START HERE

Weekly Meal Planner & Grocery List Interior for KDP

A 108-page meal planner interior: 52 weeks, each with a 7-day breakfast/lunch/dinner/snack grid and a matching categorized grocery list page.

Trim size: 8.5" x 11"

Bleed: No bleed

Interior: Black & white

Pages: 108

Margins: 0.5" on all sides (KDP-safe)

File: Weekly-Meal-Planner-Grocery-List-8.5×11-Interior.pdf

Publish it on Amazon KDP in 6 steps

1. Open **kdp.amazon.com** and create a new **Paperback**.
2. Add your title, subtitle, description, keywords and categories.
3. On the Content page choose **Trim size: 8.5" x 11"**, **Bleed: No bleed**, and paper type **White** (or Cream for journals).
4. Upload **Weekly-Meal-Planner-Grocery-List-8.5×11-Interior.pdf** as your manuscript (108 pages).
5. Create your cover with KDP Cover Creator or Canva using KDP's cover template for your trim size and page count.
6. Launch the Previewer, check every page, then order a proof copy before you publish.

Make it yours (and stand out)

- Pick a specific audience in your title and cover, e.g. "Meal Planner for Busy Moms" or "Keto Meal Planner".
- Design an eye-catching cover; it matters more than anything else in low-content books.
- Publish a few variations (different covers, sizes or themes) to build a series.

License: You may use this interior to publish and sell physical or digital books on Amazon KDP and other platforms, with your own cover. You may not resell, share or give away the interior file itself, or include it in templates, bundles or PLR packs. Always follow KDP's content guidelines.

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