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Meal Planner: Food Journal Meal Plan Template - 52 Weeks Records Budget Control (Paperback)

By Moito Publishing

On Demand Publishing, LLC-Create Space, 2017. Paperback.

Condition: New. Language: English . Brand New Book *****

Print on Demand *****.Meal planning has now been made

easy! When you re busy and still trying to cook every day, it

helps to keep a menu planner notebook. It will not only help

you save money on grocery bills, it will also get you to stick to

your diet! Whether you are planning your meal and shopping

list in advance or tracking your weight loss, this meal planner

notebook is perfect for you! Organize your weekly meals to

make sure you stay within your calorie allowance. Don t forget

to stick to your plan! It has over a full year s worth of pages,

nice chalkboard design and specially formatted so that you

can record all your meals from Monday to Sunday with

sections for grocery lists, notes and health goals. The days are

broken down with 4 meals including snacks with enough room

left over to plan activities or food values. The week starts on

Monday which aligns perfectly for your Sunday meal prep and

weekend groceries. The two page-per-week design provides 1

year of meal planning with ample space for writing...



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Reviews

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brennan Koelpin**

Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Bernie Mante PhD**

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