



Family Recipe Binder Book

From Ch 12: *Ignite the Organizer in You*
From Ch 13: *Ignite the Organizer in Your Child*

Frustrating Facts: Family meal planning is a consistent top challenge parents battle every single day. You want to provide good healthy meals for your family however there are endless recipe options to select from! How does one even begin to sort it all? What can be tossed without the guilt of never making certain recipes let alone trying to meet all family members dietary needs?

This is the exact reason I created my own **Family Recipe Binder Book**. It helped me navigate through the decision making + simplified the meal planning process overall. I am beyond thrilled to bring this kitchen tested and approved solution from our kitchen into yours!

Perfectionist Warning: This project will evolve over many manageable phases. The instruction guide was purposely created in checklist format with that in mind. A finished project will always conquer unfinished perfection. Trust me...I tried both ways and realized that finished projects never felt so good!

Chef Notes: Ask each family member to share their **top 5 favorite meals**. See if you notice a pattern of overall likes and dislikes so you can adjust accordingly.

For the Picky Eaters: No reason to toss a popular family recipe for one picky eater. Discuss and negotiate what items can be omitted entirely from the meal or placed on the side. Sometimes the smallest adjustments can bring the greatest resolutions!



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Assembly Directions

- Locate a 2-3" ring Binder to house your Recipe Collection during the sorting process.
- Print off the attached Front and Back Cover pages and slide into your Binder Book.
- Round up or purchase the following items:
 - Crystal clear heavy duty protective sleeves to accommodate your Recipe Collection
 - (2) 8-Tab Double Pocket Binder Pockets with Extendable Tabs so they will extend beyond the protective sleeves and can accommodate all your potential food themes
 - Stack of 8x11 paper (copy paper, colored or stationary with a decorative border) used for support and to adhere smaller shaped Recipes before placing in sleeves
 - Adhesive (double stick tape, snail adhesive or decorative wasabi tape) to glue your recipes onto your selected 8x11 paper that will be placed inside protective sleeves
 - Sharp scissors for cutting rough edges of torn recipes
 - Masking tape and a marker
- Use the Printable Table of Contents to guide you in sorting your recipes by tabbed themes.
- Edit the Table of Contents Printable according to your meal planning needs.
- Temporarily label each tab theme with masking tape and a marker.
- Round up recipes in all formats: Recipe Cards, Magazine tear-outs, Web/Mobile print outs.
- Sort recipes into Piles Marked: Keep, Toss, Maybe & Pass Along to Others.
- Place "Keeper Recipes" in protective sleeves and then the tab themed section in your Book.
- Review all Recipes in your "Maybe Pile" - Either place into your Book, Toss or Pass Along.
- Review all Recipes in your "Pass Along to Others Pile" - Either snap pic and share via email or place in envelope and mail, then toss originals.
- Decide if your Temporary Book is the appropriate size to house your current and future Recipe Collection. If not, transfer accordingly.

Do a Happy Dance while loudly banging pots and pans for a project well done... Bellissimo!

Share your project on social and tag us so we can celebrate along with you!!!





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