



Recipes worth
remembering.
*And occasionally,
the stories behind them.*

THIS BOOK
BELONGS TO

NAME:

DATE STARTED:

SIGNATURE:



HOW TO USE YOUR NOTEBOOK

This is your space

What you write here is private unless you choose to share it. There's no right way to use this notebook, take what feels useful, skip what doesn't, and come back whenever you need.

Download and save your copy

Download your notebook and save it somewhere you'll easily find again. You might like to keep one blank copy and a second copy for writing in.

Write directly into it

Click or tap into the spaces and start typing. Write a little or a lot. Skip questions, return to them later, or leave them unanswered, it's completely up to you.

Save as you go

Remember to save your PDF regularly so you don't lose anything you've written.

Mac: Command + S
Windows: Ctrl + S

Come back anytime

This notebook doesn't need to be completed in one sitting. Reopen your saved copy whenever you want to keep writing, revisit an answer, or notice what's changed.

One important note

When saving your working copy, avoid using "Print to PDF." This can flatten the file and make your notebook no longer editable.

A FEW THOUGHTS BEFORE YOU BEGIN

There are no rules.

Some recipes will fill several pages.

Others may only need a few lines.

Some will be carefully measured.

Others will simply say “a handful” or
“cook until it looks right.”

The recipes don't have to be perfect.

*Simply add them whenever you like, return to update them
over time and, if you'd like a little help,
VeryImportantNotes can organise and polish your
words while always keeping your voice.*





*Keep your
words safe,
save as you go.*







RECIPES

RECIPE NAME:

DATE CREATED:

INGREDIENTS

METHOD

NOTES:



Save as you go,
and come back
whenever you're
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to save, so your
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STORIES

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THE STORY BEHIND IT:

VERY IMPORTANT NOTES



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One day these recipes may be
cooked by someone else.

*I hope they fill kitchens with
good food, happy memories, and
perhaps inspire a few new traditions.*

