

# What time do I need to start cooking?

Eating times from 6:00a to 12:00p (noon)

Find the total time you will need to make the recipe. If your cook time falls between 2 options, choose the longer one if it's important that the food is done on time). Trace a line down the column. Then, find the time you want to eat. Trace a line across the row. Circle the time where the two lines meet. This is the time you will need to start cooking.

How long TOTAL will the recipe take?	30 min or less (.5 hr or less)	30 to 60 min (.5 to 1 hr)	60 to 90 min (1 to 1.5 hr)	90 to 120 min (1.5 to 2 hr)	120 to 180 min (2 to 3 hr)	180 to 240 min (3 to 4 hr)	240 to 300 min (4 to 5 hr)	300 to 360 min (5 to 6 hr)	360 to 420 min (6 to 7 hr)	420 to 480 min (7 to 8 hr)	480 to 540 min (8 to 9 hr)	540 to 600 min (9 to 10 hr)
What time do you want to eat?												
6:00 AM <input type="checkbox"/> →	5:30 AM	5:00 AM	4:30 AM	4:00 AM	3:00 AM	2:00 AM	1:00 AM	12:00 AM	11:00 PM	10:00 PM	9:00 PM	8:00 PM
6:30 AM <input type="checkbox"/> →	6:00 AM	5:30 AM	5:00 AM	4:30 AM	3:30 AM	2:30 AM	1:30 AM	12:30 AM	11:30 PM	10:30 PM	9:30 PM	8:30 PM
7:00 AM <input type="checkbox"/> →	6:30 AM	6:00 AM	5:30 AM	5:00 AM	4:00 AM	3:00 AM	2:00 AM	1:00 AM	12:00 AM	11:00 PM	10:00 PM	9:00 PM
7:30 AM <input type="checkbox"/> →	7:00 AM	6:30 AM	6:00 AM	5:30 AM	4:30 AM	3:30 AM	2:30 AM	1:30 AM	12:30 AM	11:30 PM	10:30 PM	9:30 PM
8:00 AM <input type="checkbox"/> →	7:30 AM	7:00 AM	6:30 AM	6:00 AM	5:00 AM	4:00 AM	3:00 AM	2:00 AM	1:00 AM	12:00 AM	11:00 PM	10:00 PM
8:30 AM <input type="checkbox"/> →	8:00 AM	7:30 AM	7:00 AM	6:30 AM	5:30 AM	4:30 AM	3:30 AM	2:30 AM	1:30 AM	12:30 AM	11:30 PM	10:30 PM
9:00 AM <input type="checkbox"/> →	8:30 AM	8:00 AM	7:30 AM	7:00 AM	6:00 AM	5:00 AM	4:00 AM	3:00 AM	2:00 AM	1:00 AM	12:00 AM	11:00 PM
9:30 AM <input type="checkbox"/> →	9:00 AM	8:30 AM	8:00 AM	7:30 AM	6:30 AM	5:30 AM	4:30 AM	3:30 AM	2:30 AM	1:30 AM	12:30 AM	11:30 PM
10:00 AM <input type="checkbox"/> →	9:30 AM	9:00 AM	8:30 AM	8:00 AM	7:00 AM	6:00 AM	5:00 AM	4:00 AM	3:00 AM	2:00 AM	1:00 AM	12:00 AM
10:30 AM <input type="checkbox"/> →	10:00 AM	9:30 AM	9:00 AM	8:30 AM	7:30 AM	6:30 AM	5:30 AM	4:30 AM	3:30 AM	2:30 AM	1:30 AM	12:30 AM
11:00 AM <input type="checkbox"/> →	10:30 AM	10:00 AM	9:30 AM	9:00 AM	8:00 AM	7:00 AM	6:00 AM	5:00 AM	4:00 AM	3:00 AM	2:00 AM	1:00 AM
11:30 AM <input type="checkbox"/> →	11:00 AM	10:30 AM	10:00 AM	9:30 AM	8:30 AM	7:30 AM	6:30 AM	5:30 AM	4:30 AM	3:30 AM	2:30 AM	1:30 AM
12:00 PM <input type="checkbox"/> →	11:30 AM	11:00 AM	10:30 AM	10:00 AM	9:00 AM	8:00 AM	7:00 AM	6:00 AM	5:00 AM	4:00 AM	3:00 AM	2:00 AM

Want to eat later? See page 2!



# What time do I need to start cooking?

Eating times from 12:30p to 8:00p

Find the total time you will need to make the recipe. If your cook time falls between 2 options, choose the longer one if it's important that the food is done on time). Trace a line down the column. Then, find the time you want to eat. Trace a line across the row. Circle the time where the two lines meet. This is the time you will need to start cooking.

