

Suvie Recipe Journal & Cooking Log

MEAL KITS · CUSTOM COOKS · COOL-TO-COOK
RATINGS & IMPROVEMENTS

LITE



PENNY-FREE PRESS

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Suvie Recipe Journal & Cooking Log

© 2026 Penny-Free Press. All rights reserved.

This journal is for your personal use only.

Please do not share, copy, or resell it.

Lite Edition · October 2026

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Suvie Recipe Journal & Cooking Log

Meal kits, custom cooks, Cool-to-Cook schedules,
ratings and improvements.

[Index](#)[Favorites](#)[Meal Plans](#)[Shopping Lists](#)[Freezer Inventory](#)[Notes](#)

Use the tabs on the right edge to jump between sections.

Getting Started

READ THIS FIRST

ON YOUR KINDLE SCRIBE

Download the PDF, then go to amazon.com/sendtokindle and sign in. Drag the file into the browser window, or email it to your Send-to-Kindle address. It appears in your library in a minute or two — open it and write with the pen.

ON OTHER DEVICES

Import the PDF into GoodNotes, Notability, Xodo, or your reMarkable or Supernote. Every hyperlink works the same on any device.

GETTING AROUND

The 8 tabs on the right edge jump between sections from any page. The Index page links to every section, and the numbered rows in the Meal Kit, Custom Cook, and Favorites indexes jump straight to that recipe. Tap any teal number or underlined link to go there.

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Index

JUMP TO A SECTION

Meal Kit Index	6
Custom Cook Index	7
Favorites Index	8
Meal Plans	47
Shopping Lists	55
Freezer Inventory	59
Pantry Inventory	62
Notes	65

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Meal Kit Index

PAGE 1 OF 1

#	RECIPE NAME	CATEGORY	RATING	PAGE
1				9
2				10
3				11
4				12
5				13
6				14
7				15
8				16
9				17
10				18
11				19
12				20

