

# MEAL PLANS 101

*CREATE DELICIOUS,  
HEALTHY MEALS YOU &  
YOUR FAMILY WILL LOVE*

- ✓ *Eat Better*
- ✓ *Save Money*
- ✓ *Protect Your Health*



[www.HealingGourmet.com](http://www.HealingGourmet.com)

# MEAL PLANS 101

**Create Delicious, Healthy Meals You and Your Family Will Love!**

By Kelley Herring & the Editors of Healing Gourmet®

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# MEAL PLANS 101

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## Failing to (Meal) Plan... Is Planning to Fail



In 2005, when the *Healing Gourmet* book series debuted in stores nationwide, the response was overwhelming. I was thrilled that we were helping people make the connection between diet and health.

*But something was missing.*

There was a disconnect between the health information people were reading... and what they were actually putting in their shopping carts and bringing to the table.

*What was the problem? Why wasn't reading the information translating into healthier diets and weight loss?*

I knew that people desperately wanted to be healthier and lose weight. And I knew that people were willing to invest time and effort to learn how. Yet many customers still came to me exasperated:

***"I've read all of your material, but I'm having a hard time putting it into action."  
- Pam, CO***

***"I'm a busy mom and I find myself reverting back to my old (unhealthy) recipes because I don't have the time to sit down and make a meal plan. HELP!"  
- Jessica, SD***

***"I have diabetes, and I'm trying to eat all of the low glycemic foods you recommend, but it's tough for me to put meals together since I haven't cooked much in the last 15 years. Do you have a diet planning service for diabetics?"  
- Mary, MI***

***"I was recently diagnosed with celiac disease and also need a low sodium diet for my high blood pressure. It's so overwhelming for me to read labels, grocery shop and plan my meals for these conditions. Can you help me?"  
- Margaret, RI***

Despite having all the best information, many people found themselves falling back into the same old unhealthy routine. And, as usual, scurrying around at the last minute making dinner for hungry husbands and kiddos from whatever was in the kitchen.

Why? Because all of the great information and good intentions in the world aren't worth a lick if you don't make a plan!

But as you may already know making a meal plan takes work. And quite a bit of it. In fact, **most people spend 5 hours and 9 minutes EVERY week planning their meals.** That's a full day each month!

But meal planning doesn't have to be so arduous (we'll show you why in this book). And the benefits you'll enjoy will add years to your life, life to your years... and even money to the bank!

Before I give you some great tips on meal planning and show you how it can improve your life ...

## Please Allow Me to Introduce Myself

Hello! My name is Kelley Herring. I am the founder and CEO of a company called *Healing Gourmet*.

I am also the Editor-in-Chief of a four-book series published by McGraw-Hill on the power of foods and nutrients to promote health and protect against disease including: *Eat to Fight Cancer*, *Eat to Beat Diabetes*, *Eat to Lower Cholesterol* and *Eat to Boost Fertility*.

Over the last 10 years, I have become widely recognized as an expert on health and nutrition and what it takes to live a long, active, and age-defying life.

In addition to the many books, publications and websites we offer, there's something extra special we've been cooking up. And I am really excited to tell you about it!

It's called ***Delicious Solutions***. And it's the **world's most sophisticated (and easy to use) lifestyle and meal planning program.**

But *Delicious Solutions* is NOT a diet. It's a personalized lifestyle plan designed to give you the most nourishment from every meal... and the most enjoyment from every bite.

Best of all, *Delicious Solutions* is completely tailored to your unique needs. If you have **multiple food allergies, follow a special diet, want to lose weight** or just need a little push to eat healthier and maximize your nutrition, then this program is for YOU.

And *Delicious Solutions* is SO much more than a meal plan. It is also a rich and **vibrant community of health-minded individuals** who enjoy creating and sharing recipes. It's also an all-in-one resource for folks with special dietary needs (like food allergies) and those who follow a certain way of eating (like Paleo, Low Carb or Mediterranean).



Oh, and did I mention that using *Delicious Solutions* can help you **save up to \$5,700 per year!** That's right! Not only will *Delicious Solutions* plan all of your meals for you, but we'll also help you reduce waste and save money on the healthiest foods on the planet.

*Delicious Solutions* is not like any other meal planning service you've seen. In fact, **all of the "meal plans" or "diet plans" available are little more than calorie-controlled menus for the masses**, reproduced over dozens of so-called unique websites.

I know, because I've researched them all.

But you aren't "the masses." You and your family are individuals. You may even have special dietary needs, allergies or food intolerances. You may even have a medical condition that requires a certain diet. And you certainly have your own particular preferences.

I knew that ***Delicious Solutions***<sup>™</sup> had to meet all of these criteria. And it does...

