



How To Make A Sourdough Starter: Feeding Guide

Note: Ensure to stir well and scrape down the sides after each feeding

Week	Day	Task	Completed
1	1	AM: Add 50g each flour & water to jar	
		PM: Add additional 50g each flour & water to jar	
	2	AM: Add additional 50g each flour & water to jar	
		PM: Add additional 50g each flour & water to jar	
	3	Discard half, feed 50g each flour & water	AM: PM:
	4	Discard half, feed 50g each flour & water	AM: PM:
	5	Discard half, feed 50g each flour & water	AM: PM:
	6	Discard half, feed 50g each flour & water	AM: PM:
7	Discard half, feed 50g each flour & water	AM: PM:	
2	1	Discard down to 100g, feed 100g each flour & water	
	2	Discard down to 100g, feed 100g each flour & water	
	3	Discard down to 100g, feed 100g each flour & water	
	4	Discard down to 100g, feed 100g each flour & water	
	5	Discard down to 100g, feed 100g each flour & water	
	6	Discard down to 100g, feed 100g each flour & water	
	7	Discard down to 100g, feed 100g each flour & water	

Continue the steps listed in week 2 with daily feedings until your starter is almost doubling in 3-5 hours. Then you are ready to bake!