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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, a double page tracker chart allows you 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 also 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)

## Book Information

Series: Food Planners

Paperback: 110 pages

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

Language: English

ISBN-10: 151978855X

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: 4.7 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #23,981 in Books (See Top 100 in Books) #33 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. Im 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 ordered this planner to make it easy to plan my meals for the week. I only eat certain foods because of my diet and it allows me to keep track of what I'm eating so that I know what to prepare for the rest of the family. It allows me to keep track of what meals I will prepare and it also has certain spot on the page that allows me to make my grocery list as well. I just wish that the spaces that allows me to write my meals would be a little bigger. But it is a great buy for anyone that's on a budget with their meals or someone that just wants to keep track of their meals.

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 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.

I would usually print something off or use scratch paper to meal plan but this little book was so cheap and i figured i could keep a whole year of meals together. Its super cute and easy to use. I just love it and cant wait to start using it.

I really like this meal planner. Figuring out all the meals for the week eliminates "what's for dinner" syndrome and the shopping list ensures I don't forget any ingredients. You can go thru previous weeks to see what you haven't had for awhile, what you didn't like, etc. I don't mind taking the whole book to the store. It is light weight and I slip into one of my reusable shopping bags when the weeks plan is complete so I don't forget it.

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