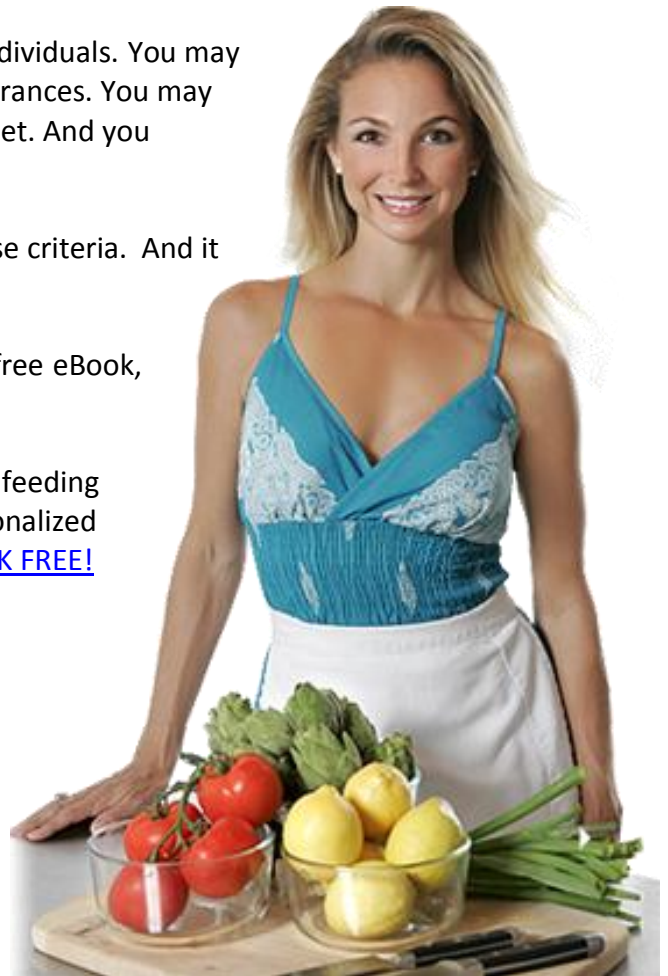
I hope you enjoy the meal planning information in this free eBook, with my sincere compliments.

And if you're ready to start saving time and money and feeding your family better, let *Delicious Solutions* create a personalized plan for you. [You can get started today – absolutely RISK FREE!](#)

*To healthy and delicious meal planning!*

*Kelley Herring*

C.E.O. & Editor-in-Chief  
Health-e Enterprises, LLC



## You Can't Afford to NOT Eat Healthy

According to the *Journal of the American Medical Association*, more than 75% of the money spent on health care is spent on degenerative conditions like heart disease, stroke, cancer, diabetes, and arthritis<sup>1</sup>.

And yet more than two thirds of all chronic disease is preventable with a healthy diet and lifestyle. In fact, the World Health Organization says that processed foods are largely to blame for the sharp rise in obesity and chronic disease seen around the world.<sup>2</sup>



And just consider these facts:

- ✓ 90% of the money Americans spend on food is used to buy processed foods<sup>3</sup>
- ✓ 92% of us aren't getting the basic nutrient requirements set by the USDA (which are too low to begin with!)<sup>4</sup>
- ✓ 50% of our calories come from sugar and carbohydrates

*Is it any wonder that more and more of us are becoming fat, sick and depressed?*

So why aren't more people taking the hint and cleaning up their diets?

Some people just don't know what a healthy diet is (and that's where we come in). Others think cooking healthy is difficult or complicated (it doesn't have to be). And many people think eating healthy means you have to spend a lot of money.

## Rising Food Prices & Wastefulness Eat Into Your Budget

It's not just healthy foods that are becoming more expensive – all foods are. In fact, according to the United Nations' monthly index, food prices recently hit an all-time high.<sup>5</sup> And with surging inflation and a growing global population adding to the demand for food, this is a trend you can expect to continue.

The U.S. Agricultural Service reports that the typical family of four spends between \$600 and \$1,000 per month on groceries.<sup>6</sup> But take a look in your fridge. It's likely that there is some wilting spinach or broccoli that will never make its debut on your dinner table. In fact, according to a University of Arizona study, **the average American family throws out nearly \$600 worth of food each year**<sup>17</sup>

What's more, the average family of four makes two trips to the supermarket each week.<sup>8</sup> Considering that each extra trip to the store adds an additional \$30 of unplanned expenses<sup>9</sup>, **you could save \$120 per month by simply shopping once per week!**

Given these figures, a family of four could save \$170 per month, just by making one weekly supermarket trip instead of two, and cutting out waste by having a plan for every food they purchase.

**That's a savings of more than \$2,000 each year!**

## Fourteen Ways to Save Money on Your Food Budget

But when you know where to shop, how to buy, and the right way to plan your meals, you can eliminate thousands more in extra expense and waste.

Here are 14 easy ways to eat like a king on a fast food budget.

### Solution #1: Think Big to Save Big

Buying in bulk is a great way to save a bundle on direct-from-the-farm meats, pantry staples like beans, nuts, canned items and grain-based products as well as frozen foods.

And with food prices going up just about every month, you can look at non-perishable foods purchases like an investment. Not only do you save money, but you make a return on your savings to boot!