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Custom Cook Index

PAGE 1 OF 1

#	RECIPE NAME	CATEGORY	RATING	PAGE
1				21
2				23
3				25
4				27
5				29
6				31
7				33
8				35
9				37
10				39

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Favorites Index

6 FAVORITES

#	RECIPE NAME	PAGE
1		41
2		42
3		43
4		44
5		45
6		46

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Meal Kit

MEAL KIT 1

MEAL NAME

DATE COOKED

RATING



☐ Loved it

☐ Make again

WHAT WORKED

WHAT I'D CHANGE NEXT TIME

FAMILY FEEDBACK

Meal Kit: 1 · 5 · 10

Custom Cook: 1 · 5 · 10

HOME
INDEX
RECIPES
FAVORITES
MEAL PLANS
SHOPPING
INVENTORY
NOTES

Meal Kit

MEAL KIT 2

MEAL NAME

DATE COOKED

RATING



☐ Loved it

☐ Make again

WHAT WORKED

WHAT I'D CHANGE NEXT TIME

FAMILY FEEDBACK

Meal Kit: 1 · 5 · 10

Custom Cook: 1 · 5 · 10

Meal Kit

MEAL KIT 3

MEAL NAME

DATE COOKED

RATING



☐ Loved it

☐ Make again

WHAT WORKED

WHAT I'D CHANGE NEXT TIME

FAMILY FEEDBACK

Meal Kit: 1 · 5 · 10

Custom Cook: 1 · 5 · 10

Meal Kit

MEAL KIT 4

MEAL NAME

DATE COOKED

RATING



☐ Loved it

☐ Make again

WHAT WORKED

WHAT I'D CHANGE NEXT TIME

FAMILY FEEDBACK

Meal Kit: 1 · 5 · 10

Custom Cook: 1 · 5 · 10

- HOME
- INDEX
- RECIPES
- FAVORITES
- MEAL PLANS
- SHOPPING
- INVENTORY
- NOTES

Meal Kit

MEAL KIT 5

MEAL NAME

DATE COOKED

RATING

☐ Loved it☐ Make again

WHAT WORKED

WHAT I'D CHANGE NEXT TIME

FAMILY FEEDBACK

Meal Kit: 1 · 5 · 10

Custom Cook: 1 · 5 · 10

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Meal Kit

MEAL KIT 6

MEAL NAME

DATE COOKED

RATING



☐ Loved it

☐ Make again

WHAT WORKED

WHAT I'D CHANGE NEXT TIME

FAMILY FEEDBACK

Meal Kit: 1 · 5 · 10

Custom Cook: 1 · 5 · 10

Meal Kit

MEAL KIT 7

MEAL NAME

DATE COOKED

RATING



☐ Loved it

☐ Make again

WHAT WORKED

WHAT I'D CHANGE NEXT TIME

FAMILY FEEDBACK

Meal Kit: 1 · 5 · 10

Custom Cook: 1 · 5 · 10

Meal Kit

MEAL KIT 8

MEAL NAME

DATE COOKED

RATING

☐ Loved it☐ Make again

WHAT WORKED

WHAT I'D CHANGE NEXT TIME

FAMILY FEEDBACK

Meal Kit: 1 · 5 · 10

Custom Cook: 1 · 5 · 10

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Meal Kit

MEAL KIT 9

MEAL NAME

DATE COOKED

RATING



☐ Loved it

☐ Make again

WHAT WORKED

WHAT I'D CHANGE NEXT TIME

FAMILY FEEDBACK

Meal Kit: 1 · 5 · 10

Custom Cook: 1 · 5 · 10

Meal Kit

MEAL KIT 10

MEAL NAME

DATE COOKED

RATING



☐ Loved it

☐ Make again

WHAT WORKED

WHAT I'D CHANGE NEXT TIME

FAMILY FEEDBACK

Meal Kit: 1 · 5 · 10

Custom Cook: 1 · 5 · 10

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Meal Kit

MEAL KIT 11

MEAL NAME

DATE COOKED

RATING

☐ Loved it☐ Make again

WHAT WORKED

WHAT I'D CHANGE NEXT TIME

FAMILY FEEDBACK

Meal Kit: 1 · 5 · 10

Custom Cook: 1 · 5 · 10

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Meal Kit

MEAL KIT 12

MEAL NAME

DATE COOKED

RATING



☐ Loved it

☐ Make again

WHAT WORKED

WHAT I'D CHANGE NEXT TIME

FAMILY FEEDBACK

Meal Kit: 1 · 5 · 10

Custom Cook: 1 · 5 · 10

Custom Cook

CUSTOM COOK 1

RECIPE NAME

DATE

SERVINGS

PREP TIME

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

ZONE 1

MODE

TEMP (°F)

TIME (MIN)

ZONE 2

MODE

TEMP (°F)

TIME (MIN)

COOL-TO-COOK USED?

☐ Yes ☐ No

INGREDIENTS

Custom Cook: 1 · 5 · 10

Meal Kit: 1 · 5 · 10

DIRECTIONS

RESULTS

RATING



TEXTURE

FLAVOR

NOTES

CHANGES FOR NEXT TIME

Modes: Sous Vide (120–180°F) · Slow Cook (Low/Hi) · Roast / Conv. Roast (200–450°F)
Bake / Conv. Bake (200–450°F) · Air Fry (200–420°F) · Broil (500°F) · Steam · Reheat · Egg · Proof

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Custom Cook

CUSTOM COOK 2

RECIPE NAME

DATE

SERVINGS

PREP TIME

ZONE 1

MODE

TEMP (°F)

TIME (MIN)

ZONE 2

MODE

TEMP (°F)

TIME (MIN)

COOL-TO-COOK USED?

☐ Yes ☐ No

INGREDIENTS

Custom Cook: 1 · 5 · 10

Meal Kit: 1 · 5 · 10

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

DIRECTIONS

RESULTS

RATING

☆

☆

☆

☆

☆

TEXTURE

FLAVOR

NOTES

CHANGES FOR NEXT TIME

Modes: Sous Vide (120–180°F) · Slow Cook (Low/Hi) · Roast / Conv. Roast (200–450°F)
Bake / Conv. Bake (200–450°F) · Air Fry (200–420°F) · Broil (500°F) · Steam · Reheat · Egg · Proof

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Custom Cook

CUSTOM COOK 3

RECIPE NAME

DATE

SERVINGS

PREP TIME

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

ZONE 1

MODE

TEMP (°F)

TIME (MIN)

ZONE 2

MODE

TEMP (°F)

TIME (MIN)

COOL-TO-COOK USED?

