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Meal Planner: Weekly Meal Planner with Grocery List (Home Meal Planner Food Journal) (Volume 6)

By Simply Planners

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 106 pages. Dimensions: 11.0in. x 8.5in. x 0.2in. You are what you eat. If your diet is chaos, your life will be too. Planning your meals in advance not only saves you valuable time and money, but also eliminates the stress of making last minute dinner decisions. Stop worrying about what you're going to eat tonight, and regain control of your life with our handy weekly meal planner! With our home meal planner, you'll get: A Week of line to help you easily keep track of the dates you're recording on a specific page. A field to plan meals for each day of the week, including breakfast, lunch, and dinner. A food journal so you can easily track or make notes of everything you've eaten that day, including snacks. A shopping list, divided into six different sections (dairy, produce, frozen, grains, meats, misc.) to make your trip to the grocery store a breeze! 8.5 X 11 JUMBO SIZE meal planner with grocery list. A FULL YEARS worth of meal planning, food journals, and weekly grocery lists! Our weekly food planner and grocery list will make every meal as easy...



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