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# Meal Planner: Weekly Menu Planner With Grocery List [ Softback \* Large (8" X 10") \* 52 Spacious Records & More \* Carnival ] (Food Planners)



## Synopsis

Softback blank Meal Planner book with a spacious two page spread for each of 52 weeks [\$5.50 / £3.99]. If Look inside isn't loading, click the blue smART bookx link above to look on our website. INTERIOR: - Each log provides the facility to total anything, cost or calories, but the shading for this is subtle so you can easily ignore it and just write a meal title over the top if desired. - There's a shopping list with each week so you can take it to the store and see at a glance what you need. - A Notes section for each week allows extra space to record e.g. special celebrations, additional guests or comments on what worked and what didn't. - At the back, use the double page tracker chart to compare any values across three different stores or brands; again it could be cost, calories or anything else. There's also a page at the back to jot down your regular fallback meals just the once, so if you're tracking totals or ingredients you don't have to keep rewriting the same lists. (There's also a general Notes page at the back too.) - Thick white acid-free paper minimizes ink bleed-through. EXTERIOR: Cover: Tough matte paperback. Binding: Secure professional trade paperback binding, i.e. it's built to last; pages won't fall out after a few months of use. Dimensions: 20.3 x 25.4 cm (8 x 10). (Almost the same width as A4 but a few cm shorter in height so just that bit easier to fit into a shopping bag!) MATCHING PRODUCTS: We publish a Blank Recipe Journal with the same cover design. To find it search 'recipe' & 'bookx' on (don't forget the 'x'). SIMILAR PRODUCTS: smART bookx publish several Meal Planners. Each has the same interior but there are covers to suit all tastes. To take a look search on 'meal' & 'bookx'. This design is part of our popular Carnival series. To view other stationery in this range search 'carnival' & 'bookx'. Thanks for looking, The smART bookx design team

Buy With Confidence Because Our Customers Love Our Stationery: \*\*\*\*\* Affordable, But Still Good Quality! | Very satisfied with this product ... an affordable option that is also very thorough. Many other planners just didn't have all of the sections I needed, or they did and cost too much ... the cover is super cute and kind of soft. (Jun 1, 2016) \*\*\*\*\* Very Nice ... Beautiful. My daughter loved them!!! (August 17, 2014) \*\*\*\*\* Love the Van Gogh Notebook ... Loved it, keep it in my purse incase of creative impulses. (November 8, 2013) \*\*\*\*\* Love This! | This planner is super cute, and I absolutely love the cover. Lots of room to include all kinds of information. (June 13, 2016) \*\*\*\*\* Great for taking theory notes or writing music! | I'm a music major, and I needed staff paper ... This is a cute product and the staff paper is great. (Feb 1, 2016) \*\*\*\*\* Amazing Recipe Book ... This is the third smART bookx recipe book I've purchased. I have it with the Carnival cover and purchased the Polka dots cover to copy recipes for my daughter... Love the index pages ... Easy to find the exact recipe you are looking for since the index shows all the recipe

pages numbered. Highly recommended. (Dec 28, 2015) ALL OUR BOOKS ARE MADE IN THE COUNTRY PURCHASED

## **Book Information**

Series: Food Planners

Paperback: 110 pages

Publisher: CreateSpace Independent Publishing Platform (January 8, 2016)

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ISBN-13: 978-1519788559

Product Dimensions: 8 x 0.2 x 10 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 34 customer reviews

Best Sellers Rank: #23,737 in Books (See Top 100 in Books) #39 in Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Cleaning, Caretaking & Relocating

## **Customer Reviews**

Great price and it's exactly what I need to track my meals. I'm currently doing 21 day fix extreme and this is making my meal planning and color tracking so much easier! I've included a picture of the inside because for some reason the seller didn't include one.

I really like this meal planner. In the past I have always printed blank monthly calendars off and used them, and then printed some off for the 21 day fix. I like that it is uniform and bound together, so no loose papers getting lost. This works great as a family meal planner and also works well for the 21 day fix with some adjustments. I use a highlighter to color each line to coordinate with the colored cups in the program then you can tally up the day off to the side. I wish there was a little more room in between the days, so I could write the title of the dish I want to make and then break down the containers in the squares. I can't complain thought b/c I am sure that the meal planner was not created with the 21 day fix program in mind. The pages are thicker than notebook paper and there is very little bleed through with the use of a highlighter. Things can be written and erased several times without leaving a hole in the paper. Beautiful cover and seems very durable. I am pretty sure it is made in the USA which is another selling point. It arrived as described and on time. I have showed others at work how I use it for the 21 day fix, so I not only recommend it for that use,

but also just for family meal planning.

This was perfectly simple. I love that it has a section for notes and snacks, other similar products lack in one or both of those. The week starts on Monday, which aligns perfect for Sunday meal prep. I would highly recommend this to anyone looking to meal plan.

This Meal Planning books works just perfectly for planning weekly home meals. When trying to cook every day and with our busy lives it helps to keep a meal planning book and it is the same cost of a plain notebook. I would like to see a separate page for or a larger area for a grocery list. Overall I will be ordering again!

This book has a great layout! I have gone through so many different templates for meal planning, but this book seems to have just gotten it right. It is very functional, so it actually gets used!

LOVE this planner! it helps me to keep my meals on track so I can meet my goals. I also love the recipe Journal to keep my recipes in one place.

This planner is very simple, making it very useful. It isn't full of useless pages. The space provided to write out each meal is perfect. I love the front cover and I really love the It doesn't have Menu Planner really big on the cover for everyone to see.

This book has worked out really well for me. I was disappointed at first when I looked at it, but then I got creative and decided not to record nutrition data or food , but times. I was delighted with the discipline it gave me. I would do it Omer without regret.

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