Look for deals on non-perishables online and don't forget that many vendors will ship your purchase for FREE. Also check your local big lot stores like Costco and Sam's for a wide variety of bargains on everything from frozen organic wild blueberries and fresh organic spinach to organic quinoa and shade grown coffee.

You can also save a bundle buying meat, pork and poultry products in bulk at farmer's markets or directly from the farm. In fact, if you have the freezer space to store it, you can save 20% to 70% on meats by purchasing large quantities direct from the supplier. If you can't afford a large purchase or don't have the room to store it, consider splitting an order with several other families or joining a "cow-pooling" program.



## Solution #2: Shop Online to Help Your Bottom Line

Many online purveyors sell a wide variety of delicious organic foods – literally from soup to nuts – at 10-20% less than what you'd find at your local store.

Amazon.com is a great place to start. You'll find top of the line brands like *Bob's Red Mill*, *Nutiva*, *Navitas Naturals*, *Emerald Forest*, *Eden Organic* and many more.

In addition to non-perishables, you'll find the best discounts on flash-frozen, farm-fresh, pasture-raised meat and seafood online. Try [US Wellness Meats](#) or *Grass Fed Traditions* as well as [Vital Choice](#) for high quality products delivered to your door.

And most online stores offer a small flat-rate shipping charge or even free shipping for orders over a certain dollar amount. In these cases, buying big is the key to saving big.

Another reason to shop online: You'll avoid the grocery store buying psychology trap (see Solution #13).

Be sure you make room in your pantry, cellar or basement for bulk dry storage and consider getting a chest freezer for bulk meats, poultry and fish.

## Solution #3: Make Your Freezer Your Friend

Investing in a chest freezer is a great way to cut food expenses.

Why? The extra storage allows you to buy in bulk and take advantage of those deep discounts at direct-from-farm purveyors.

Plus, a large, well-stocked freezer ensures you always have flash frozen meats, poultry, fish, fruits and veggies on hand so you don't have to make a special trip to the store. And remember – every grocery run you shun saves you an average of \$30.

## BERRIED TREASURE... AT BIG LOTS STORES

You probably know that berries are one of the healthiest foods you can eat. They're packed with antioxidants, high in fiber... and they taste great too.

But berries aren't always easy on the pocket. A **pint of fresh berries will set you back about four bucks**. And the frozen organic varieties aren't cheap either... *unless you know where to buy*.

You can pick up a bag of fresh-picked, flash frozen wild organic blueberries for just \$10 for a 3 lb. bag at **Costco**— **that's only \$0.50 per serving!**

You'll learn many more money-saving tips and where to buy the healthiest foods on a budget when you get started with [Delicious Solutions](#).



Stock up on the cuts of meat, fish and poultry as well as the frozen fruits and veggies you and your family love. You'll have wholesome ingredients on hand at all times for your meals... and save money too.

But what about cereals, crackers and the foods on the interior aisles that eat up so much of your budget?

## **Solution #4: Pass on Packages**

Your best bet is to buy *as few packaged foods as possible* and stick to the perimeter of the store. Not only will this trim your expenditures, but your waistline too, since the interior aisles are home to carb-and-sugar laden cereals, cookies, crackers and chips.

Consider this: A 6 ounce box of *Annie's Gluten Free Cocoa & Vanilla Bunny Cookies* will set you back \$4.99 (that's \$0.83 per serving). Why not offer your little one half an organic apple, spread with a tablespoon of organic *Sunbutter* (\$0.38 per serving) instead?

Not only will small changes like these cut your snack costs nearly in half, but provide more protein and nutrients and less sugar!

For healthy must-have packaged foods (like oils, vinegars, herbs, spices, olives, nuts, etc) and staple items, look to coupons to cut your expenses.

## **Solution #5: Be a Coupon Clipper**

While the majority of your grocery expenditure (organic fruits and vegetables, grass-fed meats and wild fish) will rarely have coupons, you can find savings on many of your favorite items – from tea to pet food to eco-friendly laundry detergent and beauty products too.

But buyer beware! One of the psychological tricks grocery stores use is to offer “too good to pass up” prices on items you normally wouldn't (or shouldn't) buy – like cookies, crackers and chips.

Look for coupon books at the front of the grocery store or at retailers' websites. *Whole Foods* puts out a coupon book every two months called “The Whole Deal” which can also be accessed online (<http://www.wholefoodsmarket.com/coupons>)

Another great resource for coupons on organic, sustainable products is *Mambo Sprouts*. Check them out at <http://www.mambosprouts.com>.

Here are some of the deals I found this month:

\$1 off two bottles of Apollinaris Sparkling Water

- \$1 off any two Imagine Organic Soups
- \$1 off any one *Muir Glen* product
- \$1 off any one *Seeds of Change* product
- \$1 off any one *Seventh Generation* product
- \$1 off any one *Yogi Tea*
- \$1 off any one Mary's Gone Crackers
- \$1 off any one San-J Organic Gluten Free Tamari

While packaged staple foods like broths and lunchmeats offer convenience, you can save even more by making them from scratch.

