



## TECHNOLOGY TO HELP

## MEAL PLANNING APPS TO EXPLORE

Planning your meals can help you eat better and healthier, get more variety, and try new recipes while saving time and money. A meal planning app on your phone can simplify the process by organizing your recipes, plan your meals, generate a shopping list. Some apps cater to your dietary needs, such as Mediterranean, Keto, Vegetarian, or Gluten-free diets. Many apps are highly customized. You can download recipes online or seek recipes limited to 5 ingredients or 30 minutes in preparation. Some apps can coordinate your fitness and nutrition goals. Most menu planning apps have free versions, with premium versions available at a cost.

People who enjoy cooking and planning delicious meals love these apps. Those that find the task daunting and a hassle get the most out of these apps. They are simple to use, and you can watch a Youtube video to walk you through your chosen app.

# MEAL PLANNING APPS TO EXPLORE

There are numerous meal-planning apps out there. The following list includes some favorites.



## PAPRIKA

PAPRIKAAPP.COM

Considered the best overall app. Easy to use, making downloading and organizing recipes from other websites a breeze. There is no database of recipes, but it is easy to download recipes from the web or type in your own favorites. Recipes can be rated and filed with names like kid's favorites or 30 minutes or less. It will automatically generate a grocery list, consolidate items, and allow you to add cleaning supplies you might need to the list. It also helps walk you through the recipe and alert you when the stir for 5 minutes time is up.



## MEALIME

MEALIME.COM

Mealime is an app for those who don't want to spend time searching for recipes or a great deal of time cooking. You fill out a profile about food preferences and dislikes and choose recipes the app suggests. The recipes provided can be cooked in 30 minutes or less and have a healthful profile that can accommodate dietary restrictions such as keto and vegetarian. You can import recipes from the web, but you cannot manually add recipes. The shopping list it generates can be imported into Amazon Fresh or Instacart for delivery. A Mealime subscription is free, but the Pro version gives you access to more recipes, nutrition information, and the ability to save meals by calorie count. Some health insurance providers will pay for this app.



## **FORKS OVER KNIVES**

**FORKSOVERKNIVES.COM**

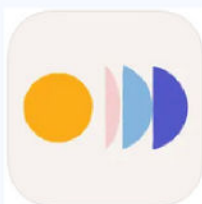
Forks Over Knives is a great website for vegetarian, plant-based diets. It is also useful for those who want to include vegetarian meals as it encourages rather than prohibits consuming less meat, poultry, seafood, and highly processed foods. The app provides plant-based recipes designed by chefs that may be prepared in 35 minutes or less. The app sends you meal plans, recipes, and a grocery list that can connect directly with a Amazon Fresh account. It also has a “weekend prep” feature that allows you to get ready/prep in advance. This app is pricey, but there is a free two-week trial offered.



## **YUMMLY**

**YUMMLY.COM**

Loads of recipes are available on the free version of Yummly. Many recipes contain cooking videos to try new cuisines and learn cooking tips. Different dietary preferences are available, even a low FODMAP diet. You can make healthy choices and schedule meals that sync directly onto your calendar. The grocery list includes a virtual pantry that gives you a running tab on all the ingredients you have so that you can find recipes that include those items and let you know if items are running low. The premium version includes recipes from well-known chefs and includes instructional videos. Yummly offers a 14-day trial.



## **PLATEJOY**

**PLATEJOY.COM**

PlateJoy provides nutritionist-designed delicious menus to suit your dietary preferences and needs. Users provide information on food preferences, specific dietary restrictions, fitness, and calorie goals for menus unique to you. There are attractive photos of each dish, and the Mediterranean options will wow you. Nutrition information is provided and you can even sync this app to your FitBit to coordinate your diet and fitness goals. This app is a bit more pricey, but some health insurance providers provide a free subscription and FitBit.