



MY
**GROCERY
BUDGET**
TOOLKIT

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My Grocery Budget Tool Kit comes with the following worksheets:

1. Budget Worksheet
2. Grocery Shopping Tracker
3. Detailed Grocery Spending Worksheets
 - a. Detailed Grocery Spending Guide
 - b. Blank Detailed Grocery Spending Worksheet
4. Inventory Worksheets
 - a. Freezer Inventory
 - b. Fridge Inventory
 - c. Pantry Inventory
 - d. Blank Inventory Worksheet
5. Meal Cost Calculator
6. Price Book Worksheets
 - a. Baking
 - b. Canned Goods
 - c. Condiments
 - d. Dairy
 - e. Meat & Protein
 - f. Nuts
 - g. Produce
 - h. Staples
 - i. Blank Price Book Worksheet



7. Usage Guide Worksheets
 - a. Baking
 - b. Canned Goods
 - c. Condiments
 - d. Dairy
 - e. Meat & Protein
 - f. Nuts
 - g. Produce
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 - i. Blank Usage Guide Worksheet
8. Best Buys Worksheets
 - a. Best Buys at Trader Joe's
 - b. Best Buys at Costco
 - c. Best Buys at Aldi
 - d. Best Buys at Walmart
 - e. Best Buys at Whole Foods
 - f. Best Buys at Dollar Tree
 - g. Blank Best Buys Worksheet
9. Substitution Guide
10. Seasonal Produce Guide
 - a. Vegetables
 - b. Fruits
11. Dirty Dozen & Clean Fifteen

This printable pack was designed for the family who needs help slashing their grocery budget NOW. They don't have time to read the 1,000+ posts on my blog. They can't wait for the next enrollment of my course Grocery Budget Bootcamp.

These printables are straight-up business. There's no fluff, and there's no fancy instructions. Each worksheet has a very distinct purpose, and they're designed to be completed in order. Here's a brief overview of each worksheet as well as the order to work through them.



How to Use These Tools

1. Budget Worksheet

The purpose of the Budget Worksheet is to create a starting place. Every family's budget will look different, so it's best not to compare yourself against anyone else.

At the same time, you need a starting place. Otherwise, how do you know what's a good number for you and your family?

That's why your first printable is the Budget Worksheet. It only takes a few minutes to complete but it provides insight as to what you've been spending on food, how much you should be spending on food and what changes you need to make in order to make your new grocery budget a reality.

2. Grocery Shopping Tracker

You can learn a lot about your grocery budget by evaluating your shopping habits, and that's why I created the Grocery Shopping Tracker.

Every time you make a purchase at the grocery store, you need to write it down on the Grocery Shopping Tracker. Include the date, the store, and how much you spent. Over time, you'll start to notice trends, including:

- How often you're shopping
- The tendency to shop at one particular store
- The likelihood of overspending at certain stores



Once you identify your bad habits, you can replace them with good habits!

3. Detailed Grocery Spending Worksheets

If you know you're buying food but it never seems like there's anything to eat, the Detailed Grocery Spending Worksheets are for you.

Using your grocery receipts, write down every food item you bought on these worksheets. If you don't have very many receipts, start keeping them and come back to this worksheet in a couple weeks.

This exercise is one of the most eye-opening exercises you'll complete, and it's worth repeating at least once a month as you work hard towards reducing your food expenses.

4. Inventory Worksheets

I once went 33 days without grocery shopping – that's how much food I had in my kitchen already. I don't say that in a bragging manner.

In fact, that's quite embarrassing because on the day we decided to stop grocery shopping, I remember feeling like I had to go to the store because I couldn't figure out what to eat!

Truthfully, most of us have more than enough food in our kitchen. And the easiest way to save money is to eat the food you already have.

Use the Inventory Worksheets to take stock of the food you have in your kitchen.



5. Meal Cost Calculator

Sometimes we overspend not because we're buying expensive food, but because we're planning expensive meals.

Use the Meal Cost Calculator to determine how much your favorite meals are actually costing you.

To put your meals in perspective, take your current grocery budget (from the Budget Worksheet) and divide it by 30. That's how much money you have (on average) to spend each day on food. Are the meals you're making fitting into that budget? Use the Meal Cost Calculator to find out!

6. Price Book Worksheets

Buying food when it's at its absolutely lowest price is another proven way to save money, but how do you know what the best price is?

Use the Price Book Worksheets to keep track of the foods you're buying, where you're buying them from and how much they're costing you. Like the Grocery Shopping Tracker, you'll soon notice trends, including:

- One store consistently priced higher than other stores
- Produce being cheaper at one store over another
- Certain items costing more (or less!) during certain times of the year

Use this information to help you become a smarter shopper.



7. Usage Guide Worksheets

It's always smart to buy in bulk whenever possible, but there's a fine line between buying enough and buying too much. Use the Usage Guide Worksheets to determine how much you should buy when you're buying in bulk.

The "start" measurement should be recorded on the same day for the entire page. Make it easy to remember, like the first day of the month or the day you took inventory.

The "still left" measurement should be recorded a set period of time later (i.e. one week, two weeks, or one month, etc.) This period of time may be different for each worksheet, depending on your family's eating habits.

