my weekly menu planner

	breakfast	lunch	dinner	snacks	exercise	water
MON						
TUES						
WED						
THU						
НR И						
SAT						
SUN						
	notes:					

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my weekly menu planner

	breakfast	lunch	dinner	snacks
MON				
TUES MON				
WED				
THU				
FRI				
SAT				
SUN				

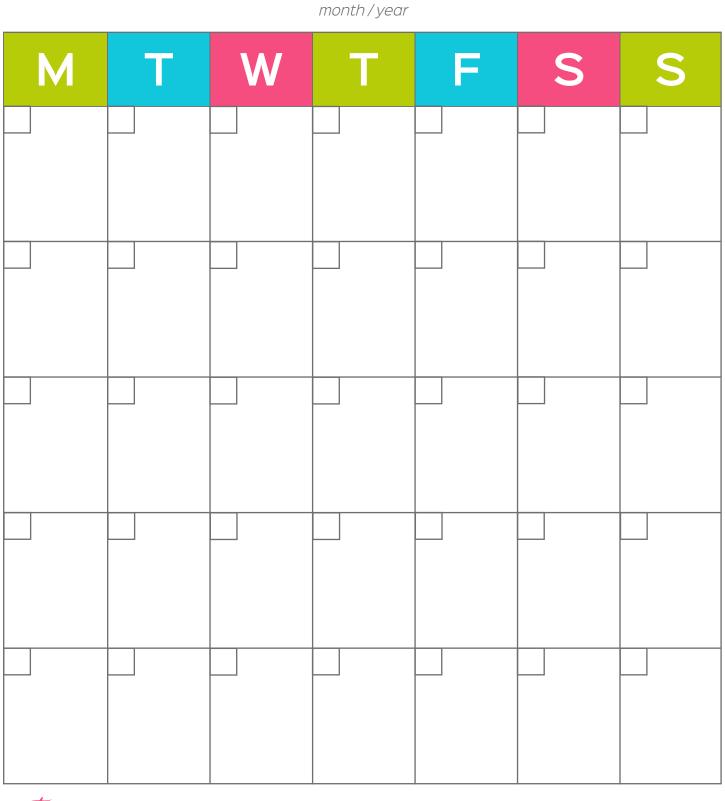
notes:\_

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## notes :

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# grocery list grid

bags/boxes/packets	baking items	beverages
bottles & jars	breads & pastries	bulk (BJs, Sams, etc.)
canned items	dairy	deli
frozen foods	meats	other
paper & plastic	produce	toiletries
	1	

Use the colored header areas below to write in your different grocery categories. Then fill in the spaces below each category with your must-have items for that category.

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# grocery list (my kitchen's must-haves)

 $\land \land \land \land \land \land$ 

To enter your own categories and grocery items, open PDF in reader and click on items to edit.

		Cobi ta

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# my meal planning worksheet

One major area of homemaking is meal preparation. If you are struggling with meal planning, it will be helpful to take some time to compile a list of dinners, lunches, and breakfasts that your family enjoys. That way, when it is time to meal plan, you can simply pull from this list!

Use the space below to record the meals your family loves. If you have your computer with you, pull up Pinterest or other recipe sites to gain inspiration! Then, use the following printables to record your final selections for the meals you will incorporate into your menu plan rotation.

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## master menu planner (by meal)

Write the names of the meals your family loves on the lines below. If you are feeling ambitious and want to plan more meals, reprint this sheet as needed!

10 breakfasts	10 lunches
	21 dinners

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## master menu planner (by prep style)

Write the names of the meals your family loves on the lines below. If you are feeling ambitious and want to plan more meals, reprint this sheet as needed!

crockpot	skillet
oven baked	soup
simple	grill

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## master menu planner (by protein)

Write the names of the meals your family loves on the lines below. If you are feeling ambitious and want to plan more meals, reprint this sheet as needed!

chicken	ground meat (turkey, chicken, beef)
	· · · ·
pork	beef
ропк	beer
fish	beans/legumes

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# kids eat free!

monday				tuesday			
restaurant	notes/details	ages		restaurant	notes/details	ages	
			1				
			]				

