



Our subscribers speak:

I wanted to let you know how helpful shrinkingonabudget is. I rely on it so much, it's my go-to first for planning dinner and making snacks and breakfast!!! I grab the binder and flip through recipes as I plan my menu for the week and five out of seven days are usually your recipes. I've referred many of my friends to your website.

Denise A.

Just wanted to say thanks for the great program! I have been a member for a few months but just started using the meal plan 3 weeks ago and it has been great so far. This is the point in a diet or new way of eating plan that I would fold but

it has been so much easier having someone else plan things for me. I am single and live alone so I usually just pick 3 dinners and 3 sides to have throughout the week as lunch and dinners. The breakfasts are great too, I love that there are so many options to cook once and have breakfast for a few days. Just wanted to say thanks for helping me stick to my resolution.

Katrina

I am a cancer survivor and have had a very difficult time losing weight following all of my treatments. I have been using your plans and am excited about the results. Several of the women in my office have since started your plan. They love it too. Everything is simple to make and our families like the food too! One of the women said "It makes her feel like a real cook". I just wanted to say thank you for thinking of this and making it so tasty and easy for all of us.

Beverley

You guys are great. I refer everyone I know to your site. My Nutrition Specialist has started referring her patients to your site because of the simplicity of your program and the flavorful recipes. Great job and keep up the wonderful recipes. Sooo helpful!

Kathy

My husband and I have been doing this since April, he has lost 22 lbs and I have lost 14! I have 4 small children and this meal plan has changed our lives. They eat what we eat and I'm no longer spending hours looking for recipes and writing out grocery lists. Even if I weren't trying to lose weight I would still use this meal planning service for the convenience it offers. And your customer service is simply TOPS. I recommend this to any and everyone!

Nicole

I just had to write and say thank you so very, very much. Because of you, I'm recommitting to family dinners. I've always known planning meals was important, but it's always been something I hated, so I just rationalized avoiding it. Shrinking On a Budget Meal Plans has taken that unpleasant task off my plate. Now, I grocery shop once for the week and hang the meal plan on the refrigerator. I actually have an answer for "What's For Dinner?"

Tia

I just wanted to let you know that my husband and I signed up with your plan last week and we down right fell in love! Yesterday we were reflecting on our first week and things that were mentioned were: tastes delicious, it's all mapped out for us, Calorie and Point values are given (as I started WW and the Hubs uses MyFitnessPal) didn't eat out once, seen a drop on the scale, and the best part is there is food in the house! Actual healthy food! Since there are only 2 of us it's nice to have leftovers for lunch! We can't believe we

found something that works with our busy schedules and we know we're making healthy choices!

Lane M.

I adore Pinterest but honestly don't have a lot of time to spend there. And I found that I hardly ever actually cooked the recipes I Pinned. I have one picky eater and one son who has been told he needs to lose weight. Your plans almost seemed too perfect to be true! 3 months into it, my whole family likes the vast majority of the recipes you've sent us. The food is amazing and I have lost some weight in the process (a nice bonus).

Melissa

Our afternoons and evenings are packed with work/sports etc... I found myself not planning our dinners. So I would come home from work, realize we had to be at practice in an hour, and either grab take-out or feed my kids a sandwich or cereal. Now that meals are planned and groceries are waiting for me when I get home, I'm getting dinner on the table 4-5 nights a week. My husband and kids thank you!

Melissa

Thank you! Thank you! Thank you! I have loved every single meal, and so far I have lost almost 10 pounds! Thank you so much!

Mykkisu

I don't usually write in about products. But I have to tell you I love the food - and the simplicity. And so do my kids. Dinner hour isn't as nuts as it once was. And did I mention I've lost 25 pounds? This is a game changer. A thousand thanks!

Jo

My kids are loving what I make for dinner now every night. I'm a stay at home Dad and not much of a cook so that is saying a lot. Dinner is much less of a whine fest. I've become very dependent on your meal plans so please keep those amazing recipes coming..

Bradley

My grocery costs have dropped a lot since starting your plan. I take my grocery list with me to the store and buy only what I need. I'm staying away from the unhealthy and expensive convenience foods. You've also got me checking my pantry before I buy which helps. Recipes are yummy.

Wynette

I signed up with your plan with a promotional deal, thinking it was worth it just to have Points Plus calculated for me. I never expected to love the meals so much! Your recipes are always delicious. And I would never guess they are PointsPlus friendly. But my waistline tells the story. My whole family says thanks!

Janet

We recently had a scare when our pediatrician determined my Picky Eater son was overweight. A friend recommended your meal plans and, after reviewing them, I

realized that your plans are actually based on healthy principles, and even had our pediatrician give it the "thumbs-up". We're happy to report our son is losing the weight and his self-esteem is soaring. I cook one of your dinners every night for our family and my son is actually helping on occasion. And I love how they fit into our hectic schedule that is busy with sports and homework. I know you aren't an "official weight loss program", but we appreciate what you do.

Frances

You have made my load as a single mom much lighter. I used to think about dinner while I'm busy and stressed at work; then have to fight my way through the grocery store crowd before I made my way to get my sons from daycare. Thanks to your plans I now have dinner planned and have all the ingredients at home. And your recipes are goof proof (even for someone like me who hates to cook).

Jill

I love how your recipes are like comfort food without the guilt. I'm a newlywed and my new hubster thinks I'm a rockstar in the kitchen (which is laughable). So the instructions for us kitchen novices are mucho appreciated.

Rachel S.

I have been able to do "Weight Watchers for Free" using your plan and the instructions on Freckleberry Fit. We have thoroughly enjoyed your service. We can't thank you enough for making this service so affordable.

Rae

As a single Mom, this service has changed my life. I'm actually tossing out the "fat clothes".

Cheryl

When we ordered your meal plan service, we decided that we were going to jump in with both feet. I am from the mid west. You know - totally a beef and potatoes kind of girl - and so is my family. Well tonight we decided to make the Crispy Fish Toes. We've made fish before and it was a disaster but like I said we are jumping in with two feet in the deep end) I have to tell you though my family LOVED them. They could not get enough. I was so happy with the result. It was the first time that we did not just immediately want to throw away the fish. Even my picky eater, the 3 year old, ate the fish and salad without a fight. I can't wait to make the rest of the recipes on the list.

Bobbi Lynne