The "amount used" is how much your family consumes that item in that set time frame. This is what you would use to help you determine how much to buy in bulk.

What you buy in bulk and how much you buy in bulk will likely change over time, so it's best to revisit this worksheet at least twice a year.

8. Best Buys

If you ever wondered what you should buy when you go to a certain store, the Best Buys worksheets are the answer. I've collected data from all over the country and compiled it in these sheets so you can know some of the best offerings available, before you even leave the house.



These worksheets are tools in your toolkit, and you don't HAVE to use them. Feel free to use them every week, use them occasionally or ignore them altogether.

I've also included blank Best Buys worksheets so you can compile your own "best buys" for the stores YOU shop at most often. These types of worksheets are a great tool for making shopping lists faster, for not forgetting those things you always buy at that particular store, and for getting out of the store ASAP!



Budget Worksheet



MONTH / YEAR

TOTAL MONTHLY INCOME: _____

TOTAL GROCERY SPENDING LAST MONTH: _____

Financial expert Dave Ramsey suggests families spend between 5-15% of their monthly income on food, including eating out.

What percentage of your monthly income are you spending on food?

$$\frac{\text{TOTAL GROCERY SPENDING}}{\text{TOTAL MONTHLY INCOME}} \times 100 = \text{PERCENT INCOME SPENT ON FOOD}$$

What USDA food plan best describes your spending?

- 1) <https://www.cnpp.usda.gov/USDAFoodPlansCostofFood>
- 2) Circle your monthly cost plan:

THRIFTY

LOW COST

MODERATE

LIBERAL



Budget Worksheet



EVALUATE:

What are your financial goals?

Consider the percentage of income your family spends on food and your financial goals. Does your spending align with your goals? Why or why not?

What needs to change in order for you to meet your financial goals?

Name 3 practical things you can do to make these changes happen.

- 1) _____
- 2) _____
- 3) _____

What will you set your grocery budget at going forward?



Detailed Grocery Spending



PANTRY		CONDIMENTS	
BEANS	\$	HONEY	\$
BREAD	\$	JELLY/JAM	\$
COCONUT OIL	\$	KETCHUP	\$
DRIED FRUIT	\$	MAYO	\$
FLOUR	\$	MUSTARD	\$
LENTILS	\$	PEANUT BUTTER	\$
NUTS	\$	SALSA	\$
OATMEAL	\$		\$
OLIVE OIL	\$		\$
PASTA	\$		\$
PEANUTS	\$		\$
PUMPKIN PUREE	\$		\$
QUINOA	\$		\$
RAISINS	\$		\$
RICE	\$		\$
SUNFLOWER SEEDS	\$		\$
TOMATOES (CANNED)	\$		\$
TUNA	\$		\$
VINEGAR	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
TOTAL SPENT:	\$ _____	TOTAL SPENT:	\$ _____



Freezer Inventory



MEAT		SEAFOOD		FRUITS/VEGGIES	
GROUND BEEF	<input type="checkbox"/>	SHRIMP	<input type="checkbox"/>	BLUEBERRIES	<input type="checkbox"/>
STEAK	<input type="checkbox"/>	SCALLOPS	<input type="checkbox"/>	STRAWBERRIES	<input type="checkbox"/>
CUBE STEAK	<input type="checkbox"/>	SALMON	<input type="checkbox"/>	PEACHES	<input type="checkbox"/>
ROAST	<input type="checkbox"/>	TILAPIA	<input type="checkbox"/>	KIWI	<input type="checkbox"/>
HOT DOGS	<input type="checkbox"/>	HALIBUT	<input type="checkbox"/>	RASPBERRIES	<input type="checkbox"/>
MEATBALLS	<input type="checkbox"/>	CRAB	<input type="checkbox"/>	BLACKBERRIES	<input type="checkbox"/>
OTHER	<input type="checkbox"/>	LOBSTER	<input type="checkbox"/>	FRUIT MEDLY	<input type="checkbox"/>
		FISH STICKS	<input type="checkbox"/>		
GROUND PORK	<input type="checkbox"/>	SWAI	<input type="checkbox"/>	BROCCOLI	<input type="checkbox"/>
PORK CHOPS	<input type="checkbox"/>	SHELLFISH	<input type="checkbox"/>	GREEN BEANS	<input type="checkbox"/>
PORK LOIN/ROAST	<input type="checkbox"/>	MUSCLES	<input type="checkbox"/>	CORN	<input type="checkbox"/>
WHOLE HAM	<input type="checkbox"/>			SPINACH	<input type="checkbox"/>
HAM LEFTOVERS	<input type="checkbox"/>			KALE	<input type="checkbox"/>
RIBS	<input type="checkbox"/>			PEAS	<input type="checkbox"/>
BACON	<input type="checkbox"/>			SQUASH	<input type="checkbox"/>
BREAKFAST SAUSAGE	<input type="checkbox"/>			CAULIFLOWER	<input type="checkbox"/>
WHOLE CHICKEN	<input type="checkbox"/>				
CHICKEN BREASTS	<input type="checkbox"/>				
CHICKEN THIGHS	<input type="checkbox"/>				
CHICKEN WINGS	<input type="checkbox"/>				
CHICKEN LEGS	<input type="checkbox"/>				
CHICKEN LEFTOVERS	<input type="checkbox"/>				
WHOLE TURKEY	<input type="checkbox"/>				
TURKEY LEFTOVERS	<input type="checkbox"/>				