☐ Yes ☐ No

INGREDIENTS

Custom Cook: 1 · 5 · 10

Meal Kit: 1 · 5 · 10

DIRECTIONS

RESULTS

RATING



TEXTURE

FLAVOR

NOTES

CHANGES FOR NEXT TIME

Modes: Sous Vide (120–180°F) · Slow Cook (Low/Hi) · Roast / Conv. Roast (200–450°F)
Bake / Conv. Bake (200–450°F) · Air Fry (200–420°F) · Broil (500°F) · Steam · Reheat · Egg · Proof

- HOME
- INDEX
- RECIPES
- FAVORITES
- MEAL PLANS
- SHOPPING
- INVENTORY
- NOTES

Custom Cook

CUSTOM COOK 4

RECIPE NAME

DATE

SERVINGS

PREP TIME

ZONE 1

MODE

TEMP (°F)

TIME (MIN)

ZONE 2

MODE

TEMP (°F)

TIME (MIN)

COOL-TO-COOK USED?

☐ Yes ☐ No

INGREDIENTS

Custom Cook: 1 · 5 · 10

Meal Kit: 1 · 5 · 10

- HOME
- INDEX
- RECIPES
- FAVORITES
- MEAL PLANS
- SHOPPING
- INVENTORY
- NOTES

DIRECTIONS

RESULTS

RATING



TEXTURE

FLAVOR

NOTES

CHANGES FOR NEXT TIME

Modes: Sous Vide (120–180°F) · Slow Cook (Low/Hi) · Roast / Conv. Roast (200–450°F)
Bake / Conv. Bake (200–450°F) · Air Fry (200–420°F) · Broil (500°F) · Steam · Reheat · Egg · Proof

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Custom Cook

CUSTOM COOK 5

RECIPE NAME

DATE

SERVINGS

PREP TIME

ZONE 1

MODE

TEMP (°F)

TIME (MIN)

ZONE 2

MODE

TEMP (°F)

TIME (MIN)

COOL-TO-COOK USED?

☐ Yes ☐ No

INGREDIENTS

Custom Cook: 1 · 5 · 10

Meal Kit: 1 · 5 · 10

- HOME
- INDEX
- RECIPES
- FAVORITES
- MEAL PLANS
- SHOPPING
- INVENTORY
- NOTES

DIRECTIONS

RESULTS

RATING

☆

☆

☆

☆

☆

TEXTURE

FLAVOR

NOTES

CHANGES FOR NEXT TIME

Modes: Sous Vide (120–180°F) · Slow Cook (Low/Hi) · Roast / Conv. Roast (200–450°F)
Bake / Conv. Bake (200–450°F) · Air Fry (200–420°F) · Broil (500°F) · Steam · Reheat · Egg · Proof

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Custom Cook

CUSTOM COOK 6

RECIPE NAME

DATE

SERVINGS

PREP TIME

ZONE 1

MODE

TEMP (°F)

TIME (MIN)

ZONE 2

MODE

TEMP (°F)

TIME (MIN)

COOL-TO-COOK USED?

☐ Yes ☐ No

INGREDIENTS

Custom Cook: 1 · 5 · 10

Meal Kit: 1 · 5 · 10

- HOME
- INDEX
- RECIPES
- FAVORITES
- MEAL PLANS
- SHOPPING
- INVENTORY
- NOTES

DIRECTIONS

RESULTS

RATING



TEXTURE

FLAVOR

NOTES

CHANGES FOR NEXT TIME

Modes: Sous Vide (120–180°F) · Slow Cook (Low/Hi) · Roast / Conv. Roast (200–450°F)
Bake / Conv. Bake (200–450°F) · Air Fry (200–420°F) · Broil (500°F) · Steam · Reheat · Egg · Proof

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Custom Cook

CUSTOM COOK 7

RECIPE NAME

DATE

SERVINGS

PREP TIME

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

ZONE 1

MODE

TEMP (°F)

TIME (MIN)

ZONE 2

MODE

TEMP (°F)

TIME (MIN)

COOL-TO-COOK USED?

☐

Yes

☐

No

INGREDIENTS

Custom Cook:

1 · 5 · 10

Meal Kit:

1 · 5 · 10

DIRECTIONS

RESULTS

RATING

TEXTURE

FLAVOR

NOTES

CHANGES FOR NEXT TIME

Modes: Sous Vide (120–180°F) · Slow Cook (Low/Hi) · Roast / Conv. Roast (200–450°F)
Bake / Conv. Bake (200–450°F) · Air Fry (200–420°F) · Broil (500°F) · Steam · Reheat · Egg · Proof

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Custom Cook

CUSTOM COOK 8

RECIPE NAME

DATE

SERVINGS

PREP TIME

ZONE 1

MODE

TEMP (°F)

TIME (MIN)

ZONE 2

MODE

TEMP (°F)

TIME (MIN)

COOL-TO-COOK USED?

