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Weekly Menu Planning 4 Whole Month



Synopsis

Dear Readers,I wrote this book with a hope to assist your cooking time at home. If you have to cook daily and prefer to use this book as a guidance, you will not cook the same food for four weeks. Or, in my case, I prefer to cook 2-3 dishes in one time and divide the food into small containers for daily use. In that way, I can control my diet for not overeating and reduce my cooking time significantly. Furthermore, I can save extra money for cutting down the electric and gas consumption by re-heat the food instead of cooking the whole meals daily. Last but not least, everyone has only 24 hours a day to use, why don't we use them wisely.Thanks for purchasing my books,Van Tran

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Cookbook - Whole Foods Recipes Whole: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) Month-by-Month Gardening in Alabama & Mississippi: What to Do Each Month to Have a Beautiful Garden All Year Carolinas Month-by-Month Gardening: What to Do Each Month to Have A Beautiful Garden All Year Pennsylvania Month-by-Month Gardening: What to Do Each Month to Have A Beautiful Garden All Year Month-By-Month Gardening in New Jersey: What To Do Each Month to Have a Beautiful Garden All Year Month-By-Month Gardening in Illinois: What to Do Each Month to Have a Beautiful Garden All Year Michigan Month-by-Month Gardening: What to Do Each Month to Have A Beautiful Garden All Year Illinois, Indiana & Ohio Month-by-Month Gardening: What to Do Each Month to Have a Beautiful Garden All Year Month-By-Month Gardening in Minnesota: What to Do Each Month to Have a Beautiful Garden All Year New England Month-by-Month Gardening: What to Do Each Month to Have a Beautiful Garden All Year - Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont Pacific Northwest Month-by-Month Gardening: What to Do Each Month to Have a Beautiful Garden All Year Tennessee & Kentucky Month-by-Month Gardening: What To Do Each Month To Have A Beautiful Garden All Year Texas Month-by-Month Gardening: What to Do Each Month to Have A Beautiful Garden All Year California Month-by-Month Gardening: What to Do Each Month to Have a Beautiful Garden All Year Month of Meals 4: A Menu Planner

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