

SOURDOUGH STARTER SCHEDULE

www.girlversusdough.com

- DAY 1** 8 a.m.: 100g whole wheat flour + 150g H2O
- DAY 2** 8 a.m.: 75g starter + 50g whole wheat flour + 50g all-purpose flour + 125g H2O
- DAY 3** 8 a.m.: 75g starter + 50g WW flour + 50g AP flour + 125g H2O
- DAY 4** 8 a.m.: 75g starter + 50g WW flour + 50g AP flour + 125g H2O
8 p.m.: 75g starter + 50g WW flour + 50g AP flour + 125g H2O
- DAY 5** 8 a.m.: 75g starter + 50g WW flour + 50g AP flour + 125g H2O
8 p.m.: 75g starter + 50g WW flour + 50g AP flour + 125g H2O
- DAY 6** 8 a.m.: 75g starter + 50g WW flour + 50g AP flour + 125g H2O
8 p.m.: 75g starter + 50g WW flour + 50g AP flour + 125g H2O
- DAY 7** 8 a.m.: 50g starter + 50g WW flour + 50g AP flour + 100g H2O
8 p.m.: 50g starter + 50g WW flour + 50g AP flour + 100g H2O
- DAY 8**
+ beyond
- If starter is rising & falling predictably:
Feed 20g starter + 50g WW flour + 50g AP flour + 100g H2O 2x/day until ready to bake
- If starter is lagging:
Feed 50g starter + 50g WW + 50g AP flour + 100g H2O 2x/day until starter gains strength

for more details, head to [Girl Versus Dough](http://GirlVersusDough.com)