Freezer Inventory



BAKED GOODS	PREPARED MEALS	MISC.
HOMEMADE BREAD <input type="checkbox"/>	ENCHILADAS <input type="checkbox"/>	
BANANA BREAD <input type="checkbox"/>	TACOS <input type="checkbox"/>	
ZUCCHINI BREAD <input type="checkbox"/>	BLACK BEAN BURGERS <input type="checkbox"/>	
	LASAGNA <input type="checkbox"/>	
WAFFLES <input type="checkbox"/>	VEGGIE BAKE <input type="checkbox"/>	
PANCAKES <input type="checkbox"/>	MACARONI & CHEESE <input type="checkbox"/>	
MUFFINS <input type="checkbox"/>	SOUP <input type="checkbox"/>	
SCONES <input type="checkbox"/>		
COOKIES <input type="checkbox"/>		
BROWNIES <input type="checkbox"/>		
CINNAMON ROLLS <input type="checkbox"/>		



Fridge Inventory



MEAT/PROTEIN		PRODUCE		CONDIMENTS	
GROUND BEEF	<input type="checkbox"/>	BERRIES	<input type="checkbox"/>	BBQ SAUCE	<input type="checkbox"/>
ROAST	<input type="checkbox"/>	GRAPES	<input type="checkbox"/>	HOT SAUCE	<input type="checkbox"/>
STEAK	<input type="checkbox"/>	PEACHES	<input type="checkbox"/>	KETCHUP	<input type="checkbox"/>
		KIWI	<input type="checkbox"/>	LEMON JUICE	<input type="checkbox"/>
TURKEY	<input type="checkbox"/>			LIME JUICE	<input type="checkbox"/>
		BELL PEPPERS	<input type="checkbox"/>	MAYO	<input type="checkbox"/>
WHOLE CHICKEN	<input type="checkbox"/>	BROCCOLI	<input type="checkbox"/>	MUSTARD	<input type="checkbox"/>
CHICKEN BREAST	<input type="checkbox"/>	CARROTS	<input type="checkbox"/>	PICKLES	<input type="checkbox"/>
CHICKEN THIGHS	<input type="checkbox"/>	CELERY	<input type="checkbox"/>	SALAD DRESSING	<input type="checkbox"/>
		GREEN BEANS	<input type="checkbox"/>	SOY SAUCE	<input type="checkbox"/>
BACON	<input type="checkbox"/>	GREEN ONIONS	<input type="checkbox"/>	VINEGAR	<input type="checkbox"/>
HAM	<input type="checkbox"/>	KALE	<input type="checkbox"/>		
HOT DOGS	<input type="checkbox"/>	LETTUCE	<input type="checkbox"/>		
SAUSAGE	<input type="checkbox"/>	SPINACH	<input type="checkbox"/>		
PORK LOIN/ROAST	<input type="checkbox"/>	SQUASH	<input type="checkbox"/>		
EGGS	<input type="checkbox"/>				
SALMON	<input type="checkbox"/>				
SHRIMP	<input type="checkbox"/>				
OTHER FISH	<input type="checkbox"/>				



Pantry Inventory



STAPLES		SPICES		MISC.
BEANS (BLACK)	<input type="checkbox"/>	BASIL	<input type="checkbox"/>	
BEANS (GARBANZO)	<input type="checkbox"/>	BAY LEAF	<input type="checkbox"/>	
BEANS (GREAT NORTHERN)	<input type="checkbox"/>	CAYENNE PEPPER	<input type="checkbox"/>	
BEANS (PINTO)	<input type="checkbox"/>	CHILI POWDER	<input type="checkbox"/>	
BEANS (OTHER)	<input type="checkbox"/>	CINNAMON	<input type="checkbox"/>	
DRIED CRANBERRIES	<input type="checkbox"/>	CLOVES	<input type="checkbox"/>	
LENTILS	<input type="checkbox"/>	CUMIN	<input type="checkbox"/>	
OATMEAL	<input type="checkbox"/>	DILL	<input type="checkbox"/>	
OLIVE OIL	<input type="checkbox"/>	GARLIC POWDER	<input type="checkbox"/>	
PASTA (SPAGHETTI)	<input type="checkbox"/>	GINGER	<input type="checkbox"/>	
PASTA (MACARONI)	<input type="checkbox"/>	ITALIAN SEASONING	<input type="checkbox"/>	
PASTA (PENNE)	<input type="checkbox"/>	NUTMEG	<input type="checkbox"/>	
PASTA (OTHER)	<input type="checkbox"/>	ONION POWDER	<input type="checkbox"/>	
QUINOA	<input type="checkbox"/>	OREGANO	<input type="checkbox"/>	
RAISINS	<input type="checkbox"/>	PAPRIKA	<input type="checkbox"/>	
RICE	<input type="checkbox"/>	PARSLEY	<input type="checkbox"/>	
		PEPPER	<input type="checkbox"/>	
		ROSEMARY	<input type="checkbox"/>	
		SAGE	<input type="checkbox"/>	
		SALT	<input type="checkbox"/>	
		TACO SEASONING	<input type="checkbox"/>	
		THYME	<input type="checkbox"/>	

