

**Meal Planner: Weekly Menu Planner with Grocery List [Softback * Large (8 X 10) *
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Reviews



*Definitely among the best book I have possibly read. I have study and i am sure that i will going to go through once more once more later on. Your lifestyle span is going to be convert when you full looking at this publication.
(Prof. Damon Kautzer III)*

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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, SCROLL DOWN TO SEE IN CUSTOMER REVIEWS. 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, use the double page tracker chart 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 you don t have to keep rewriting the same lists. (There s also a general Notes page at the back too.) - Thick white acid-free paper minimizes ink bleed-through. EXTERIOR: Cover: Tough matte paperback. Binding: Secure professional trade paperback binding, i.e. it s built to last; pages won t fall out after a few months of use. Dimensions: 20.3 x 25.4 cm (8 x 10). (Almost the same width as A4 but a few cm shorter in height - so just that bit easier to fit into a shopping bag!) MATCHING PRODUCTS: We publish a Blank Recipe Journal with the same cover design....

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