

Menu Comparison Chart

Meal Plan Name	Benefits	Price	Sample?	Will Use Again Y/N
<p>Dine Without Whine This plan offers a family-friendly menu planning service via email. (providing a week's worth of menus & recipes each week)</p>	<p>You get seven dinner menus, side dish suggestions, a grocery list and some dessert recipes are included in the plan. This plan is made for busy mom's with kids to please.</p>	<p>It's affordably priced at \$6.95/month</p>	<p>There is a sample meal plan to check out.</p>	
<p>Meal Mixer This meal planning site has something for everyone. From dieters, to those with food allergies, to professionals.</p>	<p>Complete Meal Plan Includes breakfast, lunch, and dinner. Dieting plans Option to import your own recipes Edit Plans Grocery List</p>	<p>Every Day Yearly: 36 menus for \$36 but you get a discount from ME for \$32</p> <p>Diet Monthly: \$5/ (pay the total annually)</p> <p>Allergy Monthly: \$8/ (pay the total annually)</p>	<p>Yes. 10 day free trial and sample plan. See site for details.</p>	

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<p>Menu Planning Central</p> <p>his program offers three (one family friendly, one healthy menu, and one vegetarian) menus – enough of each type for one entire month. So you pick how you want to eat on any given day.</p>	<ul style="list-style-type: none"> •4 Weekly Family Friendly Menus •4 Weekly Healthy Menus •4 Weekly Vegetarian Menus •13 weeks of Kid Approved Meals (breakfasts and lunches) •Free 30 Day Membership To the Menu Planning Club. <p>It also offers a monthly product (valued at at least \$14.95, with past products archived), A Culinary Exploration Topic each month - such as grilling or Mexican, expert advice, videos, a community forum, some free e-books and more add ons are expected in the very near future such as allergy recipes and party meal planning.</p>	<p>\$19.97 a month</p>	<p>When you sign up at the site. you will get access to some test menus.</p>	

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<p>Saving Dinner This menu planning site is by Leanne Ely of Flylady fame. The recipes are good, innovative and not difficult. She also has a series of books which feature the same wonderful recipes AND grocery lists in a weekly plan.</p>	<p>Leanne has 7 menu mailer programs, 5 southern hemisphere menus and a freezer mailer option. She's busy. There are 12 menus. 6 for North 6 for south. And then the freezer menu packs which are too numerous to mention here.</p>	<p>12 month subscription - \$29.95 6 month subscription - \$17.95 3 month trial subscription for \$9.95</p>	<p>Yes Leanne offers samples of each of her menus.</p>	
<p>Dinners in a Flash</p>	<p>Instead of having them sent to your email inbox they are hosted on the site and you pick and choose either recipes you would like to use or entire weekly meal plans. You also get side dishes recipes. Editable shopping list included. You can email yourself the recipes and grocery list or print right from the site. There are numerous recipes to choose from or you pick the prepared menu for the style of dining you want. From heart healthy to family favorites, to international flair.</p>	<p>\$5.99 a month</p>	<p>Yes a generous 30 day trial run</p>	

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My Online Meals	Each week you get 5 main dishes, and a grocery shopping list. Also a bonus of 100 salad and dish recipes.	\$4.97 for the book	Yes. A week's worth of free meals. Sign up at the site	
Menus for Moms	This wonderful site offers a lot more than just meal planning but meal planning is her specialty. There are frugal meal plans, allergy meal plans, busy mom meal plans, and ebooks.	Different prices depending on the menu plan you choose. Access to free grocery shopping list software.	\$7.95 a month. Sample a menu for \$.01 (a penny)	
What's Cookin' Mama	Every Friday you will receive a weekly newsletter/meal plan with a personal note along with a 7-day meal plan which includes one "speedy sweet of the week" recipe and your color coded grocery list	\$5 a month for a monthly subscription and also various one time purchases for different plans.	Yes one week free trial. Sign up at the site.	
Kid Approved Meals	The meal plan for finicky kids. You get 13 weeks of recipes, grocery list, and two free ebooks.	\$14.95		

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<u>Notes</u>