



Meal Planner: Calendar Menu Maker to Plan Your Meals Diet (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 are 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

This book will never be easy to start on looking at but quite entertaining to read. It is actually packed with wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Ms. Missouri Satterfield DVM

Undoubtedly, this is the finest job by any article writer. it had been writttern very perfectly and beneficial. Its been printed in an exceedingly simple way in fact it is only following i finished reading this ebook by which basically modified me, modify the way in my opinion.

-- Lane Dicki