

Bulk Cooking Sheet

One way to make sticking to your diet easier is by preparing large amounts of individual foods in advance when you have the time to do so. This is different than meal prepping in the sense that you have multiple ingredients cooked to build different meals with during the day.

This is also helpful when your feeding multiple people in your household, but want to still track your food.

If you are using a food scale to track your calorie and macro nutrient intake, most foods require you to weight them before cooking to be an accurate measurement. This sheet can be used to track, calculate and record the differences between raw weight and cooked weight to make it much easier to track calories through out the week.

How to use this sheet

1. Measure out the individual foods you plan to track before cooking (raw weight)
2. After cooking, weight the food again (cooked weight)
3. Divide raw weight by cooked weight. This gives you a multiplier
4. When you measure out a serving of the cooked version you want to eat, you can use the multiplier to convert back into the raw weight easily.
5. $(\text{Measured amount} * \text{Multiplier}) / \text{serving size} = \text{the number of servings}$
6. Input data into your tracking app.



Bulk Cooking Tracker

Food	Cooking Method	Serving Size	Raw Weight	/	Cooked Weight	Multiplier

Coaching

Interested in achieving your weight loss goals? I'm here to help, as a coach I can assist you through your weight loss journey. If your interested, start by booking a [free consultation call!](#)

Connect with me on my various social media platforms for content related to health, dieting, and meal prep.



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CHUBBIE**

