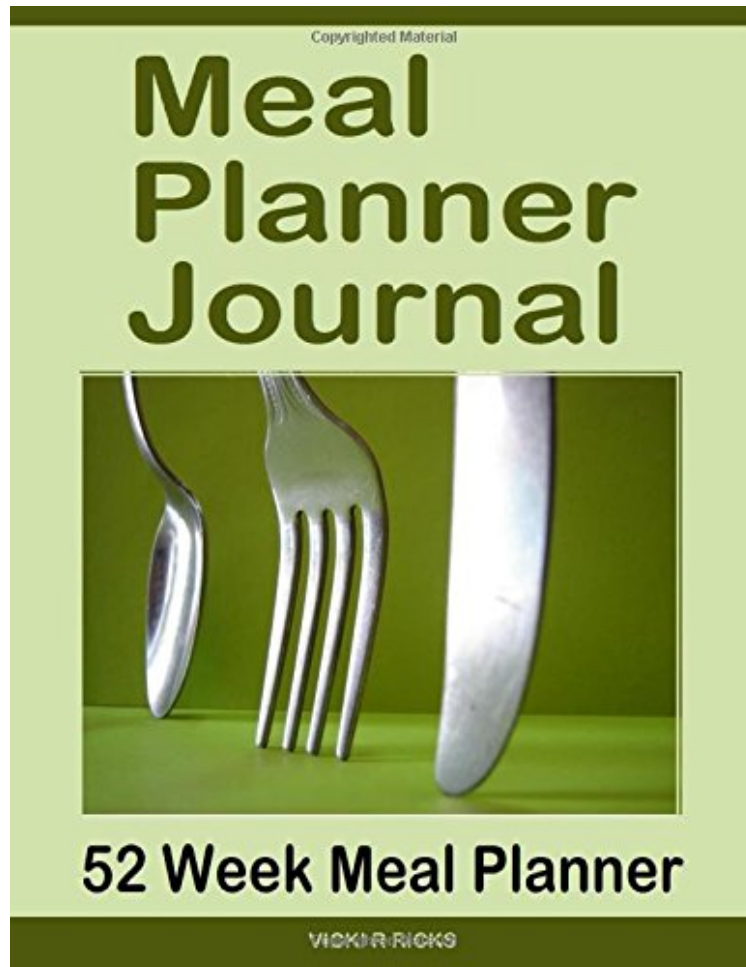


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About the AuthorThe author publishes a variety of books on topics for cooking, meal and menu planning such as this book Meal Planner Journal. Whether you want simple or gourmet type meals, help with recipe meal planning can make meal time a delicious and enjoyable experience for you.