## wednesday

## thursday

restaurant	notes/details	ages		restaurant	notes/details	ages
L	1	1	1	1	1	

## friday

### saturday

restaurant	notes/details	ages	_	restau
			]	

restaurant	notes/details	ages

## sunday

### restaurant

notes/details ages

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### birthdays

restaurant	notes/details	ages

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Use this space to plan for your holiday menu! Whether it be Thanksgiving, Christmas, or another big celebration, keep organized with this simple printable.

appetizers	main course
side dishes	desserts
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holiday menu planner

# freezer storage cheat sheet

breads and desserts		
angel food, sponge cake	2 months	
bread, rolls	3-6 months	
cheesecake	2-3 months	
cookie dough	4 months	
cookies (baked)	6-8 months	
pies (baked)	1-2 months	
quick bread, muffins	2-3 months	
yellow or pound cake	6 months	
fish and sea	afood	
clams, mussels, oysters (live)	2-3 months	
clams, mussels, oysters (shucked)	3-6 months	
fish (cooked)	4-6 months	
fish (fatty)	2-3 months	
fish (lean)	4-6 months	
shellfish	2-3 months	
shrimp, scallops	4-6 months	
poultry		
casseroles	4-6 months	
chicken or turkey (cooked)	4-6 months	

	dairy		
	butter	6-9 months	
Cop	cottage cheese	1 month	
yright (	cheese (hard)	6 months	
© 2017	cheese (soft)	4-6 months	
- All ri	eggs	6-8 months	
ghts re	ice cream, sherbet	2 months	
served.	milk, cream	3-4 months	
This p	yogurt	1-2 months	
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not be	bacon, sausage (raw)	1-2 months	
reprod	ham (cooked)	1-2 months	
uced o	lunch meat	1-2 months	
r used i	casseroles, soups	2-3 months	
in any 1	ground beef, pork	3-4 months	
manne	chops, roasts	4-6 months	
r whats	steaks	8-10 months	
oevaer wit	produce		
hout ex	fruit (citrus)	3-4 months	
cpress v	fruit (other)	12 months	
vritten	fruit juice (concentrate)	12 months	
permis	fruit juice (bottled)	8-12 months	
sion.	veggies (frozen)	2-3 months	

### FREEZER STORAGE TIPS:

chicken or turkey (ground)

chicken or turkey (pieces)

chicken or turkey (whole)

• keep your freezer temperature at 0° or less

seal food in air-tight containers or packages

label containers with use by date and cooking instructions

3-4 months

6-8 months

8-10 months

group similar items on your freezer shelves

rotate your freezer stock each time you grocery shop, moving the oldest items forward
 food should not be theward and refrezen but can be theward cooked and then refrezen

• food should not be thawed and refrozen, but can be thawed, cooked and then refrozen

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# internal cooking temperatures

<b>beef and lamb (160° F)</b> roasts, steaks, & chops		
rare	120-125°F	center is bright red, pinkish outside
medium rare	130-135°F	center is very pink, slightly brown outside
medium	140-145°F	center is light pink, brown outside
medium well	150-155°F	not pink
well done	160°F +	steak is uniformly brown throughout
ground meat	160-165°F	uniformly brown throughout

poultry (165° F)		
chicken & duck	165°F	cook until juices run clear
turkey	165°F	juices run clear - leg moves easily
stuffing	165°F	-

pork (160° F) roasts, steaks, & chops		
medium	140-145°F	pale pink center
well done	160°F +	steak is uniformly brown throughout
ribs, shoulders & brisket	160°F +	medium to well done
sausage (raw)	160°F	no longer pink
ham (raw)	160°F	-
ham (precooked)	140°F	-

tish an	a searo	od (145° F)
fish	140°F	cook until juices run clear
tuna, swordfish, & marlin	125°F	cook until medium rare
shrimp, medium-size, boiling	3-4 min.	cook until medium rare
shrimp, large size, boiling	5-7 min.	cook until medium rare
shrimp, jumbo size, boiling	7-8 min.	cook until medium rare
lobster, broiled, whole (1 lb)	12-15 min.	meat turns red, opaque center when cut
lobster, broiled, whole (1 1/2 lb)	3-4 min.	meat turns red, opaque center when cut
lobster, steamed whole (1 1/2 lb)	15-20 min.	meat turns red, opaque center when cut
lobster, baked, tails (each)	15 min.	meat turns red, opaque center when cut
lobster, broiled, tails (each)	9-10 min.	meat turns red, opaque center when cut
scallops (baked)	12-15 min.	milky white or opaque, and firm
scallops (broiled)	12-15 min.	milky white or opaque, and firm
clams, mussels & oysters	_	when their shells open

