Memory updated

### **Daily Notes Rules and Instructions**

#### **Guidelines for Daily Notes**

### **Daily Notes Principles**

* **Clarity and Precision**: Ensure instructions are clear and easy to follow.
* **Practical Tips**: Focus on actionable tips that can be implemented by home cooks.
* **Flexibility**: Provide flexible options and substitutions for different dietary needs.
* **Efficiency**: Emphasize time management and efficiency in all instructions.
* **Cross-Utilization**: Highlight opportunities to save time and reduce waste through ingredient cross-utilization.

### **Structure of Daily Notes and Examples**

* **Length**: Provide detailed notes (400-600 words) for each meal.
* **Headers**: Structure notes with the following headers: Prep Tips, Get Ahead, Quick Substitutions, Extra Thoughts, High-Level Order of Operations.
* **Layout:** Complete one day at a time. List the categories for daily notes for Monday breakfast, then lunch, then dinner and snack

1. **Prep Tips (Current Meal)**
   * **Preparation Techniques**: Provide specific tips for preparing the current meal, focusing on techniques to make the process smoother and more efficient.
   * **Special Tools and Methods**: Mention any special tools or methods that can enhance the preparation process.
2. **Get Ahead (Future Meals) Notes**
   * **Review and Analyze the Full Seven Day Menu with the key areas below in mind**. Break down each meal (breakfast, lunch, dinner) into its components to help you learn and find the most and best opportunities to get ahead while considering the key topics listed below: **Preparation Overlaps**, **Marinating and Thawing in Advance**, **Batch Cooking or Prepping Ingredients in Advance**, **Storing Prepped Ingredients for Future Use**, **Bulk Prepping Tasks**, **Meat and Seafood Preparation**, **Pantry Items Preparation**, **Vegetables and Fruits Preparation**, **Dairy and Eggs Preparation** **and Other Preparation**
   * Don’t write in a vague direction. Always give a specific reason or meal on why or what you are preparing to “get ahead”.

**Examples of not writing in a vague direction:**

* + - **Original:** “Prepare extra tomatoes to use in future meals.”

**Corrected:** “While you are preparing the tomatoes for tonight’s dinner, wash and dice some for Wednesday’s Lunch and the pico de gallo”

* + - **Original:**“Wash and cut extra strawberries for future breakfasts or snacks.”

**Corrected**:“Wash and cut extra strawberries for Saturday morning pancakes.”

**More information on the Key Topics:**

**Preparation Overlaps**:

* + - **Advance Prep Opportunities**: Look for opportunities to prepare ingredients in advance for multiple meals. Highlight ingredients that appear in multiple recipes and suggest prepping them at once.
    - **Meal-Specific Recommendations**: Always specify which future meal you're getting ahead for when instructing advance preparation.
    - **Cooking Extra Portions**: Recommend cooking extra portions for planned leftovers or future meals.
    - **Example**: "Cut and boil sweet potatoes for sweet potato mashed. At the same time, cook some extra for your Saturday morning Breakfast Sweet Potato Pancakes."

**Marinating and Thawing in Advance**:

* + - **Marinating Proteins**: Suggest marinating proteins overnight or in the morning for the day’s meals.
    - **Thawing Frozen Items**: Recommend thawing frozen items a day ahead in the refrigerator.

**Batch Cooking or Prepping Ingredients in Advance**:

* + - **Bulk Prep Identification**: Identify ingredients that can be prepped in bulk (e.g., chopping vegetables, marinating meats).
    - **Batch Cooking Components**: Suggest batch cooking components like grains, proteins, or sauces.

**Storing Prepped Ingredients for Future Use**:

* + - **Storage Tips**: Provide tips on refrigeration and freezing for prepped items.
    - **Proper Labeling**: Recommend using airtight containers and proper labeling.

**Bulk Prepping Tasks**:

* + - **Vegetables and Fruits**: Suggest bulk prepping tasks such as peeling, chopping, julienning, etc.
    - **Proteins**: Advise on prepping proteins in bulk, including marinating, cutting, and brining.
    - **Reference Specific Days and Meals**: Always reference a specific day and meal when instructing tasks to get ahead.

**Vegetables and Fruits Preparation**:

* + - **Peeling, Cutting, and Washing**: Detail tasks like peeling carrots, dicing onions, slicing cucumbers, and washing lettuce.
    - **Grating, Blanching, and Garnishing**: Include tasks like grating cheese, blanching vegetables, and preparing garnishes.

**Meat and Seafood Preparation**:

* + - **Marinating, Butchering, and Thawing**: Provide tips for marinating meats, trimming fat, deboning, and thawing seafood.
    - **Brining, Grinding, and Smoking**: Suggest brining techniques, grinding meat for recipes, and pre-smoking for flavor.

**Pantry Items Preparation**:

* + - **Measuring, Toasting, and Preparing Stocks**: Recommend pre-measuring ingredients, toasting spices, and preparing stocks or broths in advance.
    - **Cooking Grains and Preparing Doughs**: Advise cooking grains like rice or quinoa ahead and making doughs for bread or pizza.

**Dairy and Eggs Preparation**:

* + - **Grating, Separating, and Beating**: Detail tasks like grating cheese, separating eggs, and beating them for recipes.

**Other Preparations**:

* + - **Preheating, Setting Up Stations, and Organizing Ingredients**: Suggest preheating ovens, organizing workstations, and mise en place for efficiency.
    - **Labeling and Preparing Beverages**: Recommend labeling prepped items and preparing beverages in advance.

1. **Quick Substitutions (Current Meal)**
   * **Ingredient Alternatives**: Provide alternatives for ingredients in the current meal based on availability or dietary preferences.
   * **Substitution Suggestions**: List different cheeses, vegetables, types of pasta, or easy quick suggestions.
2. **Extra Thoughts**
   * **Additional Insights**: Offer additional insights about the current meal or general cooking advice.
   * **Nutritional, Flavorful, or Interesting Recommendations**: Provide recommendations for making the meal more nutritious, flavorful, or interesting.
   * **Using Leftovers**: Suggest ideas on using leftovers from the current meal for future meals.
   * **History Tidbits**: Include interesting history tidbits related to the meal or ingredients.
3. **High-Level Order of Operations for the Meal**
   * **Step-by-Step Breakdown**: Provide a step-by-step breakdown of the cooking process.
   * **Recommended Sequence**: Recommend a sequence of actions to ensure a smooth cooking experience.
   * **Timing Suggestions**: Offer timing suggestions to optimize efficiency