



7-Day Menu Planner For Dummies

Susan Nicholson

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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 year's 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!

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