

# Benefits of Meal Planning



## Saves Your MONEY

Eating out less

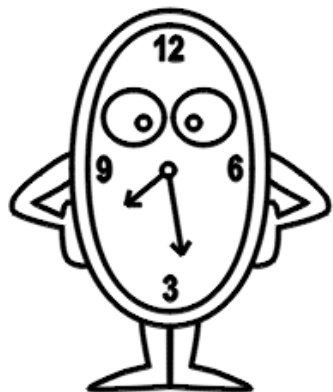
Avoiding impulse buying at the grocery store

Less trips to the grocery store

Waste less groceries



## Saves Your TIME



Knowing what to eat, even when busy

Less trips to the grocery store

Avoid the "What's for dinner?" conversation

## Saves Your HEALTH

Eating less prepackage meals

Eat and plan variety of meals

Planning healthier meals

Less stress over dinner options

