


Cooking Journal



A 30-Day Guided Journal



Daily Entry

Created with LoomJournals



How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns



Scan for a detailed guide on how to use this journal

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Recipe Source *(cookbook, website, family recipe, original...)*

Prep & Cook Time *(e.g. 15 min prep + 30 min cook)*

Servings *(number of servings)*

Ingredients *(list all ingredients with quantities)*

Method *(key steps and techniques)*

Taste Rating *(rate the taste (1=poor, 10=outstanding))*

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