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Meal Planner: Weekly Family Meal Planner with Grocery - Cute Unicorns Cover (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

It in one of the best publication. It is definitely simplistic but excitement in the 50 % in the ebook. I am very happy to let you know that this is basically the greatest publication i have got go through within my own existence and could be he greatest pdf for ever.

-- **Dr. Anya McKenzie**

This created ebook is wonderful. I could possibly comprehended everything out of this created e ebook. Its been designed in an remarkably easy way and is particularly just after i finished reading through this ebook by which basically modified me, affect the way i believe.

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