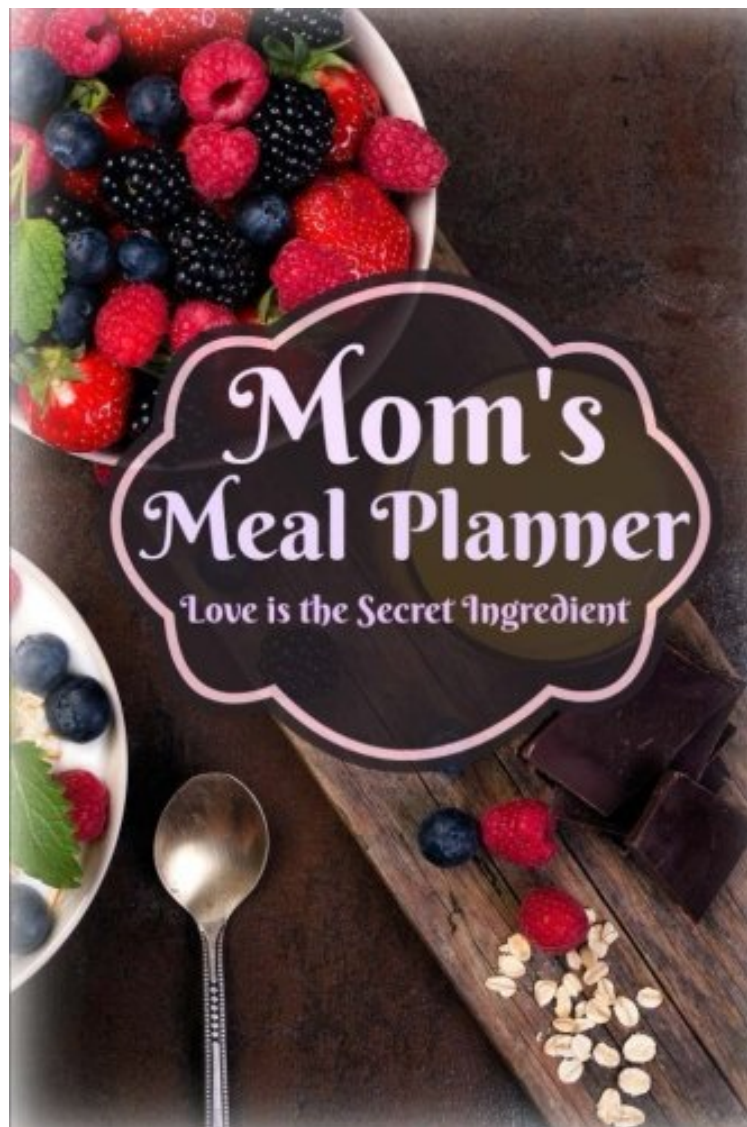


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1):

The Moms Meal Planner will help you stay organized and plan your weekly meals, grocery list and more. The planner includes a section for each day (Starting Monday thru Sunday). Plan for breakfast, lunch, dinner and snacks, but you can also use this planner to primarily focus on dinner, if you like. Additional room for a shopping list is provided at the bottom of each page and space is left in the margins for extra notes. We recommend writing in pencil, if your meals change often. There is also a space to label the weeks and month at the top. Create a tentative meal plan weeks in advance or plan one week at a time. This planner is designed to save you time and money. When you plan your meals in advance you'll be less likely to pick up something you don't truly need at the grocery store. Refine your meals and customize a plan that fits the needs of your family. Standard 6 x 9 size (Fits easily in any purse or bag). 100+ Pages Soft Matte Cover (Several Cover Styles to Choose From) Please click on the Look Inside feature to make sure this book is right for you. We have several other menu planners. Feel free to browse through our listings to find a cover that meets your style preferences.