Meal Cost Calculator Example



RECIPE: SLOW COOKER SALSA CHICKEN

INGREDIENTS	QUANTITY	COST/UNIT	LINE TOTAL
GARBANZO BEANS	1 1/2 CUPS	\$1.56/CAN	\$1.56
BLACK BEANS	1 1/2 CUPS	\$1.56/CAN	\$1.56
CORN	1 1/2 CUPS	\$1.00/12oz	\$1.00
SALSA	1 CUP	\$0.12/oz	\$0.97
SALSA VERDE	1/2 CUP	\$0.12/oz	\$0.49
CHICKEN BREASTS	1 LB	\$1.99/LB	\$1.99
CILANTRO	1/4 CUP	\$0.89/BUNCH	\$0.22

RECIPE TOTAL = \$ 7.79

COST PER SERVING:

$$\begin{array}{rcccl}
 \$ & \underline{7.79} & \div & \underline{6} & = & \$ \underline{1.30} \text{ PER PERSON} \\
 \text{RECIPE TOTAL} & & & \text{\# OF SERVINGS} & & \text{COST PER PERSON}
 \end{array}$$



Price Book: Baking



ITEM	DATE	STORE	PRICE/ UNIT	DATE	STORE	PRICE/ UNIT
BAKING POWDER						
BAKING SODA						
COCONUT OIL						
CORNMEAL						
FLAXSEED						
FLOUR (ALL-PURPOSE)						
FLOUR (WHOLE WHEAT)						
HONEY						
MAPLE SYRUP						
SUGAR						
VANILLA						
YEAST						



Price Book: Meat/Protein



ITEM	DATE	STORE	PRICE/ UNIT	DATE	STORE	PRICE/ UNIT
GROUND BEEF						
ROAST						
STEAK						
TURKEY						
WHOLE CHICKEN						
CHICKEN BREAST						
CHICKEN THIGHS						
BACON						
HAM						
HOT DOGS						
SAUSAGE						
PORK LOIN/ROAST						
EGGS						
SALMON						



Price Book: Produce



ITEM	DATE	STORE	PRICE/ UNIT	DATE	STORE	PRICE/ UNIT
APPLES						
BANANAS						
BERRIES						
GRAPES						
ORANGES						
PEACHES						
PINEAPPLE						
STRAWBERRIES						
AVOCADO						
BELL PEPPERS						
BROCCOLI						
CARROTS						
CELERY						
GARLIC						



Price Book: Produce



ITEM	DATE	STORE	PRICE/ UNIT	DATE	STORE	PRICE/ UNIT
GREEN BEANS						
GREEN ONIONS						
KALE						
LETTUCE						
MUSHROOMS						
ONIONS						
POTATOES						
SPINACH						
SQUASH						
SWEET POTATOES						
TOMATOES						



Price Book: Staples



ITEM	DATE	STORE	PRICE/ UNIT	DATE	STORE	PRICE/ UNIT
DRIED CRANBERRIES						
BEANS (BLACK)						
BEANS (GARBANZO)						
BEANS (GREAT NORTHERN)						
BEANS (PINTO)						
BEANS (OTHER)						
LENTILS						
OATMEAL						
OLIVE OIL						
PASTA (SPAGHETTI)						
PASTA (MACARONI)						
PASTA (PENNE)						
PASTA (OTHER)						
QUINOA						



Usage Guide: Meat



ITEM	START	STILL LEFT	AMOUNT USED
GROUND BEEF	-	=	
ROAST	-	=	
STEAK	-	=	
	-	=	
TURKEY	-	=	
	-	=	
WHOLE CHICKEN	-	=	
CHICKEN BREAST	-	=	
CHICKEN THIGHS	-	=	
	-	=	
BACON	-	=	
HAM	-	=	
HOT DOGS	-	=	
SAUSAGE	-	=	
PORK LOIN/ROAST	-	=	
	-	=	
EGGS	-	=	
	-	=	
SALMON	-	=	
SHRIMP	-	=	
OTHER FISH	-	=	
	-	=	
	-	=	
	-	=	



Best Buys at Trader Joe's



ITEM	PRICE	ITEM	PRICE
ALMONDS, RAW		DILL	
BACON, NITRATE-FREE		EGGS	
BAKING POWDER		FLAX SEED	
BANANA CHIPS		GARLIC, GROUND	
BASIL		GOUDA, DUTCHMAN	
BEANS, DRY		GOUDA, GOAT	
BEANS, WHITE, CAN		HALF/HALF	
CAYENNE		MAPLE SYRUP, ^{GRADE} _A	
CHEESE, ^{CHUNK,} _{CHEDDAR}		MAPLE SYRUP, ^{GRADE} _B	
CHEESE, CREAM		MAYO	
CHEESE, FETA		OAT BRAN	
CHEESE, ^{MOZZARELLA,} _{FRESH}		OATS, PLAIN DRY	
CHERRIES		OATS, STEEL CUT	
CHICKEN BROTH, ORGANIC		OLIVE OIL, EVOO	
CHILI PEPPER FLAKES		OLIVES, KALAMATA	
CHIPS, CORN TORTILLA		OREGANO	
CHOCOLATE SYRUP		PANCETTA	
COCOA POWDER		PARMESAN, WHOLE	
COCONUT OIL		PASTA	
COCONUT, MILK		PASTA SAUCE	
COFFEE, CREAMER		PECANS, PIECES	
CORNBREAD MIX		PEPITAS	
CUMIN		CINNAMON	
CURRY POWDER		POLENTA	
DATES		PROSCIUTTO	