fish and seafood (115° E

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## common measurement conversions

measurement	conversion #1	conversion #2	conversion #3
1 TEASPOON 5 ML	8 PINCHES	16 DASHES	60 DROPS
1 TABLESPOON 15 ML	3 TEASPOONS		
1 FLUID OUNCE 30 ML	2 TABLESPOONS	6 TEASPOONS	
1/16 CUP 15 ML	1/2 FLUID OUNCE	1 TABLESPOON	
1/8 CUP 30 ML	1 FLUID OUNCE	2 TABLESPOONS	
1/4 CUP 60 ML	2 FLUID OUNCES	4 TABLESPOONS	
1/3 CUP 80 ML	2 2/3 FLUID OUNCES	5 TABLESPOONS + 1 TEASPOON	
1/2 CUP 120 ML	4 FLUID OUNCES	8 TABLESPOONS	
1 CUP 240 ML	8 FLUID OUNCES		
1 PINT 480 ML	2 CUPS	16 FLUID OUNCES	
1 QUART 960 ML	2 PINTS	4 CUPS	

# herb & spice substitutions

herb or spice	substitution
allspice	cinnamon, dash of nutmeg or cloves
basil	oregano or thyme
cilantro	parsley
cinnamon	nutmeg or allspice (1/4 of the amount)
cloves	allspice, cinnamon, or nutmeg
cumin	chili powder
ginger	allspice, cinnamon, mace or nutmeg
mace	allspice, cinnamon, ginger or nutmeg

herb or spice	substitution
marjoram	basil, thyme
nutmeg	cinnamon, ginger, or mace
oregano	thyme, basil
rosemary	thyme
sage	marjoram, rosemary
thyme	basil, marjoram, oregano
cardamom	ginger
savory	thyme, marjoram, sage

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# common substitutions

ingredient	yield	substitution
allspice	1 teaspoon	1/2 teaspoon cinnamon, 1/4 teaspoon ginger, and 1/4 teaspoon cloves
baking powder	1 teaspoon	1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar
corn syrup	1 cup	1 1/4 cups sugar plus 1/3 cup water OR 1 cup honey
heavy cream	1 cup	3/4 cup milk plus 1/3 cup butter OR 1 cup evaporated milk
cream of tartar	1 teaspoon	2 teaspoons lemon juice or vinegar
garlic	1 clove	1/8 teaspoon garlic powder
herbs	1 tablespoon fresh	1 teaspoon dried
hot pepper sauce	1 teaspoon	3/4 teaspoon cayenne pepper mixed with 1 teaspoon vinegar
ketchup	1 cup	1 cup tomato sauce, 1 teaspoon vinegar, and 1 tablespoons sugar
lemon juice	1 teaspoon	1/2 teaspoon vinegar
mayonnaise	1 cup	1 cup plain yogurt
mustard	1 tablespoon	1 tablespoon dried mustard, 1 teaspoon water, 1 teaspoon vinegar and 1 teaspoon sugar
onion	1 cup, chopped	1/4 cup onion powder
shortening	1 cup	1 cup butter
soy sauce	1/2 cup	4 tablespoons Worcestershire sauce plus 1 tablespoon water
vinegar	1 teaspoon	1 teaspoon lemon juice
wine	1 cup	1 cup broth or 1 cup fruit juice plus 2 teaspoons vinegar
yogurt	1 cup	1 cup sour cream or 1 cup buttermilk

