



Say No to Ramen: 6 x 9 110 Page 52 Week College University Student Meal Prep Organizer Planning Journal (Paperback)

By Pen It Down Journals

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. 52-Week Meal Planning Organizer with Weekly Grocery Shopping List and Recipe Book Are you the ultimate meal prep planner, or do you know a college student who is? Are those instant noodles starting to get really bland? This simple yet functional undated food journal provides ample space to plan each meal -- breakfast, lunch, and dinner -- for 7 days per week, for an entire year. A perfect tracker for those with diabetes, calorie counters, vegans, or just those foodies who love to be organized. Includes recipe pages and blank grocery shopping lists for each week. An easy way to keep your menu and diet in order, this simple agenda keeps all your eating essentials in one place and allows you to compile your favorite dishes for quick and easy reference. Features: 52 Weekly (undated) meal planning worksheets with space to plan breakfast, lunch, and supperRecipe notes pages to jot down your favorite dishes, including ingredients, which can easily be transferred to the shopping listWeekly grocery shopping list Uniquely designed matte cover Make yourself or your college student's life in college just a little bit easier with...



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