

7-Day Menu Planner

demo url <http://content.uclick.com/content/mu.html>



Readers speak for themselves about the 7-DAY MENU PLANNER:

"I have two children and work part time from home. My husband and I like eating with the kids as much as we can and are now on a stricter budget. This idea seems to be just what we need! Congratulations on such a great concept!" –Amy Floyd

"I have shown your weekly menu article to several people, and they all agree that even more than cooking, we hate planning those meals." –Donna J.

As you can see, the 7-DAY MENU PLANNER is a favorite for many reasons. Nutrition consultant and TV personality Susan Nicholson has all your menu answers with this practical guide for meal plans and recipes that emphasize nutrition, taste, ease of preparation and budget. The menus are always practical, offering tasty solutions to the time crunches we all experience in our busy lives.

Each plan is designed not only to provide new recipe ideas, but also a wealth of tips for stretching leftovers throughout the week, making the most of what's in season, taking advantage of the latest quality convenience products when time is of the essence, balancing meals with appropriate side dishes, and cutting out unnecessary fat without turning off taste buds. The menu and recipes are easy to follow, and help families share that very important time together while keeping stove-slaving time at a minimum.

Feature highlights:

- one-page menu plan for the week
- weekly shopping list
- two to three recipes and the nutritional value of the featured recipes
- easy to print and post on the refrigerator or save in a recipe notebook

About the Creator:

Susan Nicholson is a columnist, cookbook author and television personality, and is also a consultant in the areas of food and nutrition. Her 7-Day Menu Planner is a practical, quick, healthy eating guide for budget-minded families. It began in the Atlanta Journal and Constitution in 1995.

Known for her humorous down-to-earth style and creative healthy recipes, Susan has appeared more than 125 times on Atlanta network television and on CNN, TNN and The Discovery Channel. She has also participated in many radio and newspaper interviews.

Nicholson is a member of the American Dietetic Society, the International Association of Culinary Professionals, and is a founding member and current vice president of the Atlanta Chapter of Les Dammes d'Escoffier. She is listed in the 23rd edition of "Who's Who in the South."

Susan is a native of the Shenandoah Valley of Virginia and now lives in Atlanta.

feature type

text/graphics

frequency

1x weekly

delivery methods

FTP, UClick®

target audience

wide appeal; especially popular among families with busy lifestyles



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7-Day
Menu Planner
by Susan Nicholson