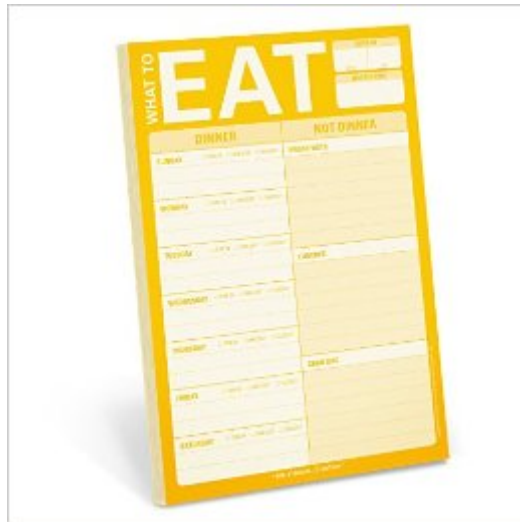


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# Knock Knock What To Eat Pad



## Synopsis

With the hectic pace of the modern world, it's hard to plan, track, and execute household meals. Keep it simple by harkening back to the bygone era of home-economics: if you schedule the food you eat, you'll always know what's for dinner. A necessary aid for busy households Adds stylish utility to the refrigerator door 6 x 9 inches, 60 sheets; magnet on back

## Book Information

Mass Market Paperback: 60 pages

Publisher: Knock Knock; Npd edition (March 1, 2011)

Language: English

ISBN-10: 1601061536

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Product Dimensions: 0.5 x 6 x 9 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (160 customer reviews)

Best Sellers Rank: #3,017 in Books (See Top 100 in Books) #2 in Books > Cookbooks, Food & Wine > Cooking Methods > Large Quantities #4 in Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two #6 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

## Customer Reviews

I ordered this list (and its 'sister', the "All Out Of" notepad) because it was unique, really useful, and provides fun encouragement to get organized. I love it, and will absolutely use every last sheet. That said, I noticed in Target the other day a really similar product with two better features: 1. the Target list combines the weekly meal plan AND a grocery list on one sheet, 2. price. I don't remember exactly, but I think it was around \$5 (and obviously, no shipping or waiting).

I wanted a way to map out our dinners for the week, and found this notepad, which I love. Since the spaces focus more on dinner, it's definitely suited to those looking to plan out their nightly meals, although the column on the right-hand side is also useful for writing down other foods and snacks that you might be planning. The paper is nice and thick, and the magnet on the back of the pad is durable and strong. In the past, I've bought cheaper magnetic notepads where the magnet has ripped right off, but I know that it won't do so in this case. Overall, I'm glad I bought this! It's useful and functional, and has helped me with meal planning for the week.

Nice little meal planner. When I was researching meal planning online, all of the websites included breakfast and lunch plans. We're probably like most families in that breakfast and lunch are simple and consistent: oats and/or eggs for breakfast, and lunches that are either leftovers or items that end up on the weekly shopping list anyway. Just planning for dinners works well. For this notepad, I have to sit down and translate the list of dinners to ingredients and then the shopping list, but that would happen with any meal planning tool. The only way to make it much better would be to customize based on our personal preferences, and have the basic part of the shopping list ready to go. Overall a very useful product. Also-- the magnet is very strong; no concerns about it falling down. The pad is thick and should last at least a year, if not two. Not sure how many sheets off the top of my head.

It's is definitely helpful for weekly menu planning! Although I won't be ordering another one, it would have been better if it were bigger paper, I would recommend the potential buyer just make something on their computer and print it out so its on 8.5 by 11.

I bought this pad when I started working full time again after a long part time stint, and did not want to throw away money on buying dinner, or waste time running to the supermarket for dinner ingredients. I wish there was a little more room to plan out snacks and lunches, but otherwise it's great for planning my week. Looks cute on the fridge too.

This note pad has been extremely helpful for me in creating healthy meals for my family. I am able to write down what we've eaten (initially I wrote down what we were going to eat, but apparently I need more flexibility than that) and as the week progresses I can see if I'm getting everyone the nutrients they need. It also helps when I am stumped on what to make; I have saved pages from previous weeks and can go back through them for ideas. (Sometimes if I'm making something new, I'll write down the page number of the cookbook I got it from for easy reference.) As usual with Knock Knock products, the paper is of a high quality and the backing is very sturdy. The magnet on the back of this one is fantastic and never had a problem staying high up on the fridge out of the reach of little hands. I just tore the last page off the pad, and I'm currently scrambling to figure out where I can get a new one ASAP. I would recommend this product to anyone!

I like the pad but ideally it'd have space for a grocery list. It definitely helps me plan dinners and try

to keep a variety of meals in rotation. I save the previous weeks so I can look back through them.

This note pad has saved my life! As a busy working single mom on budget, this little notepad has saved me a lot of money and time. It has saved me money because I actually buy what's on my list instead of just playing it by ear in the grocery store and it has saved me time because I don't have to think about what's for dinner each night and wonder if I have everything I need. Eating healthy meals on a budget takes planning- and this little notepad helps get that done!

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