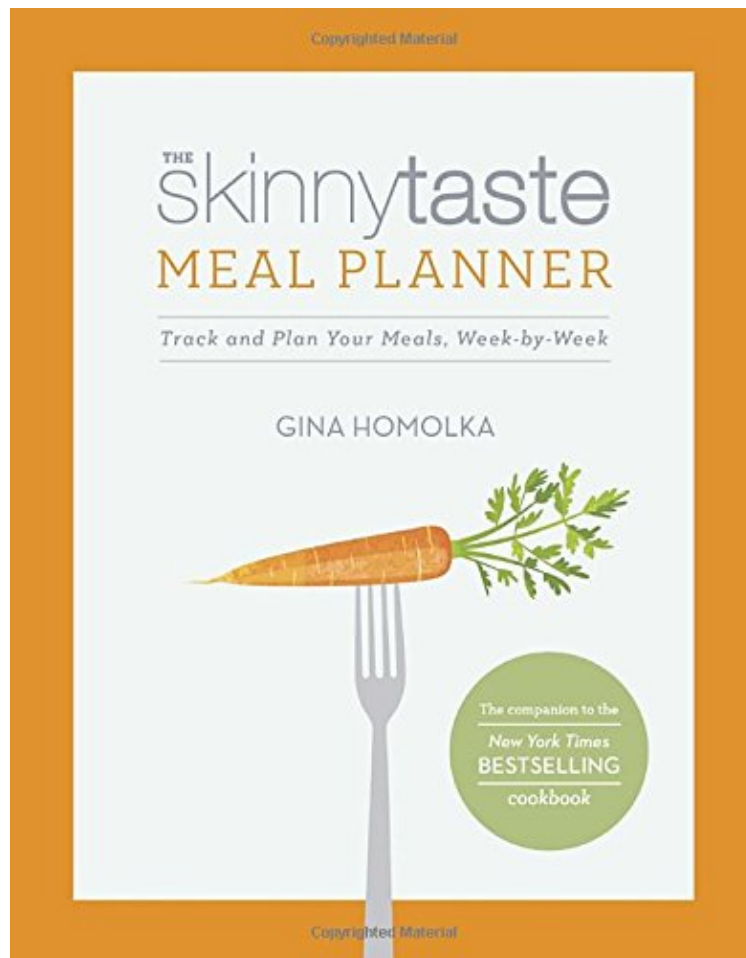


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## The Skinnytaste Meal Planner: Track and Plan Your Meals, Week-by-Week

Gina Homolka

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#7941 in Books Gina Homolka 2015-10-13 2015-10-13 Original language: English PDF # 1 7.20 x 1.00 x 6.00l, 1.10 Binding: Diary 368 pages The Skinnytaste Meal Planner Track and Plan Your Meals Week By Week | File size: 16.Mb

**Gina Homolka : The Skinnytaste Meal Planner: Track and Plan Your Meals, Week-by-Week** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Skinnytaste Meal Planner: Track and Plan Your Meals, Week-by-Week:

412 of 434 people found the following review helpful. A Total Bummer By katherine 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. 0 of 0 people found the following review helpful. Nice food journal. By Linda 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. 0 of 0 people found the following review helpful. Yummy! By Patty Louise 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!

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. • **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 • **LOG EXERCISE:** pick an activity to do each day; note the calories you burned With 20 *Skinnytaste* recipes, plus inspirational quotes and tips about superfoods, *The Skinnytaste Meal Planner* can guide you to becoming your best self.

Praise for *The Skinnytaste Cookbook*: "Using Homolka's strategies, home cooks can deliver balanced, delicious meals even when time is an obstacle." -Publishers Weekly About the Author GINA HOMOLKA is the author of *The Skinnytaste Cookbook* and the founder of *Skinnytaste*, the award-winning blog that'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.