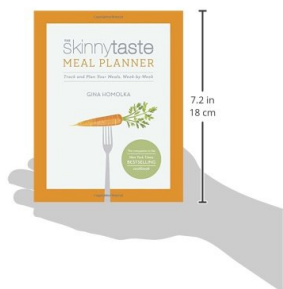


[PDF] The Skinnytaste Meal Planner: Track And Plan Your Meals, Week-by-Week

Gina Homolka - pdf download free book



Books Details:

Title: The Skinnytaste Meal Planner:

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Description:

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.

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