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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**8 Steps to Organized Meal Planning**

**By Barbara Myers**

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1. Keep an ongoing grocery list. Most people can start one about 5 minutes after returning from the grocery store. Post it so everyone in the family can use it.
2. Take a sheet of paper and make three columns. First, list seven to 21 of your favorite quick and easy entrees.  
You might include grilled pork chops, chicken pot pie and several crock pot dishes. Keep a supply of beef, chicken and pork in the freezer.
3. Then list the vegetables your family enjoys on a regular basis. Frozen and canned varieties are the easiest to store. Include potatoes as well. Make sure you keep a good supply of each vegetable in your pantry/kitchen.
4. Finally, list bread possibilities. Refrigerated and frozen bread (dinner rolls and loaves) stay fresh for weeks.  
Just check the expiration dates before buying.
5. Before weekly grocery shopping, choose seven entrees for the week. Check your freezer inventory. Buy in bulk during sales to save money and time.
6. Keep in stock the basics you use regularly: broth, mushroom soup, rice, pasta sauce and jars of gravy.  
You will always be able to whip up a quick meal.
7. When your inventory is low on any item, add it to your grocery list. Buy more than one at a time to avoid running out.
8. Since your pantry/kitchen stays well-stocked, you can easily make a meal using your list. Throw some chops on the grill, heat up the oven for dinner rolls and warm a bag of frozen corn on the stove.

Bon appetit!

Barbara Myers is a professional organizer and author. Receive free tips and articles to help you take control of your time by organizing your life. Visit <http://www.ineedmoretime.com>

### **Eight Reasons Why Menu Planning Is A Terrible Idea**

**By Christine Steendahl**

Have you heard about meal planning lately? Families are busy and getting busier all the time. As families work on getting organized, many home managers are turning to meal planning as a way to eliminate the evening stress in their homes.

However, meal planning is not for everyone. Here are eight reasons why meal planning just may be a terrible idea for you and your family.

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 nothing to cook for dinner is one of your favorite things to do.
4. You enjoy the stress of running around like crazy at dinner time trying to figure out what to cook while your children and husband are hungry and crabby.
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 enjoyable to daily spend extra money on groceries as additional items "fall" into your cart.
8. You have no desire to enjoy a home cooked meal around the dinner table with your family. You feel spending time with your family is a complete waste of time.

If you agree with the above statements please do not ever try meal planning - it is probably a terrible idea. On the other hand, if you possibly disagree with at least one of the above statements perhaps it is time to give menu planning a try!

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

Christine Steendahl Is The Founder Of Dine Without Whine - A Family Friendly Weekly Menu Planner. She Helps Families Eliminate The Dinner Hour Stress And Re-Discover The Pleasure Of The Dinner Hour! For A Free Sample Menu Visit



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