## Solution #6: Make Your Own Lunch & Salad Meats



If you're a sandwich lover or enjoy topping your fresh salads with cold cuts, then you probably know how expensive good quality lunchmeat is – especially if you are feeding a family.

For example, a six ounce package of *Organic Prairie Roast Turkey Breast* will set you back \$5.69. That's \$1.90 per two-ounce serving.

Here's a budget-friendly alternative. Buy a whole pasture-raised turkey and roast it yourself. A frozen organic 12 lb. turkey runs about \$25. The average yield of a whole body turkey is 53%, with skin, so a 12 pound bird

will give you about 6.4 lbs meat. That comes out to \$3.90 per pound or just \$0.49 for a 2 ounce serving.

That's a 75% savings (and better quality food) for a small amount of kitchen time. Get your family involved and make it a fun project.

After roasting and cooling, plan for leftovers (see Solution #12) and store your meat in portions using a **Seal-a-Meal** or **FoodSaver** (available at Target or Amazon.com, and yes – the bags are free of BPA, PVC and phthalates!) or heavy-duty freezer bags with labels.

You can do the same for chicken and roasts too.

But after you've carved and planned for leftovers, don't throw those bones away!

## Solution #7: Be a Scratch Cook with Your Slow Cooker

With a little planning, you can save big on staples like beans and broths that you might normally buy in cans or tetra packs.

A 32 ounce container of *Pacific Organic Chicken Broth* runs about \$3.59. But you can make your own for pennies using your leftover pasture-raised chicken. (See how at right)

Another great way to use your slow cooker to save is by making beans from scratch. Consider *Eden Organic* dry black beans are just \$0.24 per half-cup serving versus their canned variety which costs \$0.46 per half cup serving. That's a 50% savings.

Once cooked, beans should be used within five days. Alternately, freeze portions in zip top bags – labeled with a description and date – for up to six months.

And don't reserve beans as a side item – consider making them the star of your dinner table to save even more.

## Solution #8: Enjoy Meatless Menus

In fact, basing your meal around beans (and eggs) is a great way to bring wholesome, protein-rich, delicious meals to the table for under two dollars per serving.

Here are just a few of the many money-saving, meat-free menus you can enjoy on your ***Delicious Solutions*** plan:

- ✓ **Save-Your-Dinero Cuban Dinner (\$1.61):** Slow Cooker Black Beans with Quinoa & Kale with Lemon
- ✓ **Breakfast for Dinner (\$1.91):** Egg Frittata with Spinach, Asparagus & Onions and Gluten-Free English Muffin with Grass-Fed Butter
- ✓ **Soup-er Savings (\$1.63):** Lentil Soup & Crispy Zucchini Latkes

## PENNY STOCKS SAVE \$\$\$ WITH YOUR SLOW COOKER!

Here's how you can make healthy, nutrient-rich broths for just a few pennies:

1. Add the bones of pasture-raised chicken, grass-fed beef marrow or fish to a large slow cooker.
2. Cover with water at least two inches over the contents. Put the lid on. Cook on low for 12 to 24 hours.
3. Strain the broth and discard the bones. Season with high quality sea salt.
4. Refrigerate for several hours; skim off the fat when it is cool.
5. Store in the refrigerator for several days or freeze for several months. (NOTE: The most convenient way to freeze broth is in BPA-free ice cube trays. Once the broth is frozen, transfer the cubes to zip top bags for later use.)



While beans are always cheap, organic produce can really eat into your food budget. But you can save a bundle on perishables and pass on pesticides too with a few simple adjustments.

## Solution # 9: Go Organic... Selectively

Eating organic not only protects you from harmful pesticides and other chemicals – it provides you with more nutrients in every bite. And the good news is you can have your organics... and save money too.

You just need to purchase organics selectively. Be sure to always buy organic when it comes to the “Dirty Dozen” – the top twelve most chemically-contaminated fruits and vegetables:



### The Dirty Dozen

Apples	Pears
Celery	Peppers
Cherries	Potatoes
Grapes	Raspberries
Nectarines	Spinach
Peaches	Strawberries

But if you need to save money, you can opt for conventional on the “Clean 15” – the produce with the lowest levels of contaminants. Here they are:



### The Clean 15

Asparagus	Mango
Avocados	Onions
Bananas	Papaya
Blueberries	Pineapple
Broccoli	Shelling peas
Cabbage	Sweet corn*
Garlic	Watermelon
Kiwi	

In general, foods with shells (like nuts and seeds) and inedible peels or rinds (like bananas or mangoes) can be purchased conventionally with little concern for chemical exposure.

\*While corn may have low-residues, it is almost always genetically modified. If you choose to eat corn, make sure it is organic.

While you can save a lot by being selective, you can save even more by going local.



## Solution #10: Go Local to Get Perishables for Pennies

Which veggies are the most expensive? The ones you buy and never eat!

