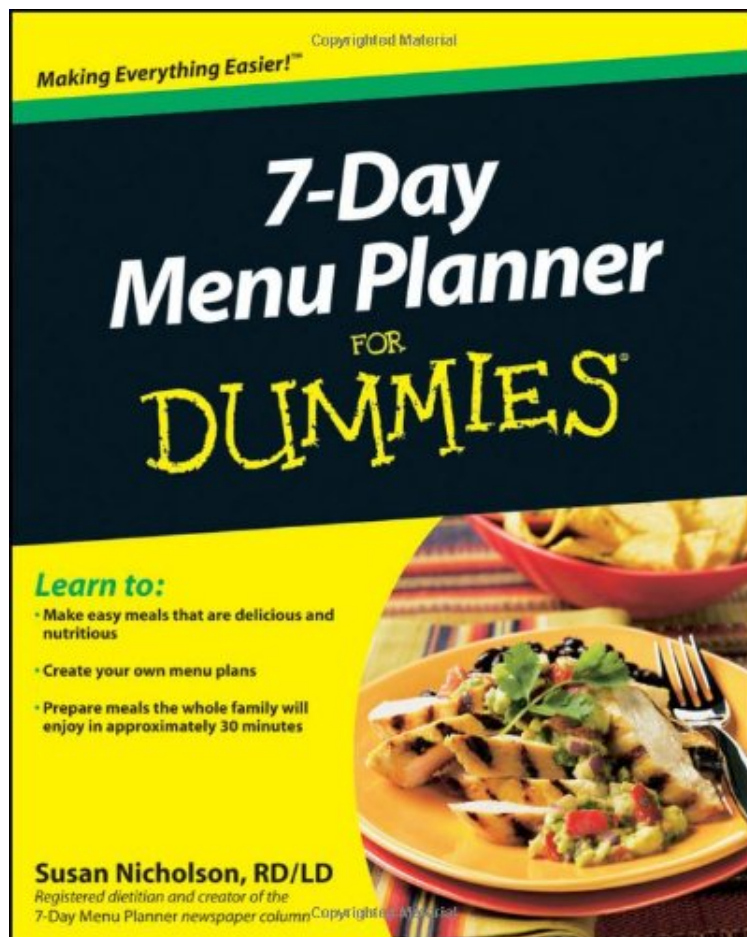


7-Day Menu Planner For Dummies

Susan Nicholson

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Susan Nicholson : 7-Day Menu Planner For Dummies before purchasing it in order to gage whether or not it would be worth my time, and all praised 7-Day Menu Planner For Dummies:

10 of 11 people found the following review helpful. Now I'm the Top Chef...sorta!By E. RiverSo some background here: I can't cook. I don't cook. I'm a bad cook. But I need to eat. I also have a family that needs to eat. For a few years I've been feeding them all frozen meals, cereal, and Applebees. How we are all not 500lbs is beyond me, but I think it has something to do with being under 35. That being said:The Good: This books gives you the complete run-down on why cooking your own food is important (apparently it's a lot healthier, who knew?!?), and it educates you on some basic cooking stuff like measurements and what a broiler pan is (why didn't I learn this in school? why did I need the algebra?). Then it tells you what to go buy at the store so you have everything in your kitchen that you need to become the next Top Chef. Begin the music...Okay, so the real meat and potatoes of the book (see what I did there, I'm hilarious), is the 52 weeks of completely planned dinners. You heard me right, dinner just go done, for you, by this book. All of the meals are different, flavorful, and easily modified. Also, I CAN COOK THEM!Maybe you don't