How long TOTAL will the recipe take?	30 min or less (.5 hr or less)	30 to 60 min (.5 to 1 hr)	60 to 90 min (1 to 1.5 hr)	90 to 120 min (1.5 to 2 hr)	120 to 180 min (2 to 3 hr)	180 to 240 min (3 to 4 hr)	240 to 300 min (4 to 5 hr)	300 to 360 min (5 to 6 hr)	360 to 420 min (6 to 7 hr)	420 to 480 min (7 to 8 hr)	480 to 540 min (8 to 9 hr)	540 to 600 min (9 to 10 hr)
What time do you want to eat?												
12:30 PM <input type="checkbox"/> →	12:00 PM	11:30 AM	11:00 AM	10:30 AM	9:30 AM	8:30 AM	7:30 AM	6:30 AM	5:30 AM	4:30 AM	3:30 AM	2:30 AM
1:00 PM <input type="checkbox"/> →	12:30 PM	12:00 PM	11:30 AM	11:00 AM	10:00 AM	9:00 AM	8:00 AM	7:00 AM	6:00 AM	5:00 AM	4:00 AM	3:00 AM
1:30 PM <input type="checkbox"/> →	1:00 PM	12:30 PM	12:00 PM	11:30 AM	10:30 AM	9:30 AM	8:30 AM	7:30 AM	6:30 AM	5:30 AM	4:30 AM	3:30 AM
2:00 PM <input type="checkbox"/> →	1:30 PM	1:00 PM	12:30 PM	12:00 PM	11:00 AM	10:00 AM	9:00 AM	8:00 AM	7:00 AM	6:00 AM	5:00 AM	4:00 AM
2:30 PM <input type="checkbox"/> →	2:00 PM	1:30 PM	1:00 PM	12:30 PM	11:30 AM	10:30 AM	9:30 AM	8:30 AM	7:30 AM	6:30 AM	5:30 AM	4:30 AM
3:00 PM <input type="checkbox"/> →	2:30 PM	2:00 PM	1:30 PM	1:00 PM	12:00 PM	11:00 AM	10:00 AM	9:00 AM	8:00 AM	7:00 AM	6:00 AM	5:00 AM
3:30 PM <input type="checkbox"/> →	3:00 PM	2:30 PM	2:00 PM	1:30 PM	12:30 PM	11:30 AM	10:30 AM	9:30 AM	8:30 AM	7:30 AM	6:30 AM	5:30 AM
4:00 PM <input type="checkbox"/> →	3:30 PM	3:00 PM	2:30 PM	2:00 PM	1:00 PM	12:00 PM	11:00 AM	10:00 AM	9:00 AM	8:00 AM	7:00 AM	6:00 AM
4:30 PM <input type="checkbox"/> →	4:00 PM	3:30 PM	3:00 PM	2:30 PM	1:30 PM	12:30 PM	11:30 AM	10:30 AM	9:30 AM	8:30 AM	7:30 AM	6:30 AM
5:00 PM <input type="checkbox"/> →	4:30 PM	4:00 PM	3:30 PM	3:00 PM	2:00 PM	1:00 PM	12:00 PM	11:00 AM	10:00 AM	9:00 AM	8:00 AM	7:00 AM
5:30 PM <input type="checkbox"/> →	5:00 PM	4:30 PM	4:00 PM	3:30 PM	2:30 PM	1:30 PM	12:30 PM	11:30 AM	10:30 AM	9:30 AM	8:30 AM	7:30 AM
6:00 PM <input type="checkbox"/> →	5:30 PM	5:00 PM	4:30 PM	4:00 PM	3:00 PM	2:00 PM	1:00 PM	12:00 PM	11:00 AM	10:00 AM	9:00 AM	8:00 AM
6:30 PM <input type="checkbox"/> →	6:00 PM	5:30 PM	5:00 PM	4:30 PM	3:30 PM	2:30 PM	1:30 PM	12:30 PM	11:30 AM	10:30 AM	9:30 AM	8:30 AM
7:00 PM <input type="checkbox"/> →	6:30 PM	6:00 PM	5:30 PM	5:00 PM	4:00 PM	3:00 PM	2:00 PM	1:00 PM	12:00 PM	11:00 AM	10:00 AM	9:00 AM
7:30 PM <input type="checkbox"/> →	7:00 PM	6:30 PM	6:00 PM	5:30 PM	4:30 PM	3:30 PM	2:30 PM	1:30 PM	12:30 PM	11:30 AM	10:30 AM	9:30 AM
8:00 PM <input type="checkbox"/> →	7:30 PM	7:00 PM	6:30 PM	6:00 PM	5:00 PM	4:00 PM	3:00 PM	2:00 PM	1:00 PM	12:00 PM	11:00 AM	10:00 AM

Want to eat earlier? See page 1!



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