



By The Cookbook Publisher

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. Are Mealtimes Giving You a Headache? Do You Feel you Are Always Eating the Same things? Planning Your Meals Ahead of Time is Just the Solution You Need to Simplify Your Life, Save Time, and Money! Get your meals organized and save time in the kitchen and at the grocery store! Save on your grocery bill by knowing in advance what you need to get to prepare healthy food for yourself and your family. No more last minute trips to the grocery store when you know in advance what your weeks meals will be. Jazz up your mealtimes with new meal ideas and avoid repetition! Here are some of this weekly meal planners main features: Measures 8-inch wide by 10-inch in length. 60 weeks of meal planning for every meal of the day with detailed and easy to use weekly grocery list Plenty of space to write down your meals for breakfast, lunch, and dinner for the whole week. A convenient grocery list to remind you what you will need this week in your fridge, pantry, and freezer! 20 recipe...





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