



MY FOOD PLANNER



SU Campus
Food Bank

Welcome Guide

Welcome to the ultimate resource that aims to make your culinary journey a breeze. This booklet is your go-to guide for all things related to meal planning, grocery shopping, and cooking. We understand that your time is valuable, and our goal is to ensure that you can focus on enjoying delicious meals instead of stressing about them. This booklet contains different sections:

Grocery List

The Grocery List section is designed for you to plan your grocery shopping effectively. It allows you to list precisely what you need for the meals you'll be preparing that week. By doing this, you not only avoid food waste but also steer clear of impulsive purchases. With a clear understanding of what you need, grocery shopping becomes a more straightforward and efficient task.

Meal Planning

In our Meal Planning section, we provide you with two templates – the Weekly Meal Planner and the Daily Meal Planner.

The Weekly Meal Planner offers a broad overview, allowing you to brainstorm and write down what you'd like to eat for each meal of the day throughout the week. It offers flexibility by giving you a general idea without the need for meticulous daily planning.

The Daily Meal Planner is for those who prefer a more intentional and organized approach, the Daily Meal Planner breaks down your meals by the day. It includes specific sections to outline what you'll be eating each day and for each meal, helping you stay on track with your meal planning.

Recipe Cards:

As you embark on your culinary adventures and prepare delicious meals for the week, the Recipe Cards provided in this booklet will become your kitchen companions. Use them to jot write your favorite recipes, ensuring that you never forget how to recreate those dishes you love. It's a fun and practical way to develop your love for the kitchen and create a personal collection of go-to recipes.

Conversion Charts:

To ensure accuracy in your cooking, we've included convenient conversion charts to be your handy companions, ensuring that your measurements are precise and your oven temperatures are just right. Cooking has never been this easy and precise!

Important Note:

Before diving into the world of culinary delight using the resources in "My Food Collection," remember to photocopy these materials. Having extra copies allows you to use them over and over again, ensuring that your guide remains pristine and ready for each culinary adventure. So, make those copies and safeguard your kitchen companion. In addition all of these resources are available on our website for you to print or access online at any time. Go to www.su.ucalgary.ca/programs-services/student-services/food-bank/ to get yours.



SU Campus
Food Bank

DATE _____

Grocery List

Produce

[illegible]

Pantry Items

[illegible]

Protein

Snacks

Bread & Grains

Cleaning & Household Items

Condiments

Frozen Foods

Dairy

Other

DATE _____

Grocery List

Produce

[illegible]

Pantry Items

[illegible]

Protein

Snacks

Bread & Grains

Cleaning & Household Items

Condiments

Frozen Foods

Dairy

Other

DATE _____

Grocery List

Produce

[illegible]

Pantry Items

[illegible]

Protein

Snacks

Bread & Grains

Cleaning & Household Items

Condiments

Frozen Foods

Dairy

Other

Weekly Meal Planner

WEEK NUMBER _____

The Weekly Meal Planner lets you quickly brainstorm and note the meal choices you would like have throughout the week for each meal of the day, without the need for meticulous daily planning.

<div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div>	<div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div>	BREAKFAST
<div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div>	<div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div>	LUNCH
<div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div>	<div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div>	DINNER
<div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div>	<div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div>	SNACKS
<div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div>	<div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div> <div><input type="radio"/></div>	HEALTH + SUPPLEMENTS

Weekly Meal Planner

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Daily Meal Planner

WEEK NUMBER _____

If you want a more specific and organized approach , the Daily Meal Planner breaks down your meals by the day. It includes specific sections to outline what you'll be eating each day and for each meal, helping you stay on track with your meal planning strategy.

MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER
SNACK	SNACK	SNACK

THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER
SNACK	SNACK	SNACK

SUNDAY	NOTES:
BREAKFAST
LUNCH
DINNER
SNACK

Daily Meal Planner

WEEK NUMBER _____

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MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER
SNACK	SNACK	SNACK

THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER
SNACK	SNACK	SNACK

SUNDAY	NOTES:
BREAKFAST
LUNCH
DINNER
SNACK



Daily Meal Planner

WEEK NUMBER _____

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MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER
SNACK	SNACK	SNACK

THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER
SNACK	SNACK	SNACK

SUNDAY		NOTES:
BREAKFAST		
LUNCH		
DINNER		
SNACK		



recipe card

NAME OF DISH

CATEGORY

PREP TIME

COOK TIME

INGREDIENTS

directions

•

•

•

•

•

•

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•

•

•

•

notes





recipe card

NAME OF DISH

CATEGORY

PREP TIME

COOK TIME

INGREDIENTS

directions

-
-
-
-
-
-
-
-
-
-
-

notes





recipe card

NAME OF DISH

CATEGORY

PREP TIME

COOK TIME

INGREDIENTS

directions

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notes



cook's conversion

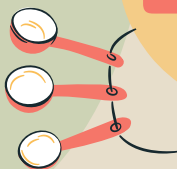


metric cup & spoon sizes



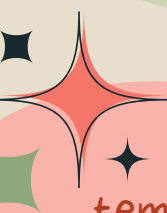
metric	cup
60 ml	1/4 cup
80 ml	1/3 cup
125 ml	1/2 cup
250 ml	1 cup

metric	spoon
1.25 ml	1/4 teaspoon
2.5 ml	1/2 teaspoon
5 ml	1 teaspoon
20 ml	1 tablespoon



mass (weight)

metric	imperial
10 g	1/4 oz
15 g	1/2 oz
30 g	1 oz
250 g	80 oz (1/2 lb)
500 g	16 oz (1 lb)
1 kg	32 oz (2 lb)



oven temperature

celsius* fahrenheit

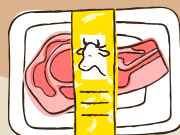
120°	250°
150°	300°
180°	350°
200°	400°
250°	500°



*Reduce by 20°C for convection ovens.

cooking temperatures

meat type	temperature
Beef (ground & whole)	71°C (160° F)
Pork (ground & whole)	71°C (160° F)
Poultry (ground)	74°C (165° F)
Poultry (whole)	82°C (180° F)
Fish	70°C (158° F)
Leftovers	74°C (165° F)



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If you have any questions or would like to learn more:

cfbengage@su.ualgary.ca