

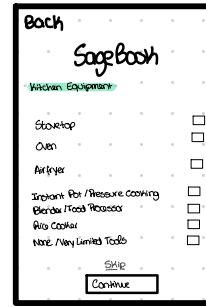
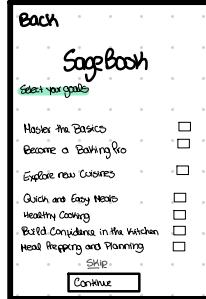
# Welcome



## Sign Up / Sign In



## Initial Quiz



Before taking the quiz

# Homepage

After taking the quiz

**Welcome to SageBook**

Let's get started  
Take our quiz now to get personalized recipe recommendations just for you! [Take the Quiz](#)

**Popular Recipes**

- Photo: Greek Caesar Salad (5 min - Intermediate)
- Photo: Spicy Curry (20 min - Advanced)
- Photo: Healthy Detox Smoothie (Beginner)

**Community Highlights**

Recipes of the week: [View recipes](#) - 40+ recipes cooking during their favorite season right now, including new features like [Seasonal Ingredients](#). [Learn more](#)

**Quick Weeknight Meals** [View recipes](#) - 30+ minute meals right with great taste, quick clean-up, and lots of delicious, healthy options. [Learn more](#)

**Explore SageBook**

- Recipe Library: Hundreds of step-by-step recipes for every level.
- Skill Building: Learn techniques through bite-sized video tutorials.
- Achievements: Cook badges, recipe streaks, and more cooking goals.
- Community: Share tips, add your own reviews, and more with cooks.

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**Community highlights**

**Recipes of the week**: [View recipes](#) - 40+ recipes cooking during their favorite season right now, including new features like [Seasonal Ingredients](#). [Learn more](#)

**Quick weeknight meals**: [View recipes](#) - 30+ minute meals right with great taste, quick clean-up, and lots of delicious, healthy options. [Learn more](#)

**Explore SageBook**

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**Good morning, Jane Doe**

Your cooking journey: [5 day steak](#) [Help it up!](#)

**Perfect for you**

- Photo: Simple Caesar Salad (5 min - Beginner)
- Photo: Curried Rice (20 min - Beginner)
- Photo: Healthy Detox Smoothie (Beginner)

**Today's suggestions**

**Seasonal ingredients**: [View recipes](#) - 30+ recipes perfect for learning about and cooking with seasonal ingredients. [Learn more](#)

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**Today's suggestions**

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**Build Your Skills**

- Knife Skills**: [Master basic cuts](#).
- Sauces**: [Refine your technique](#).
- Seasoning**: [Balance flavours](#).
- Herbs and Spices**: [Explore new flavours](#).

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opening a community article

**Photo**

**Seasonal Ingredients**

Seasonal ingredients are foods, particularly fruits and vegetables, that are at their peak flavour and freshness during a specific time of the year. Eating seasonally means choosing produce that is naturally at its best during the current time. Like enjoying strawberries in the summer or Brussels sprouts in the winter.

**Benefits of eating seasonally:**

- Small head of butter lettuce or other lettuce/leafy greens chopped into big bite pieces (5 min - Beginner)

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**Photo**

**Simple Garden Salad** [15 min Beginner 1-5 stars](#)

Presenting an old-school garden salad! Yes, the one you can make any day because of the vegetables always at hand. Sometimes you can even get real fancy and add a sprinkle of parmesan!

**Ingredients:**

- 1 small head of butter lettuce or other lettuce/leafy greens chopped into big bite pieces (5 min - Beginner)

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## Browse Page

opening a recipe

After saving

**SageBook**  Search [Search](#)

**Perfect for you**

- Quick and Healthy**: 45 recipes | 31 community
- Pasta Dishes**: 28 recipes | 28 community
- Comfort Food**: 35 recipes | 18 community

**Trending Now**

- 15-minute Panen Bowl** [Quick - Asian - Beginner](#)
- Margherita Pizza** [Italian - Inner Friedolla - 45 min](#)
- Fluffy Pancakes** [Breakfast - Easy - 20 min](#)

**Recommended for You**

- Photo: Greek Caesar Salad (5 min - Intermediate)**
- Photo: Spicy Curry (20 min - Advanced)**
- Photo: Healthy Detox Smoothie (Beginner)**

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**SageBook**  Search [Search](#)

**Trending Now**

- 15-minute Panen Bowl** [Quick - Asian - Beginner](#)
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**Recommended for You**

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- Photo: Spicy Curry (20 min - Advanced)**
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**Browse by Diet**

Vegetarian	Keto
45 recipes   27 community	20 recipes   12 community
Gluten-Free	Dairy-Free
28 recipes   7 community	38 recipes   18 community

**Saved items**

- Photo: Simple Caesar Salad (5 min - Beginner)**

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**Browse by Diet**

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**Saved items**

- Photo: Simple Caesar Salad (5 min - Beginner)**

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**SageBook**  Search [Search](#)

