



## 7-Day Menu Planner: Mid-Winter Repasts (UDig)

*Susan Nicholson*

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Welcome to the *7-Day Menu Planner*. Mid-Winter menus start with Valentine's Day when a bit of romance dominates the menu and ends with Easter, a special time to gather the family together. In between, there are five more weeks of easy menus, including a photo almost every week along with a shopping list for every day.

Planning menus will change your life (for the better) *forever*. You won't have that miserable felling as you stand in front of your open refrigerator and wonder "what's for dinner?"

To solve the dinner-dilemma, follow the menus, use the shopping list, and cook!

Menu planning is not brain surgery or rocket science. All you need is a desire to eat healthier, save money, reduce stress and enjoy delicious meals with your family. You will also be the powerful master menu-planner for your household.

Most of us don't really hate to cook, we hate to plan what to cook. Just follow along with the easy menus and you're on your way.

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