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#### **COMMON SUBSTITUTIONS**

ingredient	yield	substitution
allspice	1 teaspoon	1/2 teaspoon cinnamon, 1/4 teaspoon ginger, and 1/4 teaspoon cloves
baking powder	1 teaspoon	1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar
corn syrup	1 cup	1 1/4 cups sugar plus 1/3 cup water OR 1 cup honey
heavy cream	1 cup	3/4 cup milk plus 1/3 cup butter OR 1 cup evaporated milk
cream of tartar	1 teaspoon	2 teaspoons lemon juice or vinegar
garlic	1 clove	1/8 teaspoon garlic powder
herbs	1 tablespoon fresh	1 teaspoon dried
hot pepper sauce	1 teaspoon	3/4 teaspoon cayenne pepper mixed with 1 teaspoon vinegar
ketchup	1 cup	1 cup tomato sauce, 1 teaspoon vinegar, and 1 tablespoons sugar
lemon juice	1 teaspoon	1/2 teaspoon vinegar
mayonnaise	1 cup	1 cup plain yogurt
mustard	1 tablespoon	1 tablespoon dried mustard, 1 teaspoon water, 1 teaspoon vinegar and 1 teaspoon sugar
onion	1 cup, chopped	1/4 cup onion powder
shortening	1 cup	1 cup butter
soy sauce	1/2 cup	4 tablespoons Worces- tershire sauce plus 1 tablespoon water
vinegar	1 teaspoon	1 teaspoon lemon juice
wine	1 cup	1 cup broth or 1 cup fruit juice plus 2 teaspoons vinegar
yogurt	1 cup	1 cup sour cream or 1 cup buttermilk

#### **HERB & SPICE SUBSTITUTIONS**

herb or spice	substitution
allspice	cinnamon, dash of nutmeg or cloves
basil	oregano or thyme
cilantro	parsley
cinnamon	nutmeg or allspice (1/4 of the amount)
cloves	allspice, cinnamon, or nutmeg
cumin	chili powder
ginger	allspice, cinnamon, mace or nutmeg
mace	allspice, cinnamon, ginger or nutmeg
marjoram	basil, thyme
nutmeg	cinnamon, ginger, or mace
oregano	thyme, basil
rosemary	thyme
sage	marjoram, rosemary
thyme	basil, marjoram, regano
cardamom	ginger
savory	thyme, marjoram, sage