Best Buys at Trader Joe's



ITEM	PRICE	ITEM	PRICE
PRUNES			
RICE, ARBORIO			
RICE, JASMINE			
ROSEMARY			
SALT			
SESAME OIL			
SOUR CREAM			
SPINACH, <small>FRESH, BABY</small>			
SUGAR, BROWN			
SUGAR, WHITE			
SUNFLOWER SEEDS			
THYME			
TOMATOES, SUN-DRIED			
VINEGAR, BALSAMIC			
VINEGAR, RICE			
YOGURT, <small>NOT PROBIOTIC</small>			
YOGURT, PROBIOTIC			



Best Buys at Costco



ITEM	PRICE	ITEM	PRICE
ALMONDS		OATS, OLD FASHIONED	
APPLES		PEANUT BUTTER	
APPLESAUCE		QUINOA	
BEEF, GROUND		RICE	
BUTTER		RICE, JASMINE	
BUTTER, KERRYGOLD		SUGAR, WHITE	
CASHEWS		TOMATOES, SUN-DRIED	
CHEESE, BLUE		TORTILLAS, FLOUR	
CHEESE, CHEDDAR		VANILLA EXTRACT	
CHEESE, MOZZARELLA, FRESH		WATER, BOTTLED	
CHEESE, ORGANIC		YEAST, DRY	
CHEESE, STRING		YOGURT, GREEK	
CHOCOLATE CHIPS			
COCONUT OIL			
COFFEE			
CRANBERRIES, DRIED			
FLOUR, ALL-PURPOSE			
FRUIT, ORGANIC FROZEN			
HONEY			
KETCHUP, ORGANIC			
LEMON JUICE			
MAPLE SYRUP, ORGANIC			
MILK			
OLIVES, KALAMATA			
OLIVE OIL			



Best Buys at Aldi



ITEM	PRICE	ITEM	PRICE
ALMOND MILK		SOUR CREAM	
APPLES		TOMATOES, <small>CANNED DICED</small>	
APPLE CIDER VINEGAR		PASTA SAUCE, RED	
BACON		PEANUTS	
BANANAS		POTATOES, RUSSET	
BEANS, CANNED			
BEANS, DRY			
BELL PEPPERS			
CANNED VEGETABLES			
CARROTS, BABY			
CHEESE, PARMESAN			
CHICKEN, BREAST			
CHICKEN, <small>LEG QUARTERS</small>			
CHICKEN, WHOLE			
CREAM CHEESE			
EGGS			
HONEY, ORGANIC			
MAPLE SYRUP			
MILK			
ONIONS			
ORANGES, NAVEL			
PASTA, SPAGHETTI			
RAISINS			
RICE			
SALMON, <small>WILD CAUGHT FROZEN</small>			



Best Buys at Dollar Tree



ITEM	PRICE	ITEM	PRICE
BEANS		RAISINS	
BEETS		REGULAR TEA	
BROCCOLI, FROZEN		SPICES	
CALIFORNIA VEGETABLE BLEND, FROZEN		SPINACH	
CANNED SALMON		SUGAR, BROWN	
CANNED TUNA		SUGAR, WHITE	
CASHEWS		SUNFLOWER SEEDS	
COFFEE		TILAPIA, FROZEN	
CORN		VINEGAR	
CORN KERNELS, FROZEN		WATER, BOTTLED	
CORN ON THE COB, FROZEN			
DRIED PRUNES			
GREEN BEANS			
GREEN TEA			
JALAPENOS			
MIXED VEGETABLES			
MUSTARD			
OLIVE OIL			
ORANGES			
PASTA (NOT ENRICHED)			
PEANUTS			
PEPPER STIR-FRY, FROZEN			
POLLACK, FROZEN			
POPCORN KERNELS			
PUMPKIN PUREE			



