



## Meal Planner: Weekly Menu Planner with Grocery List [ Softback \* Large (8 X 10 ) \* 52 Spacious Records More \* Cupcakes Candy ] (Paperback)

By Smart Bookx

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Softback blank Meal Planner book with a spacious two page spread for each of 52 weeks [\$5.50/3.99]. IF LOOK INSIDE ISN T LOADING use the blue smART bookx link above to look on our website. BOOK INTERIOR: - Each log provides the facility to total anything, cost or calories, but the shading for this is subtle so you can easily ignore it and just write a meal title over the top if desired. - There s a shopping list with each week so you can take it to the store and see at a glance what you need. - A Notes section for each week allows extra space to record e.g. special celebrations, additional guests or comments on what worked and what didn t. - At the back, a double page tracker chart allows you to compare any values across three different stores or brands; again it could be cost, calories or anything else. There s also a page at the back to jot down your regular fallback meals just the once, so if you re tracking totals or ingredients...



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