

THE
Meal Planning
METHOD

*helping you perfect the process of meal planning
from grocery store to dining table*

REGISTERED DIETITIAN-DESIGNED



The Meal Planning Method was registered dietitian-designed to help consumers decrease the daily frustrations of food decisions and give them back time and sanity. Lindsey, RDN and Lifestyle Coach, has had almost a decade of experience,

helping people "healthify" their life. The Meal Planning Method was recently acknowledged by Zing! for their program and community efforts.

SOCIAL MEDIA



163
subscribers



165.8k
monthly



1.3k
followers



2.2k
unique
monthly visits

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TN Health & Wellness Magazine • SkillPop
The Nashville Guide

BIZ & BRANDS WE'VE WORKED WITH

Giardino Gourmet Salads • KIND • Manitoba Harvest
Hemp Foods • Nashville Community Education
SkillPop • siggi's • Tillamook • The Wonderful Co.
TN Home & Farm



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THEMEALPLANNINGMETHOD.COM

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informative and fun for anyone

TODAY'S TRENDS

- 9.9% - average American spend on food.
- 5.2% - the average spend on food at home.
- Higher income = higher spend - households spend more money on food when incomes rise.
- Older generations - spend more on food at home (and frequent grocery stores more) than the younger generation after it.
- Fruits & veggies - the average U.S. diet still falls short of the 2015-2020 Dietary Guidelines for Americans recommendations for these food groups.
- Millennials are demanding healthier & fresher food -including fruits & veggies-and place a higher preference on convenience.



Source: USDA

HOW WE CAN HELP

The Meal Planning Method is committed to sharing the secrets to mastering the life skill of meal planning.

Be a part of the mission to help people stress less over food and find more enjoyment in everyday life!



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we don't make the meal plans, YOU do



PARTNERSHIP OPPORTUNITIES

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RADIO / PODCASTS

RECIPE DEVELOPMENT

REVIEWS

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