Substitution Guide



ALLSPICE	Equal parts ground cinnamon, dash ground nutmeg or dash ground cloves
ANISE SEED	Fennel seed or a few drops anise extract
APPLE PIE SPICE	For 1 tsp, substitute ½ tsp ground cinnamon plus ¼ tsp ground nutmeg, ⅛ tsp ground allspice and dash ground cloves or ground ginger
BAKING POWDER	For 1 tsp, substitute ½ tsp cream of tartar plus ¼ tsp baking soda, or ¼ tsp baking soda plus ½ cup yogurt or buttermilk and decrease liquid in recipe by ½ cup
BASIL	Oregano or thyme
BAY LEAF	For 1, substitute ¼ tsp crushed bay leaf or ¼ tsp thyme
BREAD CRUMBS	For ¼ cup, substitute ¼ cup cracker crumbs, ¼ cup cornflake crumbs or 2/3 cup rolled oats
BROTH	For 1 cup, substitute 1 bouillon cube or 1 tsp instant bouillon granules per 1 cup water
BROWN SUGAR	For 1 cup, add 2 Tbsp molasses + 1 cup white sugar
BUTTER	For half of the called-for butter, substitute applesauce, oil or pureed white beans For one-quarter of the called-for butter, substitute flaxseed meal
BUTTERMILK	Add 1 Tbsp of white wine vinegar or apple cider vinegar to 1 cup of milk Allow to sit at room temperature until the milk thickens Add 1 Tbsp of lemon juice to 1 cup of milk allow to sit at room temperature until the milk thickens Add 1 ¾ tsp cream of tartar to 1 cup of milk allow to sit at room temperature until the milk thickens Add 1 ¾ tsp cream of tartar to 1 cup of milk allow to sit at room temperature until the milk thickens Combine ¾ cup plain homemade yogurt with ¼ cup whole milk Combine ½ cup plain homemade Greek yogurt with ½ cup whole milk Combine ½ cup sour cream with ½ cup whole milk Substitute homemade kefir for buttermilk in a one-to-one ratio, thinning with whole milk as necessary

Substitution Guide



CAPERS	Minced green olives
CARDAMOM	Ground ginger
CHERVIL	Tarragon or parsley
CHILI POWDER	Dash bottled hot pepper sauce plus a combination of dried oregano and ground cumin
CHIVES	Green onion, onion, or leek
CHOCOLATE, SEMISWEET	For 1 ounce, substitute 3 tbsp semisweet chocolate pieces, or 1 ounce unsweetened chocolate plus 1 tbsp sugar
CHOCOLATE, BAKING	For 4 ounces, substitute ½ cup unsweetened cocoa powder plus 1/3 cup sugar and 1 tbsp melted butter
CHOCOLATE, UNSWEETENED	For 1 ounce, substitute 3 tbsp unsweetened cocoa powder plus 1 tbsp melted butter
CILANTRO	Parsley
CINNAMON	For 1 tsp, substitute ¼ tsp ground nutmeg or ground allspice
CLOVES	Ground allspice, ground cinnamon, or ground nutmeg
CONDENSED MILK	For one cup, heat 1/3 cup of evaporated milk, ¼ cup of sugar, and 2 tbsp of butter until dissolved
COOKING OIL	For 1 tbsp, substitute 1 tbsp olive oil, coconut oil or butter For half of the cooking oil in baking, replace with mashed bananas
CORNSTARCH	For thickening 1 cup cream-based soup, substitute 1 cup broth thickened with a roux For 1 tbsp, substitute equal parts potato starch or arrowroot starch, or 2 tbsp flour
CORN SYRUP	For 1 cup, substitute 1 cup granulated sugar plus ¼ cup water
CREAM CHEESE	For 8 ounces, substitute 8 ounces ricotta or Neufchatel cheese
CREAM-BASED SOUPS	For 1 cup, substitute 1 cup broth thickened with a roux
CUMIN	Chili powder

Substitution Guide



CURRY POWDER	Mix ground turmeric, ground ginger, ground black pepper, ground coriander, ground cumin, and chili powder
DILL	Use an equal amount of tarragon
EGG	For 1 whole egg, combine 1 Tbsp ground flaxseed with 3 Tbsp water to replace 1 egg, or use ½ Tbsp physillum husks + ¼ cup water, or use ¼ cup water + 5 tsp ground flax seed
EVAPORATED MILK	For 1 cup, substitute 2 ¼ cups whole milk simmered until reduced to 1 cup, or ¾ cup half & half + 2 Tbsp melted butter
FAJITA SEASONING	For 1 Tbsp, substitute 1 ½ tsp ground cumin plus ½ tsp dried oregano, crushed, ¼ tsp salt, ¼ tsp cayenne pepper, ¼ tsp black pepper, ⅛ tsp garlic powder, and ⅛ tsp onion powder
FENNEL	Anise seed
FLOUR, CAKE	For 1 cup, substitute 1 cup minus 2 Tbsp all-purpose flour
FLOUR, SELF-RISING	For 1 cup, substitute 1 cup all-purpose flour plus 1 tsp baking powder, ½ tsp salt and ¼ tsp baking soda
FRUIT LIQUEUR	For 1 Tbsp, substitute 1 Tbsp fruit juice
GARLIC	For 1 clove, substitute ½ tsp minced garlic or ⅛ tsp garlic powder
GINGER	Ground allspice, ground cinnamon, ground mace, or ground nutmeg
GINGERROOT	For 1 tsp, substitute ¼ tsp ground ginger
GROUND BEEF	For 1 pound, substitute 1 pound ground turkey, ground chicken breast, cooked lentils, or black beans If you choose lentils or black beans for your burgers or meatballs, mash them slightly so they hold shape better
HALF & HALF	For 1 cup, substitute 1 Tbsp melted butter plus enough whole milk to make 1 cup
HEAVY CREAM	For 1 cup, substitute ¾ cup half & half and 2 Tbsp melted butter
HERBS	For any herb, you can substitute 1 tsp dried herb for 1 Tbsp fresh herb
HONEY	For 1 cup, substitute 1 ¼ cups granulated sugar plus ¼ cup water
ITALIAN SEASONING	Basil, oregano, or rosemary