#### INTERNAL COOKING TEMPERATURES

corn syrup		1 cup water OR			-		
heavy cream	1 cup	3/4 си		2		cinnamon	nutmeg or allspice (1/4 of the amount)
cream of tarta	ar 1teasp	oon	2 teaspoons lemon juice or vinegar			cloves	allspice, cinnamon, or nutmeg
garlic	1 clove		1/8 teaspoon garlic powder			cumin	chili powder
herbs	1 tables	poon fresh	1 teaspoon dried				allspice, cinnamon,
hot pepper sauce	1 teasp	oon	3/4 teaspoon cayenne pepper mixed with 1 teaspoon vinegar			ginger	mace or nutmeg
ketchup	1 cup		1 cup tomato sauce, 1 teaspoon vinegar, and 1 tablespoons sugar			mace marjoram	allspice, cinnamon, ginger or nutmeg basil, thyme
lemon juice	1 teasp	000	sugar 1/2 teaspoon vinegar			manjoram	
mayonnaise	1 cup		1 cup plain yogur			nutmeg	cinnamon, ginger, or mace
mustard	1 tables	poon	1 tablespoon dried mustard, 1 teaspoon water, 1 teaspoon vinegar and 1 teaspoon sugar			oregano	thyme, basil
onion	1 cup, c	hopped	1 teaspoon sugar 1/4 cup onion powder			rosemary	thyme
shortening	1 cup		1 cup butter			6200	mariaram recomany
soy sauce	1/2 cup		4 tablespoons W tershire sauce pl 1 tablespoon wat	us		sage	marjoram, rosemary
vinegar	1 teasp	oon	1 teaspoon lemor			thyme	basil, marjoram, regano
wine	1 cup		1 cup broth or 1 cup fruit juice plus 2 teaspoons			cardamom	ginger
		vinegar 1 cup sour cream 1 cup buttermilk		or		savory	thyme, marjoram, sage
yogurt	1 cup						
yogurt		TERNA			I L 1PE	RATURI	ES
	IN		1 cup buttermilk				
	IN eef and l	TERNA amb (160 eaks, & chop	1 cup buttermilk				ES afood (145° F)
b	IN eef and l	amb (160 eaks, & chop center is br outside	1 cup buttermilk L COOKINC 0° F) ight red, pinkish	fish tuna, sword	fish,	n and sea	afood (145° F)
b rare medium rare	IN eef and l roasts, ste 120-125°F 130-135°F	center is br outside center is ve brown outs	1 cup buttermilk L COOKINC 0° F) ight red, pinkish ry pink, slightly ide	fish tuna, sword & marl	fish, in	140°F 125°F	afood (145° F) cook until juices run clear cook until medium rare
b rare medium rare	IN eef and l roasts, ste 120-125°F	center is br outside center is ve brown outs	1 cup buttermilk L COOKINC O F) s ight red, pinkish ery pink, slightly	fish tuna, sword & marl	fish, in m-size	140°F 125°F	afood (145° F)
b rare medium rare medium medium well	IN eef and roasts, ste 120-125°F 130-135°F 140-145°F 150-155°F	amb (160 ceaks, & chop center is br outside center is ve brown outs center is lig outside not pink	1 cup buttermilk L COOKINC P F) ight red, pinklsh ry pink, slightly ide ht pink, brown	fish tuna, sword & marl shrimp mediu boiling	fish, in o, m-size	and sea           140°F           125°F           , 3-4 min.	afood (145° F) cook until juices run clear cook until medium rare
rare medium rare medium medium well well done	IN roasts, sto 120-125°F 130-135°F 140-145°F 150-155°F 160°F +	center is br outside center is br outside center is ve brown outs center is lig outside not pink steak is uni throughout	1 cup buttermilk L COOKINC P F) ight red, pinkish ry pink, slightly ide ht pink, brown formly brown	fish tuna, sword & marl shrimg mediu boiling shrimg size, b shrimg	fish, in p, m-size po, large poiling p, size,	and sea           140°F           125°F           , 3-4 min.	afood (145° F) cook until juices run clear cook until medium rare cook until medium rare
b rare medium rare medium medium well well done	IN roasts, ste 120-125°F 130-135°F 140-145°F 150-155°F 160°F + 160-165°F	center is br outside center is br outside center is ve brown outs center is lig outside not pink steak is uni throughout uniformly br	1 cup buttermilk L COOKINC P F) ight red, pinkish my pink, slightly ide ht pink, brown formly brown	fish tuna, sword shrimm shrimm size, b shrimp jumbo boiling	fish, in o, m-size ooiling o, large ooiling o, size, o	and sea           140°F           125°F           3-4 min.           5-7 min.           7-8 min.	afood (145° F) cook until juices run clear cook until medium rare cook until medium rare cook until medium rare cook until medium rare
b rare medium rare medium well medium well well done ground meat	IN roasts, sto 120-125°F 130-135°F 140-145°F 150-155°F 160°F + 160-165°F poultr	center is br outside center is br outside center is ve brown outs center is lig outside not pink steak is uni throughout uniformly br y (165° F)	1 cup buttermilk L COOKINC P F) ight red, pinkish ry pink, slightly ide ht pink, brown formly brown rown throughout	fish tuna, sword & marl shrimp mediu boiling shrimp size, b shrimp jumbo boiling	fish, in o, m-size o, large oiling o, size, o, size, d,	and sea           140°F           125°F           3-4 min.           5-7 min.	afood (145° F) cook until juices run clear cook until medium rare cook until medium rare cook until medium rare
