

Title:

Eight Reasons Why Menu Planning Is A Terrible Idea

Word Count:

302

Summary:

Have you heard about meal planning lately? Families are busy and getting busier all the time.

However, meal planning is not for everyone. Here are eight reasons why meal planning just may

1. You enjoy eating unhealthy fast-food three to five times per week.
2. You love the taste o...

Keywords:

menu planning, menu planner

Article Body:

Have you heard about meal planning lately? Families are busy and getting busier all the time.

However, meal planning is not for everyone. Here are eight reasons why meal planning just may

1. You enjoy eating unhealthy fast-food three to five times per week.
2. You love the taste of pre-packaged preservative packed frozen convenience food.
3. Spending \$200 and 2 hours at the grocery store, only to come home to discover that there is
4. You enjoy the stress of running around like crazy at dinner time trying to figure out what
5. You like your food rut of spaghetti, hot dogs, pizza, repeat.
6. You have no other way to spend the extra \$100 you spend each week eating out.
7. You have nothing better to do at 5 o'clock every day then to go to the grocery store. It's
8. You have no desire to enjoy a home cooked meal around the dinner table with your family. Yo

If you agree with the above statements please do not ever try meal planning ~ it is probably a

If you would like a weekly menu plan delivered directly to your e-mail box we'd be happy to he

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>