**Vegetarian Recipes**

**Feature this week**

All	Quick	Delicious	Popular
<b>Photo: Margherita Pizza</b> <a href="#">Italian - Inner Friedolla - 45 min</a>	<b>Photo: Margherita Pizza</b> <a href="#">Italian - Inner Friedolla - 45 min</a>	<b>Photo: Margherita Pizza</b> <a href="#">Italian - Inner Friedolla - 45 min</a>	<b>Photo: Margherita Pizza</b> <a href="#">Italian - Inner Friedolla - 45 min</a>

**Quick and Easy (under 30 minutes)**

Photo	Photo	Photo
<b>Photo: Margherita Pizza</b> <a href="#">Italian - Inner Friedolla - 45 min</a>	<b>Photo: Margherita Pizza</b> <a href="#">Italian - Inner Friedolla - 45 min</a>	<b>Photo: Margherita Pizza</b> <a href="#">Italian - Inner Friedolla - 45 min</a>

**Comfort Food**

Photo	Photo	Photo
<b>Photo: Margherita Pizza</b> <a href="#">Italian - Inner Friedolla - 45 min</a>	<b>Photo: Margherita Pizza</b> <a href="#">Italian - Inner Friedolla - 45 min</a>	<b>Photo: Margherita Pizza</b> <a href="#">Italian - Inner Friedolla - 45 min</a>

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opening a list of recipes

# Learn Page

SageBook 5 day streak

Kitchen Basics Level 3  
650/1000 XP to Level 4

Your Learning Path

- Cooking Methods**
- Knife Skills Mastery**: Master the art of chopping, dicing, and slicing. 35 min +150 XP
- Seasoning and Spices**: Add flavor to balance flavors. Expert Pro! 30 min +100 XP
- Cooking Methods**: Saute, roast, and steam your way to 35 min +160 XP
- Save Healthy**

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SageBook 5 day streak

Kitchen Basics Level 3  
650/1000 XP to Level 4

Cooking Methods

Cooking Methods: Saute, roast, and steam your way to 35 min +160 XP

Save Healthy

Save Healthy

Daily Challenge

Test your cooking skills with today's daily challenge. Start challenge

Home Browse Learn Community Profile

SageBook 5 day streak

Kitchen Basics Level 3  
650/1000 XP to Level 4

Achievements

- Hot Streak: 5 day streak 10/11/19 +150 XP
- Fresh Win: Complete one lesson 1/1/2019 +100 XP
- Project Score: 20/20 +100 XP
- Scholar: Complete 20 lessons +100 XP
- Diamond Recipe Book: 20 +100 XP
- Champion: Win 50 challenges +100 XP

Your Stats

650 Total XP 7 Lessons Done

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< Back 5/10 questions

Pro-tip: Sautéing requires medium-high heat and constant stirring to prevent burning.

Which cooking method best describes the following? Pick the best option

Quick cooking in a small amount of fat over high heat.

Sautéing

Boiling

Steaming

Check answer

Opening the quiz

answering correctly

< Back 6/10 questions

Pro-tip: Sautéing requires medium-high heat and constant stirring to prevent burning.

Which cooking method best describes the following? Pick the best option

Quick cooking in a small amount of fat over high heat.

Sautéing

+15 XP

Excellent! Sautéing uses high heat and quick movements to cook food evenly.

Continue

< Back 5/10 questions

Pro-tip: Sautéing requires medium-high heat and constant stirring to prevent burning.

Which cooking method best describes the following? Pick the best option

Quick cooking in a small amount of fat over high heat.

Sautéing

Not quite right! Boiling is cooking in bubbling water at 100°C (212°F). Sautéing is quick cooking in a small amount of fat over high heat.

Try again

not getting the right answer

# Community page

SageBook Search

2.4K Active cooks 847 Recipes shared 156 Challenges won

Active Challenges

Weekly Veggie Challenge 3 days left! Cook 5 different vegetarian meals this week. 3/5 meals 60% (Rewards)

Weekly Leaderboard

1 Chef Maria	Level 3 Kitchen Master	34,450 XP
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Recent Friends Activity

No information available. Find more friends

Community Highlights

Recipes of the week

Home Browse Learn Community Profile

SageBook Search

Weekly Leaderboard

1 Chef Maria	Level 3 Kitchen Master	34,450 XP
2 Alex x, The Great	Novice - Foodie Expert	32,573 XP
3 Sarah Chen	Level 3 Kitchen Master	27,950 XP
4 CookingTales	Level 11 Kitchen Student	23,657 XP

Recent Friends Activity

No information available. Find more friends

Community Highlights

Recipes of the week

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< Back Photo

Weekly Veggie Challenge

Cook 5 different vegetarian meals this week to receive a special achievement

+150 XP

3/5 meals

Add another

opening the challenge page

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SageBook Search

Recent Friends Activity

1 Martha	Started a 30-day cooking streak. Congratulations!	4 min ago
2 Kitchen Pro	posted their "Sage Healthy" achievement.	24 min ago
3 Kitchen Pro	completed the "Vegetarian" lesson challenge! 1/1/19 to go.	24 min ago
4 John Doe	Finished their first lesson on their way to greatness! 2/20 students	4d ago

Community Highlights

Recipes of the week

Recent users are sharing their favorite family recipes, discovering new favorites together. Join now!

Quick week night meals

"Try a 20-minute meal plan with 5 ingredients. Get an extra helping and then have your guests vote on which meal they liked best."

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after adding friends

# Profile Page

