

MEAL PLANNING

SAVES MONEY

Meal planning can save you money by making sure there is a plan to eat the food you buy at the grocery store. This is a great way to reduce food waste as well!



REDUCES STRESS

Skip the stress of trying to decide what to eat for dinner. Pre-made meal plans can help free up your time to focus on something else!

BETTER NUTRITION

No more unbalanced meals or too much take out! Meal planning can help improve the nutritional quality of your home cooked meals.



**DINNER
TONIGHT**
HEALTHY COOKING SCHOOL

TEXAS A&M AGRILIFE EXTENSION

**Register now for our 12 week fall meal plan.
Only one purchase of \$9.99.**