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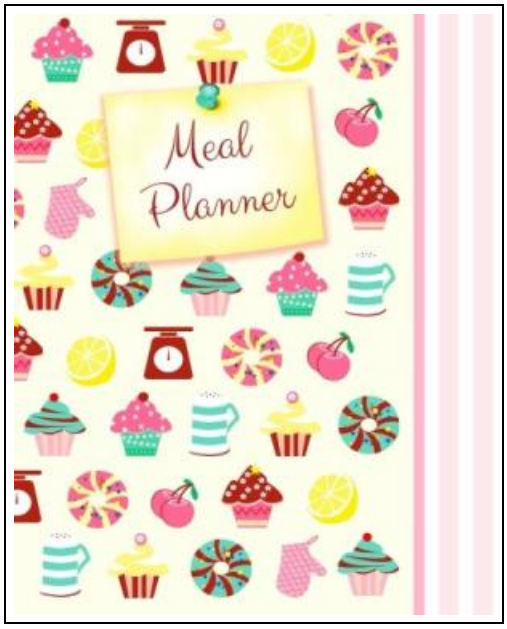

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Reviews

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Softback blank Meal Planner book with a spacious two page spread for each of 52 weeks [$5.50 / 3.99] INTERIOR: (To view click on Look Inside and scroll past the initial Title Page) - Each log provides the facility to total anything, cost or calories, but the shading for this is intentionally subtle so you can easily ignore it and just write a meal title over the top if desired. - There s a shopping list with each week so you can take it to the store and see at a glance what you need. - A Notes section for each week allows extra space to record e.g. special celebrations, additional guests or comments on what worked and what didn t. - At the back, a double page tracker chart allows you to compare any values across three different stores or brands; again it could be cost, calories or anything else. There s also a page at the back to jot down your regular fallback meals just the once, so if you re tracking totals or ingredients you don t have to keep rewriting the same lists. (There s also a general Notes page at the back too.) - Thick white acid-free paper minimizes ink bleed-through. EXTERIOR: Cover: Tough matte paperback. Binding: Secure professional trade paperback binding, i.e. it s built to last; pages won t fall out after a few months of use. Dimensions: 20.3 x 25.4 cm (8 x 10). (Almost the same width as A4 but a few cm shorter in height - so just that bit easier to fit into a shopping bag!) MATCHING PRODUCTS: We also publish a Blank...

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