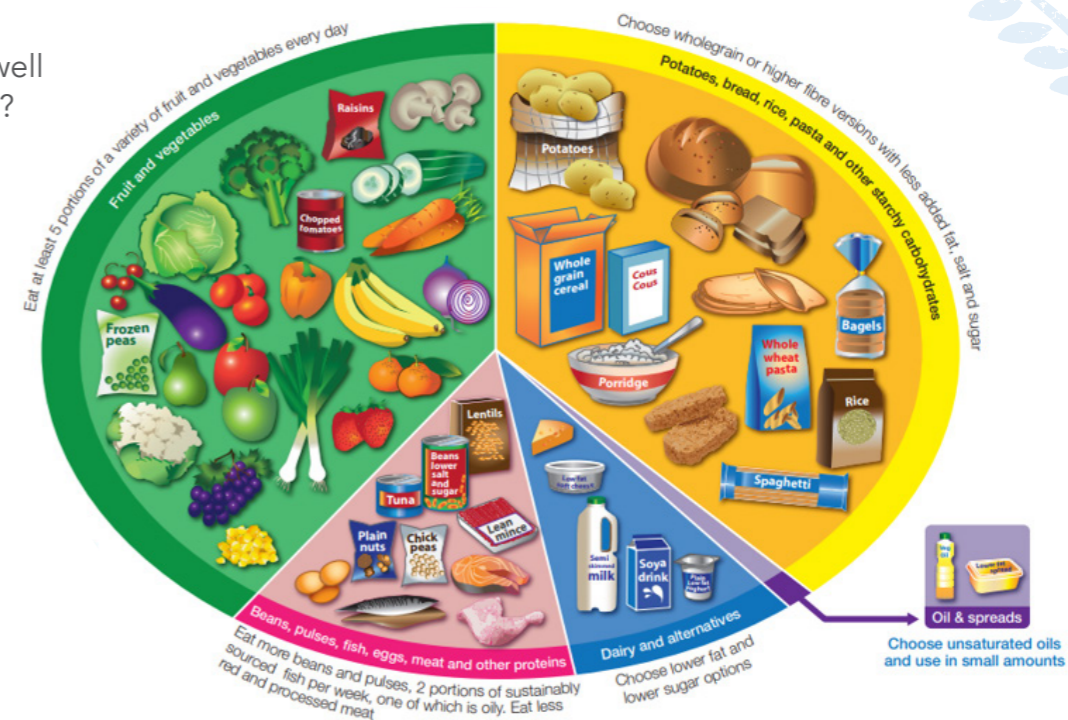
2. Eatwell Guide

Add your ingredients to the correct section of the Eatwell Guide. If you're missing a section, what could you add?

3. Skills

Bullet point the skills you'll be using in this recipe e.g. knife skills, preparation of fruit and veg, using the cooker etc.

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4. Safety

Look at the equipment list, cooking method and ingredients. Write down 3 safety precautions you will need to take while cooking.

- 1.
- 2.
- 3.