understand, I burn pancakes; milk sours at my gaze; I've mistaken teaspoons of salt for tablespoons! I am (or I was) a walking disaster in the kitchen. I'm not even sure why my husband married me (I do have great, uh, eyes though). But not anymore. I can say that I started this book in December, and every single meal for over two months has now been planned, prepped, cooked and served. THIS HAS NEVER HAPPENED BEFORE! Seriously, I think this book is magic. Suddenly, we have family dinners, with good food, that I myself totally cooked. And what's more, I actually LIKE cooking. Now I have two (2!!!) cook books, and yesterday I was chatting with a coworker about chili recipes. WHO AM I?!?! That's not to say it won't be a tough start. I poured all the noodles for my tuna casserole down the drain and threw a temper tantrum. I burnt my first meatloaf and cried (husband still ate it though), but this book really walks you through those beginners troubles, and tomorrow always offers you another recipe: another chance at success. The Bad: Why did she stop at dinners? My child's school lunches now feel super lame compared to her awesome dinners! "Turkey and cheese sandwich again, Mom???" Write another book and teach me how to serve hummus and kale chips like the rest of the mothers! *The Ugly: Sometimes my kitchen after I cook. That's okay though, I have a sponge. *Kidding about the kale chips. That's just wrong. Final Thought: If you want to get better at meal planning and, well, cooking in general, buy this book. It's absolutely worth it. It changed my dinner forever. 1 of 1 people found the following review helpful. I didn't particularly find the meals to be all that great to begin with. By A. Jordan It didn't really work for my family. There are some things that my husband will not eat and there's nothing I can do about it. This ended up throwing off the calendar of meals and before I knew it I was off. I didn't particularly find the meals to be all that great to begin with. 1 of 1 people found the following review helpful. I can eat healthy, cook quality food, and cut my dining out budget in half! By Mark DI struggled never knowing what to cook. Often times I was missing one ingredient and defaulted to fast food. With weekly meal plans I know exactly what to buy at the grocery store. The book actually has really cook recipes and they include dessert. Susan did an amazing job at balancing everything. I recommend buying the paper copy. I first bought the kindle version and the formatting makes it very hard to read the recipes.

Flavorful, nutritious meals that can be prepared quickly, easily, and economically 7-Day Menu Planner For Dummies is the perfect book for any family looking for a structured, nutritional approach to daily meal planning. It contains over a years worth of weekly dinner ideas and recipes that take an average of thirty minutes to prepare, contain an average of thirty percent calories from fat, and use common ingredients to save time and money. Features budget-friendly family meals that are both quick and healthy Dinner for each week of the night is associated with a theme for example: Family Sunday, Kids Monday, Express Tuesday, Budget Wednesday, Heat and Eat Thursday, Meatless Friday, and Easy Entertaining Saturday In this time of budget, time, and health consciousness, 7-Day Menu Planner For Dummies gives families just what they need to easily plan the right meals!

From the Back Cover Flavorful, nutritious meals that can be prepared quickly, easily, and economically Are you looking for a structured, nutritional approach to meal planning? 7-Day Menu Planner For Dummies gives you a year's worth of weekly dinner ideas and recipes that take about 30 minutes to prepare, contain an average of 30 percent calories from fat, and use common ingredients to save time and money. It's a plan! discover the benefits of planning your meals in advance and get the know-how to take control of mealtime Be healthy learn how to make smart, health-conscious choices when shopping, deciphering food labels, and preparing meals Stock up fill your pantry with must-have ingredients, including herbs and spices, pasta, and other staples that will help make meal preparation a snap 52 weeks of eats get a year's worth of weekly menu plans that feature seven themes: family, kids, express, budget, heat and eat, meatless, and easy entertaining Open the book and find: 52 weeks of menus and recipes Hints on navigating the grocery store Advice on choosing foods low in fat and sodium Lists of essential utensils Pointers on organizing your kitchen Special menus for holidays Ways to save time in the kitchen Tips for saving money on meals Advice for serving foods that look and taste great together Recipes to whip up when you're in a hurry Learn to: Make easy meals that are delicious and nutritious Create your own menu plans Prepare meals the whole family will enjoy in approximately 30 minutes About the Author Susan Nicholson, RD/LD, is a registered and licensed dietitian who writes the syndicated newspaper column 7-Day Menu Planner. She is a member of the American Dietetic Association and the International Association of Culinary Professionals.