HARVEST²CUISINE

THE HOME COOK'S KITCHEN REFERENCE PACK

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A practical set of printable kitchen tools for everyday cooking, meal planning, and keeping track of the food you have on hand.

Inside this pack	Use it for
Kitchen measurement guide	Conversions, equivalents, and oven temperatures
Ingredient substitution guide	Common swaps with practical cautions
Pantry inventory	Stock checks and restocking
Freezer inventory	Tracking portions and dates
Weekly meal planner	Planning meals and making a grocery list

Printing tip: Print at 100% scale on letter-size paper. The worksheets are designed for pencil or pen and can be photocopied for repeated use.

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1. Kitchen Measurement Guide

Use these common U.S. volume equivalents. For best baking results, use a kitchen scale when a recipe provides weights; ingredient weights vary by how they are packed or measured.

Volume equivalents

Measure	Equivalent	Quick reference
1 tablespoon (Tbsp)	3 teaspoons (tsp)	½ fluid ounce
2 tablespoons	⅛ cup	1 fluid ounce
4 tablespoons	¼ cup	2 fluid ounces
5 tablespoons + 1 teaspoon	⅓ cup	—
8 tablespoons	½ cup	4 fluid ounces
12 tablespoons	¾ cup	6 fluid ounces
16 tablespoons	1 cup	8 U.S. fluid ounces
1 pint	2 cups	16 U.S. fluid ounces
1 quart	4 cups	2 pints
1 gallon	16 cups	4 quarts

Oven temperature equivalents

°F	°C (approx.)	Common description
250	120	Very slow
300	150	Low
325	165	Moderate-low
350	175	Moderate
375	190	Moderate-hot
400	200	Hot
425	220	Hot
450	230	Very hot

Note: These are rounded equivalents. Oven performance varies; use the recipe's stated temperature and verify doneness rather than relying on time alone.

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2. Home Cook's Ingredient Substitution Guide

These are common starting points for everyday cooking. Substitutions can change flavor, texture, browning, and moisture. Baking is less forgiving than stovetop cooking.

If you're out of…	Try…	Notes
1 cup buttermilk	1 cup milk minus 1 Tbsp; add 1 Tbsp lemon juice or vinegar; rest 5–10 min	Works in many batters; texture may vary.
1 cup sour cream	1 cup plain full-fat yogurt	Best in dips, toppings, and many baked goods.
1 tsp baking powder	¼ tsp baking soda + ½ tsp cream of tartar	Use promptly; small-batch equivalent.
1 Tbsp cornstarch (thickener)	About 2 Tbsp all-purpose flour	Flour may look cloudier and need longer cooking.
1 cup fresh herbs	About ⅓ cup dried herbs	General rule; potency varies. Add dried herbs earlier.
1 fresh garlic clove	About ⅛ tsp garlic powder	Adjust to taste; granulated garlic differs.
1 cup tomato sauce	1 cup canned crushed tomatoes, simmered to desired thickness	Season as needed; consistency differs.
1 cup cooked rice	Another cooked grain in a similar quantity	Choose a grain suited to the dish; cooking times vary.
1 egg in a quick bread	¼ cup unsweetened applesauce	May make the result denser; not suitable for every recipe.
1 Tbsp lemon juice	1 Tbsp mild vinegar	Flavor will change.
1 cup heavy cream for a sauce	¾ cup milk + ¼ cup melted butter	Not for whipping; may differ in reductions.

Before swapping: Consider whether the ingredient provides moisture, acidity, fat, structure, lift, or flavor. If it is central to a baking recipe, use a tested recipe designed for the substitute. Do not use these swaps to alter canning or other food-preservation procedures.

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3. Pantry Inventory & Restocking

Check what you have before shopping. Record quantities in units that make sense for your household (packages, jars, pounds, or cups).

Household: _____ Checked on: _____

Item	On hand	Desired stock	Buy?
Flour			☐
Sugar			☐
Brown sugar			☐
Rice / grains			☐
Pasta			☐
Oats			☐
Beans / lentils			☐
Canned tomatoes			☐
Broth / stock			☐
Cooking oil			☐
Vinegar			☐
Baking powder / soda			☐
Salt			☐
Herbs / spices			☐
Nut butter			☐
Breakfast staples			☐
Other: _____			☐
Other: _____			☐
Other: _____			☐

Use first / restock next

Items nearing their best quality or already opened:

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4. Freezer Inventory

Label food before freezing. Record the item, portion, date frozen, and a quality-use target based on a reliable storage guide. Food kept continuously frozen at 0°F (-18°C) or below remains safe, but quality declines over time.

Freezer location: _____ Reviewed on: _____

Food / dish	Portions	Date frozen	Use for best quality by	Notes

Use next

Move these items into your meal plan first:

Food safety reminder: Date and label everything. Follow current USDA guidance for safe cooling, freezing, thawing, and reheating. Do not use appearance or smell alone to judge safety.

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5. Weekly Meal & Grocery Planner

Week of: _____ Household / servings: _____

Day	Main meal plan	Use from pantry / freezer	Prep note
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Grocery list

Produce	Dairy / eggs	Meat / seafood / alternatives	Pantry / other

Prep ahead / thaw safely / reminders

Planning prompt: What needs to be used soon? What can be cooked once and used twice? Which meals can share ingredients without feeling repetitive?

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