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MEAL PLANNING TIPS

- Place a monthly calendar on the fridge and mark which days you'll be home for dinner and which days you'll be out or at work.
- Based on whether you will be home, pick a meal type that is best for that evening, such as, a pre-made meal that can be reheated by other family members or a new recipe for nights you know you will have time to cook.
- Create a grocery inventory list of everyday basics (bread, eggs, milk, etc.) along with food items that you usually have on-hand (flour, spices, canned soup, etc.) and blank spaces for special ingredients. This will become your weekly or monthly shopping list for all your dinners!
- As you start brainstorming meal ideas, make sure to add items to the grocery list and post recipes directly on the fridge by the calendar, or use [Recipe Relish](#).
- Don't have time to shop? One of my favorite online services is [AmazonFresh](#) who delivers groceries right to your doorstep in no time.

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