

Weekly Meal Planner: 52 Week Meal Planning Notebook: Save Time Money with This Blank Meal Prep Book



Filesize: 1.04 MB

Reviews

Comprehensive guide! Its this type of very good read through. It is actually written 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)

WEEKLY MEAL PLANNER: 52 WEEK MEAL PLANNING NOTEBOOK: SAVE TIME MONEY WITH THIS BLANK MEAL PREP BOOK

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Createspace, United States, 2015. Paperback. Book Condition: New. 228 x 154 mm. Language: English . Brand New Book ***** Print on Demand *****.Weekly Meal Planner: Are you always stuck for ideas about what to cook or can't decide what you should eat for breakfast, lunch or dinner? Do you want to save money on your groceries? If the answer is yes then this weekly meal planner is perfect. It will save you time and money and help you control your diet by planning what you are going to eat ahead of time. This is a blank weekly meal planner measuring 6 x 9 so it's portable (not stuck to the fridge) and you can carry it with you when you go grocery shopping. There are 52 weeks (12 months) of meal planning sheets giving you the ability to see what you have cooked on a week by week basis. You can pre-plan your meals and make sure you are eating the right things easily. Click inside to see the layout, each page is formatted so that you can write what you are going to cook (or eat) for Breakfast, Lunch and Dinner plus space for your shopping list and notes. You can also record how much you spend each week which is useful if you are tracking your budget. The notes section at the back is a great space for you write any recipes or information about your diet. So what are you waiting for, this meal planning notebook will make your life easier. Take control of your diet today with this weekly meal planner.



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