My seasonal supper plan

Choose the recipes you will actually cook, then copy the quantities from those recipes. Adjust for your household before shopping.

Day / meal	Chosen recipe	Ingredients shared with another meal

Consolidated shopping list

Produce	Pantry	Refrigerated / other

Preparation order and equipment conflicts to avoid

See https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety for safe preparation and storage practices.

Harvest²Cuisine is a product of Deem Publishing Co. This resource may be downloaded and printed for personal, noncommercial use. Redistribution, resale, or republication of the document or its contents is not permitted without written permission. For educational and recordkeeping purposes. Follow local horticultural guidance, product labels, and tested food-preservation and food-safety procedures. These worksheets do not establish safe storage limits or preservation procedures.