

# Recipe Worksheet



Recipe for \_\_\_\_\_

Number of servings \_\_\_\_\_

© Irving A. Cohen  
all rights reserved

Ingredient & Amount	<b>F</b>	<b>P</b>	<b>C</b>	calories
	gm	gm	gm	
	<b>9</b>	<b>4</b>	<b>4</b>	
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
<b>Totals per recipe</b> <i>add columns</i>				
	grams	grams	grams	calories
<i>Divide the above line by the number of servings in this recipe.</i>				
<b>Amounts per Serving</b>				
	grams	grams	grams	calories

**Cooking instructions & comments:**