It happens to the best of us. We have good intentions for heaps of summer squash, cartons of fresh spinach or heads of cabbage, but we just don't get around to it in time.

And because freezing, canning and fermenting takes some planning, our plentiful perishables have typically passed their "expiration date" by the time we think of alternate options.

These little mistakes can really add up and hurt your pocket book over time – especially when you're buying pricy organic produce. But there's an easy fix: *Spend less and plan more.*

Buying from your local CSA or co-op is a great way to save a lot on seasonal fruits and veggies. The reason? You get direct from the farm produce with no middle man and no long distance shipping. Not only does this mean bigger savings, but more nutrients too.

In fact, according to a study conducted by the Institute of Food Research, up to 45% of nutrients in fresh vegetables are lost by the time they reach your plate.<sup>x</sup>

Because co-op shares or CSA offerings typically consist of a few in-season foods, this gives you a great opportunity to buy in bulk, then freeze, can or ferment as you'd like. Not only will this save you money, but preserve those fresh-from-the-farm nutrients to boot.

Another way to save a lot – grow a little!

## Solution #11: Grow a Mini Salad Garden

Most of us don't have the time in our busy lives to fuss with tending to a big garden. But a great way to save money with very little effort is to create a simple container garden.

And luckily, lettuces like arugula, spinach and mixed greens are very easy to grow.

Buy organic seeds from *Seeds of Change* (about \$2.50 per packet) and plant in a container of good organic potting soil. Keep the soil moist, but not wet. You'll be able to start harvesting after only a few weeks. Just snip what you need, and leave the plants to continue growing new leaves.

Voila! Virtually free, nutrient rich organic salad that you pick as you need – with no waste! Which brings us to the next way to save...

## Solution # 12: Love Your Leftovers

More often than not, we purchase or prepare too much food. And inevitably, those leftovers get pushed to the back of the fridge where they wither and wilt until we get around to tossing them out.

As you learned earlier, not “loving your leftovers” accounts for hundreds of dollars of wasted food each month. The solution: Only buy as much perishable food as you need for a week and make a plan for your leftovers.

While fish and shellfish aren't the best candidates for next-day meals, soups, chilis and roasted meats taste just as good (if not better) the next day. For long term freezing, consider using a **FoodSaver** or **Seal-a-Meal** to keep foods tasting fresh and free from freezer-burn.

## Solution #13: Make a List... and Stick to It!

How many times do you go to the store and end up buying items not on your list... that you really don't need... or that you'll never use?

Maybe 20% of the time?

Think again. For most shoppers, as much as **70% or more of all purchases are unplanned!**<sup>xi</sup> And this is no accident. Successful grocery stores are designed to sell more products and get you to spend more money.

And they want you to linger longer too. In fact, research shows that for every extra minute you spend at the store, you spend two dollars more<sup>xii</sup>.

Smart grocers have buying psychology down to a science – from the music they play, to the placement of specific products like warm-and-fuzzy seasonally-inspired end-cap items or the too-good-to-pass-up bargains.

Go to the store with a well-prepared ingredient list from your meal plan and stern resolve: If it's not on the list – don't buy it.

## GLASS STORAGE CONTAINERS...

## A CLEAR SOLUTION

*What is that mystery meat? And how long has it been in the back of the fridge?*

Despite good intentions, it happens to the best of us. **We don't plan for leftovers and hundreds of dollars going down the drain (or garbage disposal) every month.**

Having a meal plan- scaled to the number of servings in your family– is the first way to prevent this expensive mishap.

And the second is this: **Use glass storage containers.** Not only are glass containers better for your health (*no plastic chemicals leaching into your leftovers!*), they keep your food tasting fresher and they make your leftovers more visible.

You can pick up a full set of Pyrex or Anchor for around \$20 at WalMart.



Which brings us to the final, and most important way to save money – meal planning!

## **Solution #14: Plan Your Meals**

Planning your meals – from deciding what you’ll cook to making a grocery list to shopping to leftover planning – is where saving money starts.

Without a meal plan, you’ll spend more at the store at each trip, make more trips to the store and throw more food away, potentially costing you hundreds of extra dollars a month.

Not only will a meal plan help you save money, you’ll also help to protect the environment by reducing waste.

Unfortunately, most of us don’t make a meal plan because it can take hours each week.

## **Meal Planning Forms and Templates**

The first step in meal planning is getting organized. That’s why we’ve created these easy-to-use print-and-go meal planning forms.

Keep in mind, you will need to spend several hours each week reviewing lists, taking inventory and planning your meals!.

Here’s what you’ll get:

- ✓ **Monthly Menu Planner**
- ✓ **Weekly Meal Planner with Shopping List**
- ✓ **Shopping List**
- ✓ **Pantry Inventory**
- ✓ **Freezer Inventory**
- ✓ **Grocery Price List**



# Weekly Menu Planner

	Breakfast	Lunch	Dinner	Shopping List
Monday				
Tuesday				
Wed				
Thursday				
Friday				
Saturday				
Sunday				
Notes:				







# Freezer Inventory

Item:



Item:



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# Delicious SOLUTIONS™

## But What if You Could Plan All of Your Meals with the Click of a Button?



... And tailor your plan to suit your family's taste preferences, food allergies, health concerns, number of servings and even number of snacks?