b rare medium rare medium well medium well well done ground meat chicken & duck	IN eef and l roasts, ste 120-125°F 130-135°F 140-145°F 150-155°F 160°F + 160°F + 160-165°F poultr 165°F	center is br outside center is br outside center is ve brown outs center is lig outside not pink steak is uni throughout uniformly br y (165° F) cook until ju	1 cup buttermilk L COOKINC P F) ight red, pinkish ry pink, slightly ide ht pink, brown formly brown	Fish fish tuna, sword & marin boiling shrimg jumbo boiling boiled whole lobste broiled whole	fish, in o, m-size o, large oiling o, size, o, size, d, (11b)	and sea           140°F           125°F           3-4 min.           5-7 min.           7-8 min.           12-15	afood (145° F) cook until juices run clear cook until medium rare cook until medium rare cook until medium rare cook until medium rare meat turns red, opaque
b rare medium rare medium well medium well well done ground meat chicken & duck	IN roasts, ste 120-125°F 130-135°F 140-145°F 150-155°F 160°F + 160°F + 160°F 5 165°F 165°F	amb (16C paks, & chop center is br outside center is ve brown outs center is lig outside not pink steak is uni throughout uniformly bu y (165° F) cook until ju	1 cup buttermilk L COOKINC P F) ight red, pinkish ry pink, slightly ide formly brown formly brown rown throughout uices run clear	Fish tuna, sword shrimp size, b shrimp size, b boiling boiling boiling lobste broilee whole lobste broilee whole	fish, in , m-size , b, large ooiling , b, large ooiling , size, , , , , , , , , , , , , , , , , , ,	and sea           140°F           125°F           3-4 min.           5-7 min.           7-8 min.           12-15 min.	afood (145° F) cook until juices run clear cook until medium rare cook until medium rare cook until medium rare cook until medium rare meat turns red, opaque meat turns red, opaque
b rare medium rare medium well medium well well done ground meat chicken & duck	IN roasts, ste 120-125°F 130-135°F 140-145°F 150-155°F 160°F + 160°F + 165°F 165°F 165°F 165°F	amb (16C pakes, & Chop center is br outside center is ve brown outs center is lig outside not pink steak is uni throughout uniformly br y (165° F) cook until ju juices run c easily	1 cup buttermilk L COOKINC P F) ight red, pinkish ry pink, slightly ide ht pink, brown formly brown rown throughout uices run clear lear - leg moves	Fish fish tuna, sword & marin boiling shrimg jumbo boiling boiled whole lobste broiled whole	fish, in , m-size , b, largee , b, largee , b, largee , b, largee , c, largee	and sea           140°F           125°F           3-4 min.           5-7 min.           7-8 min.           12-15 min.	afood (145° F) cook until juices run clear cook until medium rare cook until medium rare cook until medium rare cook until medium rare meat turns red, opaque meat turns red, opaque
b rare medium rare medium well medium well well done ground meat duck	IN roasts, ste 120-125°F 130-135°F 140-145°F 150-155°F 160°F + 160°F + 165°F 165°F 165°F 165°F	center is br outside center is br outside center is ve brown outs center is lig outside not pink steak is uni throughout uniformly br y (165° F) cook until ju	1 cup buttermilk L COOKINC P F) ight red, pinkish ry pink, slightly ide ht pink, brown formly brown rown throughout uices run clear lear - leg moves	Fish fish tuna, sword & marin boiling shrimm size, b shrimm size, b shrimm jumboo boiling boolied whole lobste broiled whole lobste broiled whole lobste boolied y2 lb)	<b>fish</b> , in , , m-size , , , , , , , , , , , , , , , , , , ,	and sea           140°F           125°F           3-4 min.           5-7 min.           7-8 min.           12-15 min.           3-4 min.           12-15 min.           3-4 min.           15-20	afood (145° F) cook until juices run clear cook until medium rare cook until medium rare cook until medium rare cook until medium rare cook until medium rare meat turns red, opaque center when cut meat turns red, opaque
b rare medium rare medium well medium well well done ground meat ground meat chicken & duck turkey stuffing	IN roasts, ste 120-125°F 130-135°F 140-145°F 150-155°F 160°F + 160°F + 165°F 165°F 165°F 165°F	amb (16C pakes, & Chop center is br outside center is ve brown outs center is lig outside not pink steak is uni throughout uniformly br y (165° F) cook until ju juices run c easily -	1 cup buttermilk L COOKINC P F) ight red, pinklsh ry pink, slightly ide formly brown formly brown rown throughout lices run clear lear - leg moves s	Fish fish tuna, sword & mari boiling shrimp size, b shrimp jumbo boiling obstee broilee whole Va lb) lobstee steam whole	fish, in , m-size , largee , l	and sea           140°F           125°F           3-4 min.           5-7 min.           7-8 min.           12-15 min.           3-4 min.           12-15 min.           3-4 min.           15-20	afood (145° F) cook until juices run clear cook until medium rare cook until medium rare cook until medium rare cook until medium rare cook until medium rare meat turns red, opaque center when cut meat turns red, opaque
