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Meal Planner: Health Is Not about the Weight You Lose But about the Life You Gain. 52 Week Meal Prep Diary. Food Journal, Diet Menu Plan, Shopping List, Budget Planner and Weekly Organiser

By Pomegranate Journals

Amazon Digital Services LLC - Kdp Print Us, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. This lovely easy-to-use planner is ideal for pre-planning your weekly meals. The journal is 20cm x 25.5cm (8"x10") and provides you with 52 weeks of organised sections, ideal for families, busy people, special diets, slimming and weight loss. You can list your favourite meals in the space at the start of the planner to prompt you with meal ideas. There is space for your grocery list, preparation, budget and notes. Take the hassle out of meal planning, save yourself time, money and eliminate waste. -Perfect family meal organiser for every day of the week! - Make healthy meals and eliminate fuss!- Make organising and budgeting easy!- Prepare for diet, slimming and weight loss!- Log your favourite recipes!- A year of meal planning made easy!.



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