

# Recipe portions and batch scaling

Keep ingredient, serving and nutrition calculations aligned.

## 01 / Understand the starting point

Read the stated batch servings before preparing the recipe. Nutrition shown per serving is not automatically the nutrition of the whole bowl, pan or blender.

## 02 / Make the useful distinction

For a half serving, multiply each per-serving nutrient by 0.5. For a recipe batch, scale measured ingredients consistently and divide the finished food into the intended number of portions.

## 03 / Put it into practice

Substitutions change nutrition. Coconut drink, soy drink and cow's milk can differ substantially; check the label rather than assuming volume alone determines equivalence.

## 04 / Review and adapt

Record the brand or substitution when it matters to your goals. Estimated recipe values are a planning aid; food labels, weighing error and cooking changes introduce uncertainty.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

# Put the guide to work.

A worked example, then your own next step.

## A practical example

If a batch makes 4 servings at 400 kcal each, the batch is approximately 1,600 kcal. A 1.5-serving portion is approximately 600 kcal. Use the same multiplier for protein, carbohydrate and fat.

## Your decisions

What task or goal do I want to improve?

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What is my starting point and what remains uncertain?

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Which detail changes my next useful action?

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What would make the action easier to repeat?

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When will I review it, and what would require earlier help?

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## Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

# Your working record.

Printable worksheet; use the companion CSV for an editable version.

| Recipe | Batch servings | Personal portion multiplier | Scaled ingredients | Estimated nutrients |
|--------|----------------|-----------------------------|--------------------|---------------------|
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## Evidence and original clinical reading

<https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.