

COOKBOOK PLANNER

Plan the book **before the recipes**

Fill this in before you write a single recipe.

RECIPES LISTED __ of 30	COOKED —	PHOTO DONE —	MACROS DONE —
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1 The book in one view

COOKBOOK TITLE (WORKING)

WHO IS IT FOR? (ONE READER)

THE PROBLEM IT SOLVES, IN ONE SENTENCE

FORMAT

☐ PDF ☐ In-app ☐ Both

FREE TO CLIENTS, PAID, OR BOTH?

☐ Free ☐ Paid ☐ Both

PRICE

2 Recipe list

Aim for 20 to 30

#	RECIPE	COOKED	PHOTO	MACROS
1		☐	☐	☐
2		☐	☐	☐
3		☐	☐	☐
4		☐	☐	☐
5		☐	☐	☐
6		☐	☐	☐
7		☐	☐	☐
8		☐	☐	☐
9		☐	☐	☐
10		☐	☐	☐
11		☐	☐	☐
12		☐	☐	☐
13		☐	☐	☐
14		☐	☐	☐
15		☐	☐	☐
16		☐	☐	☐
17		☐	☐	☐
18		☐	☐	☐

Tick **Cooked** after you have made the recipe from your own written version.

RECIPE PAGE

One recipe per page, **same order every time**

PHOTO

RECIPE NAME

PREP TIME	COOK TIME	SERVINGS	SERVING SIZE
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1 Ingredients (weights)

2 Steps

1

2

3

4

5

6

7

3 Macros per serving

KCAL	PROTEIN G	CARBS G	FAT G

4 Tip or swap

Write the method in your own words and credit the source if a recipe is adapted. General information, not legal or medical advice.