



**Meal Planner: Weekly Menu Planner with
Grocery List [Softback * Large (8" x 10") * 52
Spacious Records & more * Purple Polka Dots]
(Food Planners)**

smART bookx

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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!)

SIMILAR PRODUCTS: smART bookx publish several Meal Planners. Each has the same interior but there are cover designs to suit all tastes. To take a look search on 'meal' & 'bookx'.

Thanks for looking,

The smART bookx design team

Buy With Confidence Because Our Customers Love Our Stationery:

***** *Gorgeous Notebook ... I am very pleased with this purchase. The picture on the cover is lovely and the paper inside takes the pen beautifully ... ideal for jotting down ideas and shopping lists. I would buy this brand again.* (30 Jun 2014)

***** *Very Nice ... Beautiful. My daughter loved them!!!* (August 17, 2014)

***** *Love the Van Gogh Notebook ... Loved it, keep it in my purse incase of creative impulses.* (November 8, 2013)

**** *Beautiful Book ... Awesome pictures on front and back ... It will be a nice journal* (December 31, 2013)

***** *Five Stars ... Great artwork, perfect size.* (August 16, 2014)

***** *Really Pretty Notebook ... My mom loved it ... Going to get The Best Dad in the World one for my dad at Christmas ... highly recommend.* (July 1, 2014)

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From reader reviews:

Robert Hyde:

The reserve untitled Meal Planner: Weekly Menu Planner with Grocery List [Softback * Large (8" x 10") * 52 Spacious Records & more * Purple Polka Dots] (Food Planners) is the book that recommended to you to read. You can see the quality of the e-book content that will be shown to anyone. The language that author use to explained their way of doing something is easily to understand. The article writer was did a lot of study when write the book, therefore the information that they share to you is absolutely accurate. You also could possibly get the e-book of Meal Planner: Weekly Menu Planner with Grocery List [Softback * Large (8" x 10") * 52 Spacious Records & more * Purple Polka Dots] (Food Planners) from the publisher to make you more enjoy free time.

Catherine Branch:

Typically the book Meal Planner: Weekly Menu Planner with Grocery List [Softback * Large (8" x 10") * 52 Spacious Records & more * Purple Polka Dots] (Food Planners) has a lot details on it. So when you check out this book you can get a lot of gain. The book was written by the very famous author. The writer makes some research before write this book. This kind of book very easy to read you can find the point easily after reading this article book.

Roy Matsumoto:

Reading can called head hangout, why? Because if you are reading a book especially book entitled Meal Planner: Weekly Menu Planner with Grocery List [Softback * Large (8" x 10") * 52 Spacious Records & more * Purple Polka Dots] (Food Planners) your brain will drift away trough every dimension, wandering in most aspect that maybe unknown for but surely might be your mind friends. Imaging each word written in a reserve then become one web form conclusion and explanation this maybe you never get prior to. The Meal Planner: Weekly Menu Planner with Grocery List [Softback * Large (8" x 10") * 52 Spacious Records & more * Purple Polka Dots] (Food Planners) giving you yet another experience more than blown away your brain but also giving you useful facts for your better life with this era. So now let us demonstrate the relaxing pattern the following is your body and mind is going to be pleased when you are finished examining it, like winning an activity. Do you want to try this extraordinary wasting spare time activity?

Joseph Russell:

Meal Planner: Weekly Menu Planner with Grocery List [Softback * Large (8" x 10") * 52 Spacious Records & more * Purple Polka Dots] (Food Planners) can be one of your nice books that are good idea. Most of us recommend that straight away because this publication has good vocabulary that will increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to get every word into joy arrangement in writing Meal Planner: Weekly Menu Planner with Grocery List [Softback * Large (8" x 10") * 52 Spacious Records & more * Purple Polka Dots

] (Food Planners) although doesn't forget the main point, giving the reader the hottest as well as based confirm resource info that maybe you can be considered one of it. This great information may drawn you into new stage of crucial considering.

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