



Gina Homolka

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



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Completely updated and revised with plenty of room to create a excess weight loss and healthy eating plan, the 52-week meal planner and companion to the New York Times bestselling The Skinnytaste Cookbook and Skinnytaste Fast and Slow can help you take an organized, proactive approach towards the healthier lifestyle you want. The Skinnytaste Cookbook and Skinnytaste Fast and Gradual, both NY Times bestsellers, are beloved by Gina Homolka's faithful Skinnytaste fans, in addition to those just discovering this all-star food blogger and author. Right here, Gina tackles the practical side of achieving the healthy lifestyle you wish, whether for fat loss or just better health, in her meal planner that will assist you have a thoughtful, powerful method of changing for the better. Scattered throughout are Gina's clever cooking ideas and techniques— The Skinnytaste Meal Planner would be the ultimate device to take meaningful steps toward your best self. jot down your weekly exercise;as well as a assortment of inspirational quotes. including how exactly to add superfoods to your meals— and plan your meals for the week.The completely updated and revised Skinnytaste Meal Planner right now incorporates Gina's fans' feedback and includes: - More space for composing your meal entries - Spiral binding so the planner lays flat for easier composing - Shopping lists to program your week's groceries - Notes sections to keep track of extra tasks - Checkboxes so you can mark off your weekly goals simply because you complete them each day - 20 fan-favorite Skinnytaste recipes not really highlighted in the originalAs often, you'll be able to track calories and Excess weight Watcher or various other diet plan points;



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I really like this book however the printing of it is screwed . My planner found its way to perfect condition! LOVE the setup and everything this food planner has . I love this book but the printing of it is screwed up in several places. The initial mishap I noticed had been web pages 36/37 for the Calorie/Points tracker. Love it Love it Extremely bulky, but thicker in webpages lasts longer! One misprint I could handle, but then it happens AGAIN on pages 42-43. There is definitely space to document exercise, weekly goals, food planner and space to calculate calories/factors. Super disappointed I recieved a 'dud' copy. Luckily I could slide it off and reposition it. I recently received the update edition of this food planner and I really like it! Started using this and already I feel more in charge and viewing what I consume&. I've dropped 70 lbs in about 6-7 months which book is a great tool to help me continue my healthful meal planning/way of living.. The meal tracking part is nice, lots of room to create in my own meals of your day. Out of order Love the idea, but like others have said - the pages are out of order. The example in the publication is correct which means this should be a very embarrassing mistake on the publisher's component. I'm not hard onto it, it would go to and from the store and then hangs from my counter in the home. Great improvements, but a few backwards logs I really love the adjustments incorporated to this new version. I really like the layout for the week which includes a daily food planner and shopping list all in one. There's space to record meal plans for the week, a grocery list, spot for notes on any prep you may want to do, and space to record your food, calories/points, and workout.. I only took off one superstar because for the next and third weeks, the calorie log for Fri-Sun comes prior to the log for Mon-Thur. I did so do a quick check through all of those other book and could not find any additional backwards logs so if you will get through those weeks, the rest is fine. Absolutely worth it. Content great.. Plus some extra suggestions and recipes scattered throughout. The just reason I gave 4 stars and not 5 is basically because the cover was placed on backwards and ugly.. However, like various other reviewers, I as well received a copy in which the pages are out of order starting the second week on. Friday-Sunday preceding Monday. I was monitoring my food on regular paper before obtaining this however now I have a nice space to write my food in now.. All pages to be able. So articles A+Quality Control a big F This 9" X 6.5" planner has everything. Or if you prefer, just start your next week on page 46 and skip pages 34-45. It's a spiral book, that makes it easy to leave available to the current day time I'm on, no flipping through web pages. when. I tried utilizing a regular notebook but that involved rewriting. I included pictures of the mis prints of web pages 42-45. Her recipes, website, fb group, she does it all!.. There's plenty of room to create the meal plans, I love that it has a grocery list spot although I think that could be a bit longer. LOVE the set up and everything this meal planner provides inside. Quality of Item Questionable! So far, so excellent! Other than that.. Really like the book and hope it helps me in the future. The first one had holes in the web pages towards the back and the next one had crooked Pages. LOVE this planner! This is actually the perfect planner! In addition, it features a section for ways to make healthier swaps in quality recipes. It is a adorable looking planner therefore i feel comfortable taking it to the shop with me easily want to. Yes, there are always a couple of pages out of purchase or that have the days confusing, but you can simply cross it out and compose it in. This tracker/planner is a must have in case you are eating skinny taste style! This is an enormous improvement over the other book. It has a place to place a grocery list and the binding can be spiral so that it can lie toned. Now you can meal plan, create a list, and monitor calories/factors all in once place. Would definitely recommend to a pal! Wonderfully organized planner I am so excited about using this meal planner. Save your money designed for the

author's very exceptional cookbooks..etc. It's spiral bound so that it lays smooth and if you like, you can fold the cover around. It starts with 'Friday-Sunday' Just before Monday-Thurs. Great planner, too bulky to carry around, for using in the home to log great! Bad quality however the best content I've seen of all meal planners I had to replace this twice. great food planner! I'm still unhappy with the grade of the reserve but I held it anyway because it does have the very best content I've observed in any of the meal planner books. I read a lot of reviews having said that the cover and backbone did not endure to even normal use so I immediately duct taped the backbone and the inner edges of the reserve. It's not pretty but it's functional and I believe it'll last a lot longer. Here's hoping... I love all of the Skinnytaste dishes but was hesitant to buy the planner because of reviews on outbif purchase pages. Nevertheless, the hard cover and back again fell apart and are no more even on my publication. Save your valuable money for the writer's very excellent cookbooks. Hard cover falls apart easily. I have been using this book for many months now. I like the setup and it's easy to check out and discover what the weekly plan is. Thought I would get more use out of the. I will try to continue using it because I spent money on this, but it's disappointing and I believe those folks who purchased this will be offered a replacement free of charge. I'll go back to simply using a regular notebook. Five Stars love Keeps everything organized! Gina is amazing! Great book. I am normally extremely particular about those sort of issues, but it is not a big enough issue for me to warrant an enormous complaint over.



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