b rare medium rare medium well medium well ground meat ground meat chicken & duck turkey stuffing medium	IN roasts, ste 120-125°F 130-135°F 140-145°F 150-155°F 160°F + 160°F + 165°F 165°F 165°F 165°F 165°F	amb (16C baks, & chop center is br outside center is ve brown outs center is lig outside not pink steak is uni throughout uniformly br y (165° F) cook until ju juices run c easily - (160° F) pale pink ce	1 cup buttermilk L COOKINC P F) ight red, pinkish ry pink, slightly ide ht pink, brown formly brown rown throughout lear - leg moves senter formly brown	Fish fish tuna, sword & mari shrimm mediu boiling size, b shrimm jumbo boiling size, b shrimm jumbo boiling lobste broilee whole lobste broilee whole lobste broilee (2 lb) lobste	fish, fish, in , , , , , , , , , , , , ,	Indext set           140°F           125°F           3-4 min.           5-7 min.           7-8 min.           12-15 min.           3-4 min.           15-20 min.           15 min.	afood (145° F) cook until juices run clear cook until medium rare meat turns red, opaque center when cut
b rare medium rare medium well well done ground meat chicken & duck turkey stuffing medium well done ribs,	IN eef and I roasts, ste 120-125°F 130-135°F 140-145°F 150-155°F 160°F + 160°F + 165°F 165°F 165°F 165°F 165°F 165°F 165°F 165°F 165°F 165°F	amb (160 paks, & chop center is br outside center is ve brown outs center is lig outside not pink steak is uni throughout uniformly br y (165° F) cook until ju juices run c easily - (160° F) pale pink ce steak is uni	1 cup buttermilk L COOKINC P F) ight red, pinklsh ry pink, slightly ide formly brown formly brown rown throughout lear - leg moves enter formly brown	Fish fish tuna, sword & mari boling shrimp jumbo boling isze, b shrimp jumbo boling obstee broiled whole V2 lb) lobstee baked (each) scallop	fish, in , , , , , , , , , , , , , , , , , ,	140°F         140°F         125°F         3-4 min.         5-7 min.         7-8 min.         112-15         min.         15-20         min.         15 min.         9-10 min.         12-15	afood (145° F) cook until juices run clear cook until medium rare meat turns red, opaque center when cut
b rare medium rare medium well medium well well done ground meat chicken &	IN eef and I roasts, ste 120-125°F 130-135°F 140-145°F 150-155°F 160°F + 160°F + 165°F 165°F 165°F 165°F 165°F 165°F 165°F 165°F 165°F 165°F 165°F	amb (160 cakes, & chop center is br outside center is ve brown outs center is lig outside not pink steak is uni throughout uniformly bi y (165° F) cook until ju cook unti	1 cup buttermilk L COOKINC P F) ight red, pinkish ry pink, slightly ide formly brown formly brown rown throughout lear - leg moves senter formly brown well done	G TEN fish tuna, sword & marin shrimp size, b shrimp jumbo boiling	fish, in , , , , , , , , , , , , , , , , , ,	Inclusion       140°F         140°F       125°F         3-4 min.       5-7 min.         7-8 min.       12-15 min.         3-4 min.       3-4 min.         15-20 min.       15 min.         9-10 min.       12-15 min.         12-15 min.       12-15 min.	afood (145° F) cook until juices run clear cook until medium rare meat turns red, opaque center when cut meat turns red, opaque meat turns red, opaque center when cut meat turns red, opaque meat turns
b rare medium rare medium well medium well well done ground meat chicken & duck turkey stuffing medium well done ribs, shoulders & brisket sausage	IN eef and I roasts, ste 120-125°F 130-135°F 140-145°F 150-155°F 160°F + 165°F 165°F 165°F 165°F 165°F 165°F 165°F 165°F 165°F 165°F 165°F 165°F 165°F	amb (160 backs, & chop center is br outside center is ve brown outs center is lig outside not pink steak is uni throughout uniformly bi y (165° F) cook until ju juices run c easily - (160° F) pale pink ce steak is uni throughout medium to the	1 cup buttermilk L COOKINC P F) ight red, pinkish ry pink, slightly ide formly brown formly brown rown throughout lear - leg moves senter formly brown well done	Fish tuna, sword & maring mediu boiling shrimp size, b shrimp jumbo boiling boiling shrimp jumbo boiling boiled whole V2 lb) lobste broiled whole V2 lb) lobste broiled whole V2 lb) lobste broiled whole vhole vhole vhole vhole steam	fish,           fish,           in           , <tr ,<="" tr=""> <!--</td--><td>140°F         140°F         125°F         3-4 min.         5-7 min.         7-8 min.         12-15 min.         3-4 min.         15-20 min.         15 min.         9-10 min.         12-15 min.</td><td>afood (145° F) cook until juices run clear cook until medium rare meat turns red, opaque center when cut meat turns red, opaque center when cut</td></tr>	140°F         140°F         125°F         3-4 min.         5-7 min.         7-8 min.         12-15 min.         3-4 min.         15-20 min.         15 min.         9-10 min.         12-15 min.	afood (145° F) cook until juices run clear cook until medium rare meat turns red, opaque center when cut
140°F         140°F         125°F         3-4 min.         5-7 min.         7-8 min.         12-15 min.         3-4 min.         15-20 min.         15 min.         9-10 min.         12-15 min.	afood (145° F) cook until juices run clear cook until medium rare meat turns red, opaque center when cut						

