

# Table of Contents

*This e-book contains clickable links inside the text of the document*

Introduction . . . 5

## Part One

### **Making the Most of Your Food Budget**

There's Dough Oozing From Your Wallet. . . 9

Making the Dough Rise— Tips for Shopping and Using Coupons . . . 11

Pick the Dough Up Off the Floor— Cooking  
and Meal Planning Strategies . . . 17

## Part Two

### **The Business**

Choosing A Product to Sell. . . 29

Money from Your Kitchen- 110 Items to Make for Profit . . . 32

Finding Your Customer. . . 34

24 Cooking Businesses to Run From Home . . . 36

Holidays to Celebrate With Food. . . 40

Preparing Your Kitchen For Business. . . 41

Packaging . . . 46

The Repackaging Business Model. . . 49

Pricing Your Product. . . 51

The Business of the Business . . . 55

Going Legal. . . 57

**Part Three**  
**Recipes**

General Recipe Helps– Preparing Your Product for Market . . . 59

    Recipe Preparation Basics. . . 62

    Adapting Home Recipes for Quantity Cooking . . . 65

    Baking Ingredient Equivalents. . . 67

    Just Add Chocolate – Dip It, Drizzle It, Dunk It . . . 75

        Candies . . . 78

        Cookies . . . 82

        Cakes . . . 87

    Miscellaneous Goodies. . . 91

    Cosmetics and Bath Products. . . 94

    Pet Treats. . . 99