What if you could automatically generate shopping lists (scaled to the exact amounts you need, based on your number of servings) and even get complete nutrition information for every day of the week?

Sound too good to be true?

It's called ***Delicious Solutions***. And it's our new, state-of-the-art personalized meal planning tool available now!

Not only will you enjoy the **freedom and the time-and-money saving benefits** of having your meals planned for you, but you can also choose from **nearly a thousand menus** on our website and change any meal with the click of a button to accommodate for leftovers or just to suit your whims.

And best of all – our healthy menu database is growing everyday!

You can easily add menus to your *Delicious Solutions* planner with one simple click – and your shopping list, daily nutrition information and meal plan are all instantly updated.

Here are just a few of the **thousands** of budget-friendly menus you'll find:

- ✓ Pan-Roasted Wild Salmon, Mediterranean Quinoa Pilaf & Spinach Salad with Beets **(\$3.59)**
- ✓ Wild Shrimp Scampi, Sautéed Organic Broccoli & Organic Roasted Red Pepper Soup **(\$3.21)**
- ✓ Organic Three Egg Omelet with Spinach & Roasted Red Peppers, Bacon & Organic Shade-Grown Coffee **(\$2.19)**



- ✓ Grass-Fed Sirloin Steak, Roasted Organic Butternut Squash & Wilted Kale with Lemon **(\$4.29)**
- ✓ Slow Cooker Black Beans with Quinoa & Kale with Lemon **(\$1.61)**
- ✓ Egg Frittata with Spinach, Asparagus & Onions and Gluten-Free English Muffin with Grass-Fed Butter **(\$1.91)**
- ✓ Green-Shell Mussels Fra Diavolo, Miracle Noodle Fettucini & Broccoli Rabe **(\$3.35)**
- ✓ Lentil Soup & Crispy Zucchini Latkes **(\$1.63)**
- ✓ Herb-Roasted Whole Chicken, Sweet Potato Mashers & Green Beans **(\$2.59)**
- ✓ Grass-Fed Beef Chili & Baby Spinach Salad with Cumin-Lime Vinaigrette **(\$2.42)**
- ✓ Sesame Seared Scallops with Miso Soup with Simple Veggie Stir Fry **(\$3.17)**
- ✓ Grass-Fed Beef Meatloaf, Roasted Brussels Sprouts & Garnet Yams with Ghee **(\$3.41)**
- ✓ "Abuelita" Shredded Chicken and Organic Refried Pinto Beans with Salsa & Avocado **(\$3.49)**

**Delicious Solutions** can help you get in control meal planning, your finances and your health!

You can't afford to NOT eat healthy. Get started with your budget-friendly meal plan today!



## How Do You Build My Delicious Solutions Plan?

Using our state-of-the art technology, we take a variety of factors into account when we build your plan including:

- ✓ **Calorie Needs:** Studies consistently show that most of us eat too much food... and the wrong kinds, at that. The result is that too many of us are overweight, undernourished and at high risk for disease and premature aging. But no more! With *Delicious Solutions*, your calorie needs are determined based on your age, height, weight, gender, activity level and desired weight goal. You may also select a custom calorie range of your choosing.
- ✓ **Taste Preferences:** *Delicious Solutions* is not a one-size-fits-all diet! Your plan is designed just for you, based on your unique taste preferences. You can eliminate classes of foods (like red meat or shellfish) or just individual ingredients (like capers).

- ✓ **Allergens & Intolerances:** Dealing with a diagnosis can be daunting. From reading labels to preparing new foods that you can enjoy safely, it's easy to get overwhelmed or become stuck in a rut, eating the same foods over and over. But we can help make your new lifestyle easy and delicious so you stick with it! Just chose the foods you want to omit, and *Delicious Solutions* will generate sumptuous, safe meals – saving you time and hassle.
- ✓ **Dietary & Health Concerns:** All *Delicious Solutions* plans are low glycemic, free of additives, preservatives and artificial ingredients, and crafted using the highest quality organic, whole foods. However, you can further customize your plan to meet your unique health needs. Choose *Low Carb, Low Sugar, High Protein, Low Sodium and Low Saturated Fat* to meet your personal wellness goals.
- ✓ **Household Servings:** Dining solo... or feeding a family of five? Your plan will automatically adjust your Shopping List and the amount of ingredients in each recipe to reflect the number of servings you select. No more perishables going to waste!
- ✓ **Desired Number of Mealtimes:** Are you a “grazer” who enjoys snacking throughout the day... or do you prefer “three squares”? Your plan provides three meals and up to three snacks to spread your calories and conquer cravings in the way that suits YOU best.