☐ Yes ☐ No

INGREDIENTS

Custom Cook: 1 · 5 · 10

Meal Kit: 1 · 5 · 10

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

DIRECTIONS

RESULTS

RATING

TEXTURE

FLAVOR

NOTES

CHANGES FOR NEXT TIME

Modes: Sous Vide (120–180°F) · Slow Cook (Low/Hi) · Roast / Conv. Roast (200–450°F)
Bake / Conv. Bake (200–450°F) · Air Fry (200–420°F) · Broil (500°F) · Steam · Reheat · Egg · Proof

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Custom Cook

CUSTOM COOK 9

RECIPE NAME

DATE

SERVINGS

PREP TIME

ZONE 1

MODE

TEMP (°F)

TIME (MIN)

ZONE 2

MODE

TEMP (°F)

TIME (MIN)

COOL-TO-COOK USED?

☐ Yes ☐ No

INGREDIENTS

Custom Cook: 1 · 5 · 10

Meal Kit: 1 · 5 · 10

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

DIRECTIONS

RESULTS

RATING



TEXTURE

FLAVOR

NOTES

CHANGES FOR NEXT TIME

Modes: Sous Vide (120–180°F) · Slow Cook (Low/Hi) · Roast / Conv. Roast (200–450°F)
Bake / Conv. Bake (200–450°F) · Air Fry (200–420°F) · Broil (500°F) · Steam · Reheat · Egg · Proof

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Custom Cook

CUSTOM COOK 10

RECIPE NAME

DATE

SERVINGS

PREP TIME

ZONE 1

MODE

TEMP (°F)

TIME (MIN)

ZONE 2

MODE

TEMP (°F)

TIME (MIN)

COOL-TO-COOK USED?

☐ Yes ☐ No

INGREDIENTS

Custom Cook: 1 · 5 · 10

Meal Kit: 1 · 5 · 10

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

DIRECTIONS

RESULTS

RATING



TEXTURE

FLAVOR

NOTES

CHANGES FOR NEXT TIME

Modes: Sous Vide (120–180°F) · Slow Cook (Low/Hi) · Roast / Conv. Roast (200–450°F)
Bake / Conv. Bake (200–450°F) · Air Fry (200–420°F) · Broil (500°F) · Steam · Reheat · Egg · Proof

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Favorites

FAVORITE 1

RECIPE NAME

FROM MEAL KIT #

FROM CUSTOM COOK #

WHY IT IS A FAVORITE

BEST SETTINGS

BEST MODIFICATIONS

JUMP TO FAVORITE:

1 · 5

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Favorites

FAVORITE 2

RECIPE NAME

FROM MEAL KIT #

FROM CUSTOM COOK #

WHY IT IS A FAVORITE

BEST SETTINGS

BEST MODIFICATIONS

JUMP TO FAVORITE:

1 · 5

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Favorites

FAVORITE 3

RECIPE NAME

FROM MEAL KIT #

FROM CUSTOM COOK #

WHY IT IS A FAVORITE

BEST SETTINGS

BEST MODIFICATIONS

JUMP TO FAVORITE:

1 · 5

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Favorites

FAVORITE 4

RECIPE NAME

FROM MEAL KIT #

FROM CUSTOM COOK #

WHY IT IS A FAVORITE

BEST SETTINGS

BEST MODIFICATIONS

JUMP TO FAVORITE:

1 · 5

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Favorites

FAVORITE 5

RECIPE NAME

FROM MEAL KIT #

FROM CUSTOM COOK #

WHY IT IS A FAVORITE

BEST SETTINGS

BEST MODIFICATIONS

JUMP TO FAVORITE:

1 · 5

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Favorites

FAVORITE 6

RECIPE NAME

FROM MEAL KIT #

FROM CUSTOM COOK #

WHY IT IS A FAVORITE

BEST SETTINGS

BEST MODIFICATIONS

JUMP TO FAVORITE:

1 · 5

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Meal Plan

WEEK 1

WEEK OF _____

MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____

PREP NOTES

GROCERY NOTES

JUMP TO WEEK: 1 · 5 · 8

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Meal Plan

WEEK 2

WEEK OF

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

PREP NOTES

GROCERY NOTES

JUMP TO WEEK:

