The Recipe Quantity Match Sheet

Match the ingredient before subtracting the number.

Recipe arithmetic helps shopping only when the item and unit actually match.

Example: a recipe needs two matching cans and the household confirms one suitable can for this meal, leaving one matching can to obtain.

01 Choose the recipe

Use one actual version and method.

Recipe name or source

Printed yield and unit

Batch the household will prepare

Method or equipment question

02 Read the ingredient

Keep the stated unit beside the amount.

Ingredient exactly required

Required quantity and unit

Package or preparation detail

Unclear substitution to ask about

The Recipe Quantity Match Sheet / Review & follow-through

03 Check usable inventory

Count what is suitable and assigned to this meal.

Matching amount confirmed

Amount reserved for another meal

Handling question to resolve

Amount available for this recipe

04 Finish the shopping line

Do not send the shopper an ambiguous number.

Remaining amount to obtain

Unit or package to match

Adult approving an alternative

Recipe change if unresolved