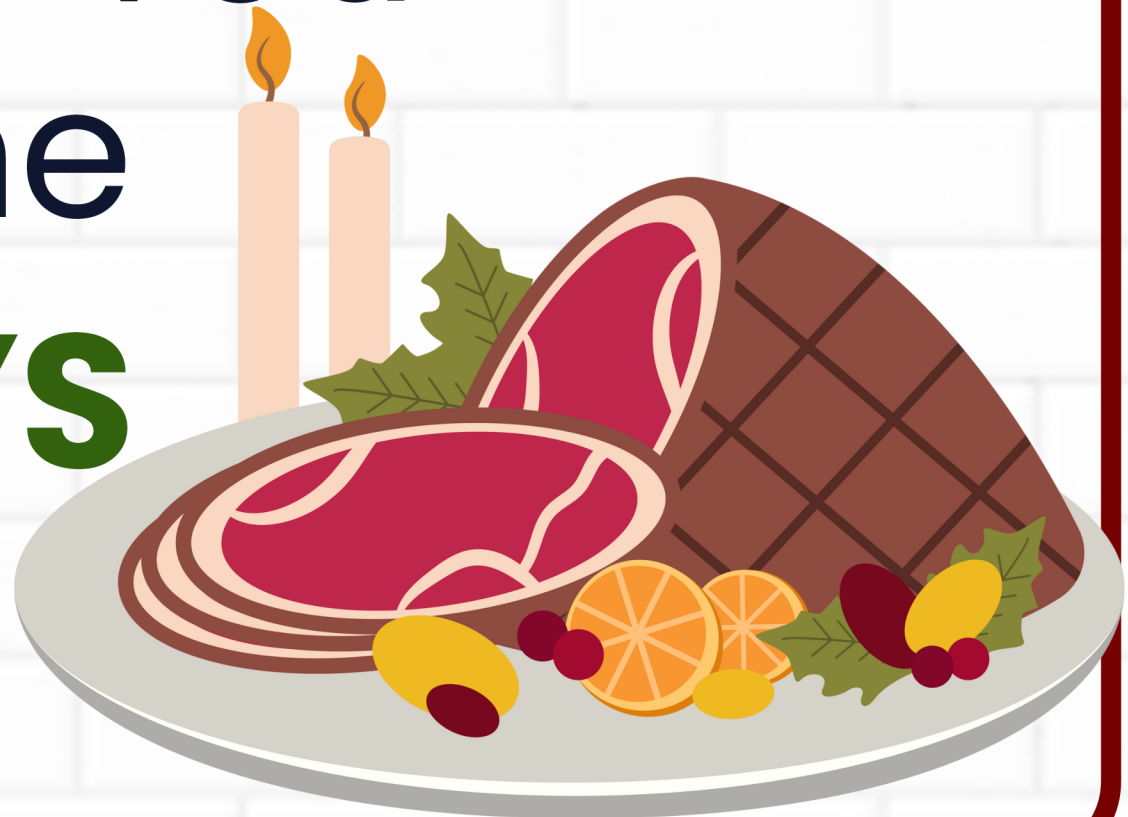
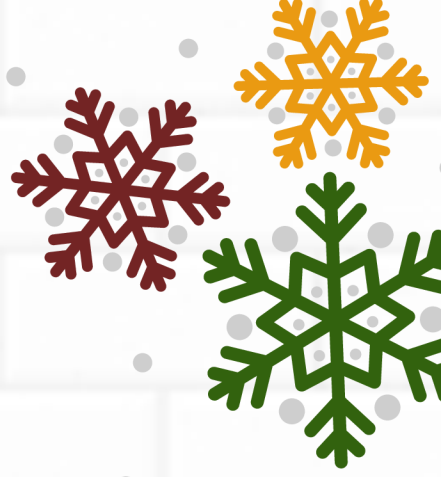




How Meal Planning Can Help You During the **HOLIDAYS**



01



SAVE TIME & MONEY

Having a meal plan can save you the time it takes to decide on a meal, and pick up an ingredient or two at the last minute. Meal plans also help you to save money by sticking with your plan so that you only buy what you need.





02

HELPS REACH YOUR HEALTH GOAL

Several studies have shown that people who use meal plans tend to follow dietary guidelines more closely, eat a wider variety of foods, and consume more fruits and vegetables.





03

MAINTAIN A DESIRED WEIGHT

Studies show that people who use meal plans are less likely to experience obesity than those who don't.

How? Because meal plans can give you control of your ingredients, cooking methods and portion sizes.