And best of all, *Delicious Solutions* generates your completely personalized plan in just three simple steps and less than one minute!

## What's included In My Delicious Solutions Plan?

*Delicious Solutions* is a meal planning program that covers ALL of the bases (after seven years in development, it sure should, right?). Here's a taste of what you'll enjoy when you sign up:

- ✓ **Daily Menus** – Easy to prepare, delicious, balanced menus for every day of the week including breakfast, lunch, dinner, and up to three optional snacks. And you can change any menu with the click of a button and even add your own menus!
- ✓ **Weekly Recipes** – Every sumptuous recipe you'll enjoy will be listed for review in your *Delicious Solutions* meal plan as well as your **Print-and-Go PDF** – a simple tool that instantly transforms your entire week's plan into a printable PDF document for quick use in the kitchen and at the store.
- ✓ **Complete Daily Nutrition Information** – Do you ever worry that you're not getting sufficient amounts of critical, disease-fighting nutrients in your diet? Are you fed up with taking handfuls of supplements to fill in the “gaps”? With your *Delicious Solutions* meal plan, you'll know exactly which nutrients you're getting from your food – every day! In fact, your plan provides information on **45 key nutrients** to keep you on track.
- ✓ **Simple & Delicious Meals... Fast!** – While you will turn out gourmet dishes like *Asian Lettuce Wraps... Herb Chicken Paillards with Artichoke-Tomato Salsa... Pan-Roasted Wild*

*Salmon with Grape Tomatoes and Wilted Spinach...* you'll never spend more than 30 minutes on a dinner... 20 minutes on lunch... or 10 minutes on breakfast!



Spinach, Strawberry & Gorgonzola Salad



Wild Salmon Salad Nicoise



Grass-Fed Steak with Crimini-Cabernet Sauce



Slow Cooker Chicken with Olives & Artichokes



Easy Greek Salad



Grass-Fed Beef Tenderloin with Roasted Veggies



Organic Chef's Salad



Tuscan Turkey Meatballs



Halibut with Mango-Cilantro Salsa



Simple Scallops



Grass-Fed Beef Chili



Sesame Encrusted Wild Salmon

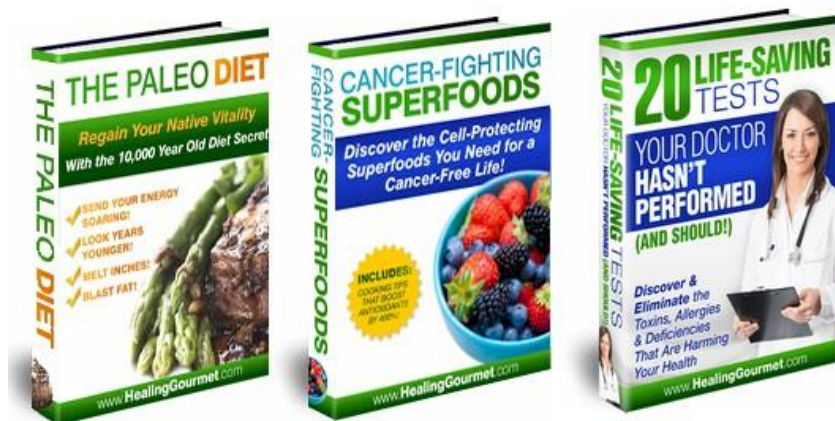
- ✓ **Weekly Shopping List** – Your customized **Shopping List** includes the exact amounts of each ingredient you'll need to prepare your healing meals for the week. Your shopping list is based on the number of servings you select, and is organized by grocery category to save you time and money.
- ✓ **Healthy Shortcuts** – Don't feel like cooking tonight? Just choose a **Healthy Shortcut** – your personal library of *Delicious Solutions* approved packaged foods that are tailored to the requirements of your plan.
- ✓ **Delicious Indulgences** – Are you craving a decadent chocolate dessert... a warm soufflé... or a glass of full-bodied Cabernet? We won't deprive you! On any given day

you have the option to **Swap-a-Snack** for a low-glycemic dessert recipes or an alcoholic beverage of your choice. Plus, on a day that your plan falls short on calories, you'll have the option to **Add-an-Indulgence** (See, we promised this would be fun!)