Substitution Guide



LEEKS	For 1 cup, substitute 1 cup chopped green onions, 1 cup chopped shallots or 1 cup chopped sweet onions
LEMON PEEL OR ZEST	For 1 tsp, substitute ½ tsp lemon extract, 2 Tbsp lemon juice, or 1 tsp lime zest
LIGHT CREAM	For 1 cup, substitute 1 Tbsp melted butter plus enough whole milk to make 1 cup
LIME PEEL OR ZEST	For 1 tsp, substitute ½ tsp lime extract, 2 Tbsp lime juice, or 1 tsp lemon zest
MACE	Ground allspice, ground cinnamon, ground ginger, or ground nutmeg
MARJORAM	Basil, thyme, or savory
MASCARPONE CHEESE	For 8 ounces, substitute 8 ounces regular cream cheese
MAYONNAISE	Equal parts sour cream or plain Greek yogurt
MILK	For 1 cup milk, substitute ½ cup evaporated milk plus ½ cup water, or 1 cup water plus ¼ cup nonfat dry milk powder, or equal parts non-dairy milk substitutes like almond milk, rice milk and coconut milk
WHOLE MILK	1 cup buttermilk plus ½ tsp of baking soda (if baking, reduce baking powder by 2 tsp), or ¼ cup nonfat dry milk and 7/8 cup of water and 2 tsp of butter
MACADAMIA NUTS	Almonds
MINT	Basil, marjoram, or rosemary
MOLASSES	For 1 cup, substitute 1 cup honey
MUSTARD, DRY	For 1 tsp, substitute 1 Tbsp prepared mustard
MUSTARD, YELLOW	For 1 Tbsp, substitute ½ tsp dry mustard plus 2 tsp vinegar
NUTMEG	Ground cinnamon, ground ginger, or ground mace
ONION, CHOPPED	½ cup chopped fresh onion, 2 Tbsp dried minced onion or ½ tsp onion powder interchangeably for flavor
OREGANO	Thyme or basil



Substitution Guide



PARSLEY	Chervil or cilantro
PEPPER, BLACK	For ½ tsp, substitute ½ tsp ground white pepper or ⅛ tsp cayenne pepper
PEPPER, WHITE	For ½ tsp, substitute ½ tsp black pepper For stuffed peppers, use Anaheim or sweet peppers
POBLANO PEPPER	For heat, use canned fire roasted Chile peppers or Serrano peppers
POULTRY SEASONING	For 1 tsp, substitute ¾ tsp dried sage plus a ¼ tsp blend of any of these: dried thyme, dried marjoram, dried savory, ground black pepper, and dried rosemary
PUMPKIN	For 1 cup, substitute 1 cup cooked, mashed sweet potato or butternut squash
PUMPKIN PIE SPICE	For 1 tsp, substitute ½ tsp ground cinnamon plus ¼ tsp ground ginger, ¼ tsp ground allspice, and ⅛ tsp ground nutmeg
RED PEPPER, CRUSHED	Use a dash of bottled hot pepper sauce or an equal amount of black pepper
RICE	White rice can be replaced with brown rice, wild rice, quinoa, barley, millet, flax, buckwheat or bulgur in equal amounts
RICOTTA CHEESE	Equal parts cottage cheese
ROSEMARY	Thyme, tarragon, or savory
SAFFRON	Dash ground turmeric (for color)
SAGE	Poultry seasoning, savory, marjoram, or rosemary
SALT	For 1 tsp, substitute 1 tsp salt free dried herb blends, fresh herbs, or garlic (in cooking only)
SAVORY	Thyme, marjoram, or sage
SEASONING SALT	Equal amount of snipped fresh herbs or equal amount of salt-free seasoning blend
SOUR CREAM	For 1 cup, substitute 1 cup plain Greek or whole milk yogurt
SOY SAUCE	For ½ cup, substitute 4 Tbsp Worcestershire sauce mixed with 1 Tbsp water
SPICE BLENDS	Garlic powder instead of garlic salt