1 · 5 · 8

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Meal Plan

WEEK 3

WEEK OF _____

MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____

PREP NOTES

GROCERY NOTES

JUMP TO WEEK: 1 · 5 · 8

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Meal Plan

WEEK 4

WEEK OF _____

MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____

PREP NOTES

GROCERY NOTES

JUMP TO WEEK: 1 · 5 · 8

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Meal Plan

WEEK 5

WEEK OF _____

MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____

PREP NOTES

GROCERY NOTES

JUMP TO WEEK: 1 · 5 · 8

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Meal Plan

WEEK 6

WEEK OF _____

MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____

PREP NOTES

GROCERY NOTES

JUMP TO WEEK: 1 · 5 · 8

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Meal Plan

WEEK 7

WEEK OF _____

MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____

PREP NOTES

GROCERY NOTES

JUMP TO WEEK: 1 · 5 · 8

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Meal Plan

WEEK 8

WEEK OF _____

MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____

PREP NOTES

GROCERY NOTES

JUMP TO WEEK: 1 · 5 · 8

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Shopping List

LIST 1

PRODUCE

- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN

- ☐ _____
- ☐ _____
- ☐ _____

DAIRY

- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ _____
- ☐ _____
- ☐ _____

OTHER

- ☐ _____
- ☐ _____
- ☐ _____

JUMP TO LIST: [1](#)

HOME
INDEX
RECIPES
FAVORITES
MEAL PLANS
SHOPPING
INVENTORY
NOTES

Shopping List

LIST 2

PRODUCE

- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN

- ☐ _____
- ☐ _____
- ☐ _____

DAIRY

- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ _____
- ☐ _____
- ☐ _____

OTHER

- ☐ _____
- ☐ _____
- ☐ _____

JUMP TO LIST: 1

HOME
INDEX
RECIPES
FAVORITES
MEAL PLANS
SHOPPING
INVENTORY
NOTES

Shopping List

LIST 3

PRODUCE

- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN

- ☐ _____
- ☐ _____
- ☐ _____

DAIRY

- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ _____
- ☐ _____
- ☐ _____

OTHER

- ☐ _____
- ☐ _____
- ☐ _____

JUMP TO LIST: 1

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Shopping List

LIST 4

PRODUCE

- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN

- ☐ _____
- ☐ _____
- ☐ _____

DAIRY

- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ _____
- ☐ _____
- ☐ _____

OTHER

- ☐ _____
- ☐ _____
- ☐ _____

JUMP TO LIST: 1

HOME
INDEX
RECIPES
FAVORITES
MEAL PLANS
SHOPPING
INVENTORY
NOTES

Freezer Inventory

PAGE 1

[illegible]

JUMP TO PAGE: **1**

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Freezer Inventory

PAGE 2

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

[illegible]

JUMP TO PAGE: 1

Freezer Inventory

PAGE 3

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

[illegible]

JUMP TO PAGE: 1

Pantry Inventory

PAGE 1

ITEM	QUANTITY	RESTOCK
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

JUMP TO PAGE: 1

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Pantry Inventory

PAGE 2

ITEM	QUANTITY	RESTOCK
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

JUMP TO PAGE: 1

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

Pantry Inventory

PAGE 3

ITEM	QUANTITY	RESTOCK
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

JUMP TO PAGE: 1

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

PAGE 1

[illegible]

1 · 5

Notes

PAGE 2

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

JUMP TO PAGE:

1 . 5

PAGE 3

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

1 . 5

PAGE 4

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

1 . 5

Notes

PAGE 5

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

JUMP TO PAGE:

1 . 5

Notes

PAGE 6

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

JUMP TO PAGE:

1 . 5

Notes

PAGE 7

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

JUMP TO PAGE:

1 . 5

PAGE 8

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

1 . 5

Before You Run Out of Room

This Lite edition is the test drive: 12 meal-kit logs, 10 custom cooks, 6 favorites, 8 weekly plans, and a pocket of shopping lists, inventories and notes. Everything in it works — there is just less of it.

The full Suvie Recipe Journal & Cooking Log holds 50 meal-kit logs, 50 custom cooks, 20 favorites, a full year of weekly plans (52), 15 shopping lists, 10 freezer and 10 pantry inventories, and 25 notes pages. If this little book earns a place in your kitchen, you may want to upgrade early — before you run out of room when it really counts.

We owe you a penny.

penny-free.com

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES

A Note

This journal was independently created for owners of Suvie cooking systems. It is not affiliated with, sponsored by, or endorsed by Suvie.

© 2026 Penny-Free Press. For personal use only.



Penny-Free Press
Independent publishing · 2026

HOME

INDEX

RECIPES

FAVORITES

MEAL PLANS

SHOPPING

INVENTORY

NOTES