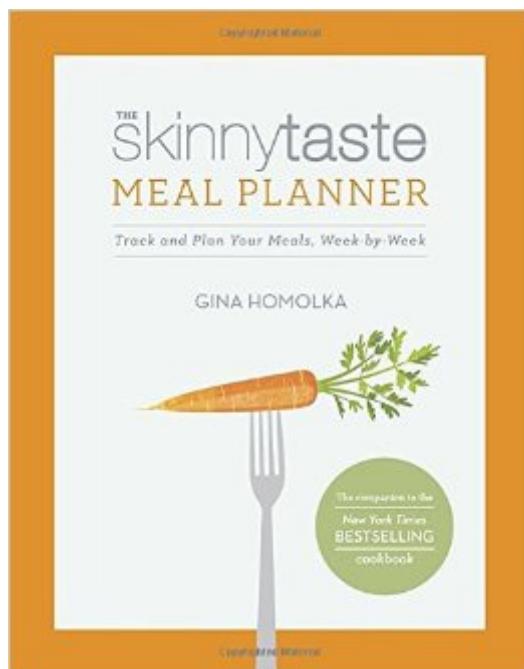


The book was found

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



Synopsis

Get on the road to your best selfA 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 ¢ PLAN MEALS: look ahead and decide to eat healthy all week; choose snacks to pack for each day 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 ¢ 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

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Average Customer Review: 3.9 out of 5 starsÂ See all reviewsÂ (108 customer reviews)

Best Sellers Rank: #6,175 in Books (See Top 100 in Books) #3 inÂ Books > Cookbooks, Food & Wine > Beverages & Wine > Wine & Spirits > Wine Tasting #13 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #20 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

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.

Tracking food intake and activity is the key to healthy, successful weight loss. Period. As a fan of the Skinnytaste website and cookbook, I was very interested in the meal planner concept. I struggle to figure out what to cook for dinner night after night (which leads to hasty and unhealthy choices sometimes), and using the planner will motivate me to figure out what I'm cooking for the week on Sunday, do my grocery shopping accordingly, and be ready for the next 7 days. The planner contains a short introduction by the author and a few new recipes throughout, but the emphasis is on you doing your tracking. There is ample space to write down weekly goals and weekly planned meals, and then there's additional room to actually track everything you consume and note the points or calories. Finally, there's a section for you to track your exercise/activity. All in all, this can be a useful tool if you are ready to commit to doing the planning and the tracking consistently. I do wish that the book/journal had spiral binding and sturdier covers because the covers are already showing wear and the book doesn't lie flat when opened. Could you accomplish the same thing using a blank notebook from the dollar store? Absolutely. But Gina's fans will enjoy using her meal planner, which is nicely formatted and illustrated.

I purchased this skinnytaste meal planner for myself after buying her cookbook a while back and being extremely satisfied with the cookbook. This skinnytaste meal planner is amazing for anyone who like to meal plan there meals on Sundays for the up coming week. This meal planner offers lots of food knowledge in the beginning of the book. The planner offers lots of room to write the weekly meal plans. The planner also offers room to write your breakfast,lunch and dinner each day. As a person that follows the weight watchers program i found this to be very helpful. The planner offers a area to write out your points/calories for each meal you have written/eaten. The planner has a space where you can write out your goals each week. The planner has lots of cute motivational quotes to keep you going thru out the week. I highly recommend this planner to anyone who is on a weight loss journey.I give it a 10 out of 10 and would recommend this product to others. I recommend this seller and would purchase again soon!specifications:

- PLAN MEALS: look ahead and decide to eat healthy all week; choose snacks to pack for each day
- TRACK CALORIES OR POINTS: count what you take in so that you know what you're really eating; compare tallies to your goals in order to make progress
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I *really* wanted to like this, but it just isn't useful. The book isn't well planned for the user, and how it will actually function for meal planning. First, it should be spiral-bound to be able to lay it flat. As a

bound book is doesn't work well. It also needs a ribbon as a bookmark to keep track of where you are in the book. A page to write a shopping list for each week also would have been helpful so that this was an all-in-one planning book. An inexpensive weekly planner would do the same job, and better. Bought it, used it for two weeks and now it is relegated to a shelf.

There are lots of food trackers available, and numerous apps let you track on your phone. I like this one for the meal planner pages. We're in the habit of doing our menu on a weekly basis, and this not only gives me a good place to write it down, but I'll be able to keep a handy record to check when I last made a dish. There are recipes, hints, and ideas, which are a plus. I wish the page size were a little larger, giving more room to write on the tracking pages. That's the one thing that keeps this from being 5-star.

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.

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!

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