- ✓ **Swap-a-Meal** – Not in the mood for chicken tonight? No problem. Click the “Change” button next to your meal to see a list of alternatives. Choose your selection... and your meal plan, daily **Nutrition Information** and **Shopping List** are all automatically updated.
- ✓ **Love-Your-Leftovers** – Want to slash your cooking time and reduce waste? Plan on having leftovers. When you have a leftover-worthy dinner in your plan, simply use your **Love-Your-Leftovers** function for tomorrow's meal. The change is automatically reflected in your shopping list so you'll have enough for both nights.
- ✓ **Print & Go PDF** – Once you've reviewed your plan and made any changes or additions, it's time to print (on recycled paper and only the pages you need, please!). Keep your printed plan in the kitchen for quick meal-prep instructions and pull out your **Shopping List** for your weekly trip to the store.
- ✓ **A Healthy, Happy Community** – Connect with like-minded people in special interest groups, share recipes and menus, discuss health issues, get your questions answered, and receive moral support and much more in the **Delicious Solutions Community**.
- ✓ **Shine with Your Personal Profile** – Share your interests, make friends, promote your own website or blog, and show off your favorite healthy recipes and menus using your **Profile**.
- ✓ **Create Your Own Recipe Library** – With just a few clicks, you can add your favorite healthy recipes to the **Delicious Solutions Community**. Using our state-of-the-art recipe interface, you can add ingredients (including access thousands of **Best Brands**), preparation information and a picture – if you choose. Then your recipe is saved with your smiling face and profile and can be shared with the world (or kept to yourself). Best of all, your recipes are instantly analyzed for nutrition!
- ✓ **Personalize Recipes** – See a recipe you love... with an ingredient you don't? Just personalize it! Using the **Personalize It** button found on every recipe, you can copy the recipe, edit as you choose, and make it your very own.
- ✓ **Make-a-Menu** – Do you have panache for putting stunning meals together? Or do you have personal experience with special dietary needs? At **Delicious Solutions**, you can create your own menus in just a few minutes – choosing from your own recipe library as well as the thousands of recipes in our database thanks to our unique **Menu Maker** tool. You can keep your menus private or share them with others who may benefit from your menu-making abilities or special diet experience. And of course, your menus are instantly analyzed for nutrition and flagged for special dietary needs and preferences
- ✓ **Access to Your Personal Delicious Solutions Portal** – Review and modify your Delicious Solutions plan, view your hand-picked **Healthy Shortcuts**, get your daily **Health-e News**, create a PDF of everything you need for the week, add your own recipes and menus, and interact with others in the **Community**.



- ✓ **Monitor Your Vitals** – Track your weight, BMI, waist-to-hip ratio and body measurements over time in **Body Vitals**. Or log your blood test results (from A1C to Vitamin D levels) in **Health Vitals**. Your Delicious Solutions plan generates a chart so you can keep a close watch on your most important health indicators.
- ✓ **Health e-News** – You'll receive daily news – conveniently delivered to your personal **Delicious Solutions Portal** – based on the topics that interest you including: *Anti-Aging, Detox & Beauty, Diabetes, Heart Health, Cancer Prevention, Inflammation, Healthy Pregnancy* and more.
- ✓ **A Healing Journey + a Gourmet Adventure = Healing U!** This unique and entertaining educational program delivers bite-sized pieces of information to you over the course of four months. You'll learn about finding the healthiest foods at the best prices, new ways to cook to preserve nutrients and save time, how to uncover food intolerances and nutrient deficiencies... and much, much more. Best of all, your *Delicious Solutions* plan is flexible. You can change your personal preferences at any time!



## Who Is The Delicious Solutions Meal Planning Program For?

*Delicious Solutions* is for anyone who wants to eat healthier and save money doing it. It's perfect for:

- ✓ **Planning meals for relatives, friends and guests with special dietary needs like diabetes, dairy or gluten intolerance, diverticulitis, food allergies and more!**
- ✓ Removing the guesswork, label reading and time associated with a diagnosis of food allergies or other diet-related health issues
- ✓ **Elimination diets that leave you wondering "What can I eat?"**
- ✓ Keeping your weight on track by providing the right number of calories based on your age, height, weight, gender and activity level (or providing you with a calorie range of your choosing)

- ✓ **Ensuring that you achieve optimum nutrient levels (including a summary of 45 key nutrients) and guiding you where you may need to supplement**
- ✓ Saving time and money at the grocery store
- ✓ **Answering the age-old question “What’s for dinner?”**
- ✓ Ensuring that you enjoy a varied diet of nutrient-rich foods by providing new meals each week
- ✓ **Beating taste-bud boredom that results from the same-old recipes over and over again**
- ✓ Reducing waste – no more wilting veggies in the back of the fridge
- ✓ **Reducing impulse eating that results in unhealthy food choices and drive-thru disasters**

**Start Your 100% Risk-Free Trial Today!**



**Try Delicious Solutions  
Risk-Free Today!**

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**100% Money Back Guarantee**

We are so confident that this personalized system will bring you closer to your optimal weight and the health transformation you are seeking that we offer an unconditional money back guarantee.

By getting started today, you will save time and money, cook healthier foods for your family and watch pounds of fat simply melt away!

If you are not 100% satisfied, just let us know within 60 days and we will cheerfully refund every penny, with no questions asked. And you can even keep everything you have received, with our sincere compliments!



## References

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<sup>xi</sup> Supermarket Psychology: How Your Grocery Store Entices you to Spend More Kelleigh Lewis on March 21, 2011

<sup>xii</sup> Supermarket Psychology: How Your Grocery Store Entices you to Spend More by Kelleigh Lewis on March 21, 2011