Substitution Guide



SUGAR, GRANULATED	For 1 cup, substitute 1 cup packed brown sugar, 1 ¼ cup powdered sugar, ¾ cup maple syrup and reduce liquid in recipe by 3 Tbsp
SUGAR, POWDERED	1 cup granulated sugar in a blender
SUN-DRIED TOMATO	For ¼ cup, substitute ¼ cup raw tomato, chopped
TACO SEASONING	For 2 Tbsp, combine 1 Tbsp chili powder, ¼ tsp garlic powder, ¼ tsp onion powder, ¼ tsp crushed red pepper flakes, ¼ tsp dried oregano, ½ tsp paprika, 1 ½ tsp ground cumin, 1 tsp salt and 1 tsp black pepper and mix well.
TARRAGON	Chervil, dash fennel seed, or dash anise seed
THAI SEASONING	For 1 Tbsp, mix 1 tsp ground coriander, 1 tsp crushed red pepper, ¼ tsp salt, ¼ tsp ground ginger, ¼ tsp garlic powder, and ¼ tsp onion powder
THYME	Basil, marjoram, oregano, or savory
TOMATO JUICE	For 1 cup, substitute ½ cup tomato sauce plus ½ cup water
TOMATO SAUCE	For 2 cups, substitute ¾ cup tomato paste plus 1 cup water
VANILLA	For 2 Tbsp, substitute 1 whole vanilla bean in its place
VANILLA BEANS	For 1, substitute 2 Tbsp vanilla extract in its place
VEGETABLE OIL	For baking, substitute up to half of called-for vegetable oil with applesauce, mashed banana, mashed pumpkin For baking, substitute equal parts melted butter For frying, substitute equal parts lard, tallow or coconut oil
VINEGAR, BALSAMIC	For 1 Tbsp, substitute 1 Tbsp cider vinegar or red wine vinegar plus ½ tsp sugar
VINEGAR, WHITE	For 1 tsp, substitute 1 tsp lemon/lime juice or 2 tsp white wine or pickle juice
WINE, RED	For 1 cup, substitute 1 cup beef or chicken broth or cranberry juice in savory recipes or 1 cup cranberry juice in desserts
WINE, WHITE	For 1 cup, substitute 1 cup chicken broth in savory recipes or 1 cup apple juice or white grape juice in desserts
WHIPPING CREAM	For 1 cup, substitute 2 cups whipped dessert topping
YOGURT, FRUIT-FLAVOR	For 1 cup, substitute 1 cup plain low-fat yogurt with fresh fruit
PLAIN YOGURT	Equal amounts buttermilk or cottage cheese (blended smooth) or sour cream



Seasonal Produce Guide



VEGETABLES				
WINTER	SPRING	SUMMER	FALL	YEAR-ROUND
ACORN SQUASH	ARTICHOKES	ARUGULA	ARUGULA	BELL PEPPERS
BELGIAN ENDIVE	ARUGULA	BEETS	BELGIAN ENDIVE	BOK CHOY
BRUSSELS SPROUTS	ASPARAGUS	BROCCOLI	BROCCOLI	CABBAGE
BUTTERCUP SQUASH	BROCCOLI	BUTTER LETTUCE	BRUSSELS SPROUTS	CARROTS
	BUTTER LETTUCE	CUCUMBERS	BUTTER LETTUCE	CELERY
CAULIFLOWER	CAULIFLOWER	EGGPLANT	CAULIFLOWER	LEEKS
COLLARD GREENS	COLLARD GREENS	ENDIVE	ENDIVE	LETTUCE
JICAMA	FENNEL	GREEN BEANS	HOT PEPPERS	MUSHROOMS
KALE	GREEN BEANS	HOT PEPPERS	JICAMA	ONIONS
SWEET POTATOES	JICAMA	OKRA	KALE	PARSNIPS
WINTER SQUASH	MUSTARD	RADISHES	KOHLRABI	SHALLOTS
	GREENS PEAS	RED LEAF LETTUCE	MUSHROOMS	TURNIPS
	RED LEAF LETTUCE	PEAS	PUMPKIN	
	RHUBARB	SUMMER SQUASH	RADICCHIO	
	SNOW PEAS	SWISS CHARD	SWEET POTATOES	
	SPINACH	TOMATOES	SWISS CHARD	
	SPRING GREENS	ZUCCHINI	WINTER SQUASH	

Seasonal Produce Guide



FRUITS				
WINTER	SPRING	SUMMER	FALL	YEAR-ROUND
CLEMENTINE	APRICOTS	APRICOTS	CRANBERRIES	APPLES
DATES	GRAPEFRUIT	BLACKBERRIES	GRAPES	AVOCADOS
GRAPEFRUIT	HONEYDEW	BLUEBERRIES	HUCKLEBERRIES	BANANAS
KIWI	LIMES	CANTALOUPE	KUMQUATS	LEMONS
ORANGES	MANGO	CHERRIES	PASSION FRUIT	PAPAYAS
PASSION FRUIT	ORANGES	ELDERBERRIES	PEARS	
PEARS	PINEAPPLES	FIGS	POMEGRANATE	
PINEAPPLES	STRAWBERRIES	GRAPES	QUINCE	
POMEGRANATE		HONEYDEW		
RED CURRANTS		LIMES		
		NECTARINES		
		PEACHES		
		PINEAPPLES		
		PLUMS		
		RASPBERRIES		
		STRAWBERRIES		
		WATERMELON		



Dirty Dozen & Clean Fifteen



DIRTY DOZEN	CLEAN FIFTEEN
1. STRAWBERRIES	1. SWEET CORN
2. SPINACH	2. AVOCADOS
3. NECTARINES	3. PINEAPPLE
4. APPLES	4. CABBAGE
5. PEACHES	5. ONIONS
6. PEARS	6. FROZEN SWEET PEAS
7. CHERRIES	7. PAPAYAS
8. GRAPES	8. ASPARAGUS
9. CELERY	9. MANGOS
10. TOMATOES	10. EGGPLANT
11. SWEET BELL PEPPERS	11. HONEYDEW MELON
12. POTATOES	12. KIWI
	13. CANTALOUPE
	14. CAULIFLOWER
	15. GRAPEFRUIT