The **Recipe Analysis Workbook (RAW)** is a tool to help determine recipes' meal pattern contributions.
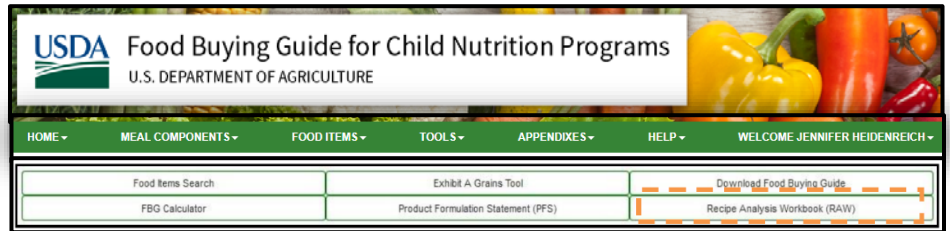
Step 1: Open up the **Food Buying Guide Interactive Online** tool (https://foodbuyingguide.fns.usda.gov/)

Step 2: Create Level 1 eAuth Account – This is required if you want to use RAW.
- This can be done using the link on the home page of the online FBG in the blue box.

Step 3: After an eAuth Account is created, **Log In** (Do not use 'Guest User')

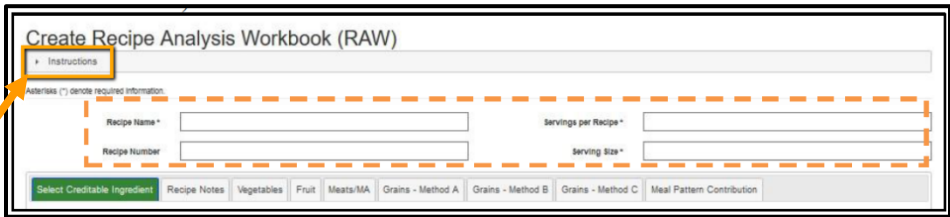**Step 4:** Select **Recipe Analysis Workbook (RAW)**

**Step 5:** Select **Create Recipe Analysis Workbook**

Step 6: Fill in the required fields – **Recipe Name / Servings per Recipe / Serving Size**
- More information about the tool can be found by clicking the **Instructions** heading

Step 7: Find the ingredients for your recipe. Only include the food items that will contribute to the meal pattern.
- Fill in the **Keyword** (i.e. ground beef); select **Meal Component** (meat/meat alternate) from the dropdown box, and **Category** (beef and beef products) from the dropdown box. Select **Search**.
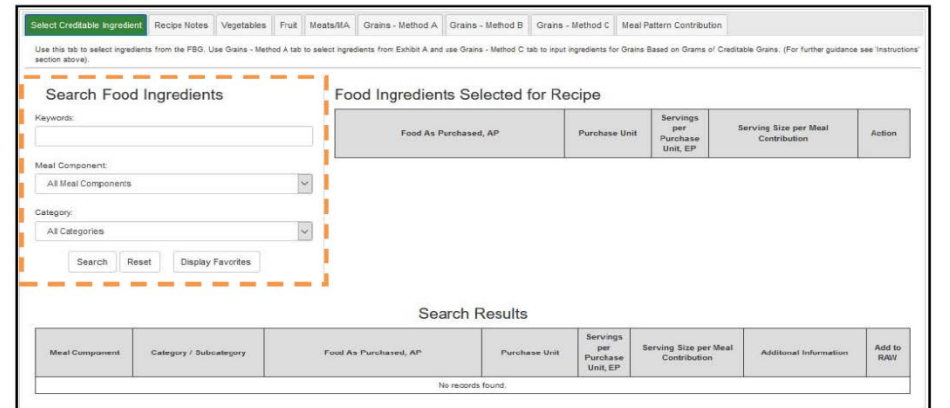
Step 8: Find the food item under Search Results that matches your recipe ingredient. Select **Add** next to the food item.
- Selected food items pre-populate into the Food Ingredients Selected for Recipe section.
- Repeat **Step 8** for all food items that will contribute to the meal pattern.

Step 9: After all ingredients contributing to the meal pattern are added, go to each component tab that will contribute to the meal pattern to enter the **Quantity of Ingredient** in the recipe based off the how the item is purchased and select **Save**.

- Grains Tab: There are three methods to calculate meal pattern contribution for grains. The tool will auto populate the method that matches the selected food item.
  - Method A: Food Items from Exhibit A
  - Method B: Food items in the FBG
  - Method C: Manually enter grain ingredients of finished products listed in Groups A-G on Exhibit A.

Step 10: After all amounts are added, select the **Meal Pattern Contribution** tab to see how the recipe contributes to the meal pattern based on the information entered by user.

At the bottom of the **Meal Pattern Contribution** tab, select **Back to RAW List** to access your saved recipes after the RAW has been created and saved. The following functions are available (found under the Actions column for an existing RAW):

- Edit: Change or update information for a saved RAW
- Copy: Create a copy an existing RAW
- Delete: Permanently removes a saved RAW
- PDF: Generate, view, and save a PDF of the RAW
- Text: Generate, view, and save Meal Pattern Contribution of the RAW as text
- Email: Generate RAW PDF and email it to one or more recipients.