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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

## Book Information

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