



## 7-Day Menu Planner: Spring (UDig)

*Susan Nicholson*

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## **7-Day Menu Planner: Spring (UDig)** Susan Nicholson

Welcome to the *7-Day Menu Planner* for the spring season. Spring is always a time for renewal, reflection and rejoicing in the fresh flowers and beautiful fruit and vegetables that adorn our tables. Spring menus tend to be lighter and more colorful. To inspire you, almost every week includes a photo of a recipe from that week and a shopping list for every day.

Planning menus will change your life (for the better) *forever*. You won't have that miserable feeling 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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