

Cooking & Baking Conversion Guide



POPULAR ABBREVIATIONS

| | |
|-----------------|------------|
| TEASPOON | TSP |
| TABLESPOON | TBSP |
| FL | FLUID |

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|--------------|-----------|
| OUNCE | OZ |
| MILLILITER | ML |
| MILLIGRAMS | MG |

CUP CONVERSIONS






















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|--------------|----------------------|
| 1 CUP | 8 FLUID ONCES |
| 1 CUP | 16 TABLESPOONS |
| 1 CUP | 48 TEASPOONS |
| 1 CUP | ½ PINT |
| 1 CUP | ¼ QUART |
| 1 CUP | 1/16 GALLON |
| 1 CUP | 240 ML |

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|--------------|-------------|
| 1 TSP | 5 ML |
| 1 TBSP | 15 ML |
| 1 FL Ounce | 30 ML |
| 1 CUP | 237 ML |
| 2 CUPS | 1 PINT |
| 4 CUPS | 1 QUART |
| 16 CUPS | 1 GALLON |

DRY MEASUREMENTS CONVERSIONCHART

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|--------------------|---------------------|-----------------|
| 3 TEASPOONS | 1 TABLESPOON | 1/16 CUP |
| 12 TEASPOONS | 4 TABLESPOONS | ¼ CUP |
| 24 TEASPOON | 8 TABLESPOONS | ½ CUP |
| 36 TEASPOONS | 12 TABLESPOONS | ¾ CUP |
| 48 TEASPOONS | 16TABLESPOONS | 1 CUP |

Week of

| | | | |
|--------------|--|---|---|
| SAT | Breakfast  | Lunch  | Dinner  |
| FRI | Breakfast  | Lunch  | Dinner  |
| THURS | Breakfast  | Lunch  | Dinner  |
| WED | Breakfast  | Lunch  | Dinner  |
| TUES | Breakfast  | Lunch  | Dinner  |
| MON | Breakfast  | Lunch  | Dinner  |
| SUN | Breakfast  | Lunch  | Dinner  |

Weekly Meal Planning

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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NOTES

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RECIPE:

COOKING/BAKING TIME:

PEPARATION TIME:

Ingredients:

SERVINGS:

Directions:



Shopping List



Shopping List

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| <input type="checkbox"/> 1 | <input type="checkbox"/> 1 |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 2 |
| <input type="checkbox"/> 3 | <input type="checkbox"/> 3 |
| <input type="checkbox"/> 4 | <input type="checkbox"/> 4 |
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| <input type="checkbox"/> 14 | <input type="checkbox"/> 14 |
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| <input type="checkbox"/> 16 | <input type="checkbox"/> 16 |

RECIPE:

PEPARATION TIME:

COOKING/BAKING TIME:

SERVINGS:

DIRECTIONS:

RECIPE:

PEPARATION TIME:

COOKING/BAKING TIME:

SERVINGS:

DIRECTIONS: