



Meal Planner: Weekly Menu Planner and Shopping List Workbook - Diet Slimming Weight Loss Diary, Special Dietary Requirements Notebook Journal (Paperback)

By Just Plan Books

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This meal and shopping list planner has been designed to make menu planning a breeze. Whether you are frustrated with the lack of variety in your diet or fed up with the last-minute dash to the shops every evening, this book will help organise your meals and reduce the stress in your life. Planning for special dietary requirements is simple. Just use a separate planner page or a different coloured pen. Weight loss is easy with this planner by your side. Organise your meals for the week to make sure you stay within your calorie allowance. Just remember to stick to your plan! The shopping list has been split into sections making it easier to find what you re looking for while shopping and avoid the temptation of going off track or over budget. Whatever your goal, this planner will help to reduce the stress in your life, improve your diet and reduce food waste. The book measures 5.5 x 8.5 - close to A5 in size. It has been designed to be portable while still being large enough to write...



[READ ONLINE](#)
[3.88 MB]

Reviews

This sort of pdf is every little thing and made me seeking forward and a lot more. This is certainly for all who statte that there was not a worth reading through. I found out this book from my dad and i recommended this publication to discover.

-- *Christopher Kozey*

This publication is wonderful. It is amongst the most remarkable pdf i have got read. Its been written in an exceptionally basic way and it is merely after i finished reading through this pdf in which really transformed me, alter the way i really believe.

-- *Shayne Schneider*