



Meal Planner: Food Journal Meal Plan Template - 52 Weeks Records Budget Control (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

The book is great and fantastic. It is probably the most remarkable pdf i have got read through. You can expect to like the way the article writer compose this ebook.

-- **Mr. Ethel Schmeler**

Very good e book and helpful one. it was writtern quite properly and helpful. I am quickly could possibly get a enjoyment of looking at a composed book.

-- **Connor Lowe IV**