Brought to you by: Erin Odom, The Humbled Homemaker & Holly Dvorak, Certified Family Manager Coach

#### COMMON MEASUREMENT CONVERSIONS

measure- mentt	conversion #1	conversion #2	conversion #3
1 TEASPOON 5 ML	8 PINCHES	16 DASHES	60 DROPS
1 TABLESPOON 15 ML	3 TEASPOONS		
1 FLUID OUNCE 30 ML	2 TABLESPOONS	6 TEASPOONS	
1/16 CUP 15 ML	1/2 FLUID OUNCE	1 TABLESPOON	
1/8 CUP 30 ML	1 FLUID OUNCE	2 TABLESPOONS	
1/4 CUP 60 ML	2 FLUID OUNCES	4 TABLESPOONS	
1/3 CUP 80 ML	2 2/3 FLUID OUNCES	5 TABLESPOONS + 1 TEASPOON	
1/2 CUP 120 ML	4 FLUID OUNCES	8 TABLESPOONS	
1 CUP 240 ML	8 FLUID OUNCES		
1 PINT 480 ML	2 CUPS	16 FLUID OUNCES	
1 QUART 960 ML	2 PINTS	4 CUPS	

#### FREEZER STORAGE CHEAT SHEET

breads and desserts		dairy		
angel food, sponge cake	2 months	butter	6-9 months	
bread, rolls	3-6 months	cottage cheese	1 month	
cheesecake	2-3 months	cheese (hard)	6 months	
cookie dough	4 months	cheese (soft)	4-6 months	
cookies (baked)	6-8 months	eggs	6-8 months	
pies (baked)	1-2 months	ice cream, sherbet	2 months	
quick bread, muffins	2-3 months	milk, cream	3-4 months	
yellow or pound cake	6 months	yogurt	1-2 months	
fish and se	fish and seafood		S	
clams, mussels, oysters (live)	2-3 months	bacon, sausage (raw)	1-2 months	
clams, mussels, oysters (shucked)	3-6 months	ham (cooked)	1-2 months	
fish (cooked)	4-6 months	lunch meat	1-2 months	
fish (fatty)	2-3 months	casseroles, soups	2-3 months	
fish (lean)	4-6 months		3-4 months	
shellfish	2-3 months	ground beef, pork	3-4 months	
shrimp, scallops	4-6 months	chops, roasts	4-6 months	
poultry		produce		
casseroles	4-6 months	fruit (citrus)	3-4 months	
chicken or turkey (cooked)	4-6 months			
chicken or turkey (ground)	3-4 months	fruit (other)	12 months	
chicken or turkey (pieces)	6-8 months	fruit juice (concen- trate)	12 months	
chicken or turkey (whole)	8-10 months	fruit juice (bottled)	8-12 months	

#### **FREEZER STORAGE TIPS:**

- keep your freezer temperature at  $0^{\circ} \mbox{ or less}$
- seal food in air-tight containers or packages
- $\boldsymbol{\cdot}$  label containers with use by date and cooking instructions
- group similar items on your freezer shelves  $\boldsymbol{\cdot}$  rotate your freezer stock each time you grocery shop, moving the oldest
- items forward

 $\boldsymbol{\cdot}$  food should not be thawed and refrozen, but can be thawed, cooked and then refrozen