

Recipe Adjuster

Directions

1. Check the Sample recipe on the left side - below. The top is the original recipe. Below it is the recipe with its yield changed.
2. Enter your recipe information on the right side below "Change Your Recipe Yield." The items that can be changed are in **red**.
3. You will find below the items you entered, a new recipe with adjusted yields.
4. When you Print this spreadsheet, only your recipe will print, not the sample recipe.
5. If you would like to print just the updated (adjusted) recipe, click the tab below, "Print Adusted Recipe Only."
6. If you like a simple version where you calculate the quantity for one ingredient at a time, click on the "Simple Recipe Aduster" tab below.

A <u>Sample</u> Recipe with the Yield Changed				Change <u>Your</u> Recipe Yield			
#	Description		Items to be Entered	#	Description		Items to be Entered
1	Enter recipe name.	----->	Cauliflower Mashed Puree	1	Enter recipe name.	----->	My Recipe
2	Source (file, website, etc.)	----->	https://chefsteflux.com/recipe-index/cauliflower-mashed-puree/	2	Source (file, website, etc.)	----->	The website or file where your recipe is found.
3	Enter current recipe yield.	4		3	Enter current recipe yield.	6	
4	What is the desired yield?	3	<----- Enter the new number of servings.	4	What is the desired yield?	4	<---- Enter the new number of servings.
5	Enter Preparation Time (Minutes).	10		5	Enter Preparation Time (Minutes).	30	
6	Enter Cook Time (Minutes).	25		6	Enter Cook Time (Minutes).	20	
7	Total (Minutes)	35		7	Total (Minutes)	50	
Sample Recipe		Qty.	Ingredients	Your Original Recipe		Qty.	Ingredients
1	Here is an example of a recipe you could enter. You may enter up to 20 ingredients. Enter the quantities as decimals.	1.00	Head cauliflower cut into florets	1	You may enter up to 20 ingredients. Enter the quantities as decimals.	2.00	Cups of my ingredient number 1
2		1.00	Medium sized Yukon Gold or Russet potato roughly chopped	2		1.00	Tbs of my ingredient number 2
3		2.00	Springs rosemary	3		5.00	Cups of my ingredient number 3
4		1.00	Parsnip roughly chopped	4		4.00	Slices of my ingredient number 4
5		1.00	Celery rib roughly chopped	5			Cups of my ingredient number 5
6		6.00	Garlic cloves	6			Cups of my ingredient number 6
7		4.00	Tablespoons extra virgin olive oil	7			Cups of my ingredient number 7
8		0.50	Teaspoon ground pepper, freshly	8			Cups of my ingredient number 8
9		0.50	Cup parmesan, grated - Optional	9			Cups of my ingredient number 9

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10		2.00	Tablespoon chives, chopped	10			Cups of my ingredient number 10
11				11			Cups of my ingredient number 11
12				12			Cups of my ingredient number 12
13				13			Cups of my ingredient number 13
14				14			Cups of my ingredient number 14
15				15			Cups of my ingredient number 15
16				16			Cups of my ingredient number 16
17				17			Cups of my ingredient number 17
18				18			Cups of my ingredient number 18
19				19			Cups of my ingredient number 19
20				20			Cups of my ingredient number 20
	Sample Adjusted	New Qty.	Ingredients	Your Adjusted Recipe	New Qty.		Ingredients
	Cauliflower Mashed Puree			My Recipe			
	https://chefsteflux.com/recipe-index/cauliflower-mashed-puree/			The website or file where your recipe is found.			
	Preparation Time	10		Preparation Time (Min.):	30		
	Cook Time (Minutes)	25		Cook Time (Minutes):	20		
	Total Time (Minutes)	35		Total Time (Minutes):	50		
	Desired New Yield	3		Desired New Yield:	4		
1	0.75		Head cauliflower cut into florets	1	1.33		Cups of my ingredient number 1
2	0.75		Medium sized Yukon Gold or Russet potato roughly chopped	2	0.67		Tbs of my ingredient number 2
3	1.50		Springs rosemary	3	3.00		Cups of my ingredient number 3
4	0.75		Parsnip roughly chopped	4	2.67		Slices of my ingredient number 4
5	0.75		Celery rib roughly chopped	5	0.00		Cups of my ingredient number 5
6	4.50		Garlic cloves	6	0.00		Cups of my ingredient number 6
7	3.00		Tablespoons extra virgin olive oil	7	0.00		Cups of my ingredient number 7
8	0.38		Teaspoon ground pepper, freshly ground	8	0.00		Cups of my ingredient number 8
9	0.38		Cup parmesan, grated - Optional	9	0.00		Cups of my ingredient number 9
10	1.50		Tablespoon chives, chopped	10	0.00		Cups of my ingredient number 10
11	0.00		0	11	0.00		Cups of my ingredient number 11

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12		0.00	0	12	0.00	Cups of my ingredient number 12
13		0.00	0	13	0.00	Cups of my ingredient number 13
14		0.00	0	14	0.00	Cups of my ingredient number 14
15		0.00	0	15	0.00	Cups of my ingredient number 15
16		0.00	0	16	0.00	Cups of my ingredient number 16
17		0.00	0	17	0.00	Cups of my ingredient number 17
18		0.00	0	18	0.00	Cups of my ingredient number 18
19		0.00	0	19	0.00	Cups of my ingredient number 19
20		0.00	0	20	0.00	Cups of my ingredient number 20