



## The Busy Mom s Meal Planning Journal to Plan Your Family s Breakfast, Lunch and Dinner Menus (Paperback)

By Jennifer Harbor Rainey

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Get Organized! This basic meal planner includes: - 52 weeks with spaces for breakfast, lunch and dinner - Weekly grocery list pages - Space to write your family s favorite meals/recipes If you are like most Moms, you have a problem deciding what to make for the 21 meals each week. When you plan your meals ahead of time, you save time, money, and sanity. Also, you can make sure to have all of your ingredients ahead of time. This meal planning journal will help you to decide what you will prepare for your family every day. And, since this journal keeps a record of your previous meals, you can always look through the journal for inspiration.



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-- **Natalie Abbott**

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