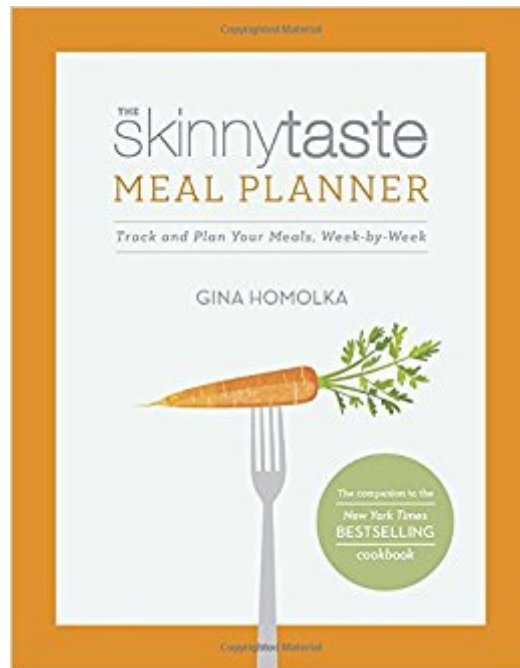




The book was found

The Skinnytaste Meal Planner: Track And Plan Your Meals, Week-by-Week



Synopsis

Get on the road to your best self...A meal planner companion to the New York Times bestselling The Skinnytaste Cookbook, this 52-week journal will help you take an organized, proactive approach toward the lifestyle you want.Â Â Â Â ¢Â PLAN MEALS: look ahead and decide to eat healthy all week; choose snacks to pack for each day Â Â Â Â ¢Â TRACK CALORIES OR POINTS: count what you take in so that you know what youâ™re really eating; compare tallies to your goals in order to make progress Â Â Â Â ¢Â LOG EXERCISE: pick an activity to do each day; note the calories you burned Â With 20 Skinnytaste recipes, plus inspirational quotes and tips about superfoods, The Skinnytaste Meal Planner can guide you to becoming your best self.

Book Information

Diary: 368 pages

Publisher: Potter Style (October 13, 2015)

Language: English

ISBN-10: 0804188432

ISBN-13: 978-0804188432

Product Dimensions: 6 x 1 x 7.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 166 customer reviews

Best Sellers Rank: #12,085 in Books (See Top 100 in Books) #21 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #32 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat #67 inÂ Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

Praise for The Skinnytaste Cookbook:"Using Homolkaâ™s strategies, home cooks can deliver balanced, delicious meals even when time is an obstacle."-Publishers Weekly

GINA HOMOLKA is the author of The Skinnytaste Cookbook and the founder of Skinnytaste, the award-winning blog thatâ™s been featured in Fitness and Better Homes & Gardens and on Glamour.com and FineCooking.com, among other media outlets. She lives on Long Island with her husband and their two children.

So I love all of the recipes by Skinnytaste, have the cookbook and subscribe to the blog so I

REALLY wanted to like this journal....but I don't. Completely underwhelming. There are too many things I would love to change: I would love for it to lay flat, be spiral bound, have a ribbon bookmark or flap to keep track of the week you're on and I wanted it to be all-encompassing. I wanted it to have a section before each week to be able to write my complete grocery list, instead of needing a whole separate journal/paper for that. Also, have a section for more details on if I need to prep anything- outline if it was crockpot, stovetop, leave meat to thaw, etc. I also would like a better workout section for each day and more room to write stuff down in general. Totally bummed.

Meal planning is a huge part of my saving money on my grocery bill as well as sticking to my diet. I love all of gina's recipes, so I knew the meal planner would be awesome as well. It's such a great time saving tool. Thanks Gina!

I love the meal planner. I especially love that it goes well with fit bit reports. This was my fourth one I ordered. I use mine with Weight Watchers and fit. I gave one to a friend and hers had a defective spine. It won't close completely. I offered to send it back but she wanted to use it right away. Perhaps have some better product quality control to be sure they will close properly

I personally love everything about this author's work. Her blog, her cookbook, her recipes are all perfect for the type of clean eating that my husband and I love to do. I love this meal planner. It helps me to track recipes and it helps me to remember recipes that we loved. It's perfect if you love writing on a daily basis!

Perfect companion to the skinnytastic cookbook! I love meal planners anyway, but this one is fantastic. If you are following a weight watchers plan this planner and it's companion cookbook are an absolute must! Quick easy and absolutely brilliant!

I absolutely love this Meal Planner/Tracker. I've been a weight watcher for years and this works perfectly with the program. It's nice and compact (will easily fit in your purse or backpack) and filled with lots of tips to help you make healthy choices. I'm so glad I picked this up. Huge fan of the skinnytaste website as well.

I got my copy today and I love it! I have been trying programs for months now that avoided counting, and it hasn't been working. I like the organization of a week of dinners, and then journaling and

counting calories or points. I also like the power food suggestions. I have two close friends that are doing this with me. If it costs \$10 and I can avoid the \$40 a month for weight watchers meetings it is worth the money to me.

The book is backwards/upside down in its binding- so you have to open it from the back cover (super annoying!) There is no place marker, does not lay flat. Will be returning it, would not recommend.

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