## Chapter 4: Checklist for Finding Recipes

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| Week 1: Spend ten minutes searching websites for new recipes to try. |  |
| Week 2: Spend ten minutes searching your cookbooks for recipes to try. |  |
| Week 3 (optional): Spend ten minutes searching cooking magazines for recipes to try. |  |
| Week 4 (optional): Spend ten minutes searching e-mail newsletters for recipes to try. |  |
| Week 5 (optional): Spend ten minutes finding recipes from TV cooking shows. |  |