



New Recipe Trial

Trying new recipes is a great way to introduce new food types as well as include more variety in your eating pattern. Adding new recipes can help us avoid eating the same foods on repeat (it becomes boring!) AND it can improve our nutrition by adding different nutrients with more variety in food types. Use this resource sheet to help track how you and your family liked any new recipe you tried.

RECIPE name or link:		
I plan to try this week on (date & meal):		
Ingredients:	- - - - - - -	Items from recipe to add to grocery list: - - - - -
Instructions:		
Pre-prep I can do before meal to help save time: - - -		
How easy was this recipe to prepare? (1-10): <small>*see scale on next page</small>		Did I like this recipe? (1-10):
Did my family like this recipe? (1-10):		Will I want to make this again? Yes / No

If you liked this recipe (its tasty and easy to make), save this sheet so you can add it to your favourite recipes and try again in the near future!



Recipe preparation scale:										
Very easy		Moderately easy			Doable		A bit challenging		Quite challenging to prepare	
1	2	3	4	5	6	7	8	9	10	

Likeability scale:										
I did not like it		It was okay		I enjoyed it & would want again			I really enjoyed it!		Loved it!	
1	2	3	4	5	6	7	8	9	10	