

THE
Meal Planning
METHOD

**Helping you perfect the process of meal planning,
while having a say without the stress.**

REGISTERED DIETITIAN-DESIGNED



The Meal Planning Method was registered dietitian-designed to help eaters decrease the daily frustrations of food decisions and give them back time and sanity. Lindsey, RDN and Lifestyle Coach, has had over a decade of experience, helping people "healthify" their life.

The Meal Planning Method was previously acknowledged by Zing! for their program and community efforts.

SOCIAL MEDIA



43.6k
monthly



2.8k
followers



>200
unique
monthly visits

FEATURED ON

BRIT+CO • Bustle • BuzzFeed • Well+Good
PopSugar Fitness • TN Home & Farm
NashvilleHealth.org • Nashville Fit Magazine

BRANDS WE'VE WORKED WITH

Bob's Red Mill • The Dairy Alliance
Dave's Killer Bread • Dollywood • GoSili
I Love Juice Bar • KIND Snacks • Naked
Nutrition



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T H E M E A L P L A N N I N G M E T H O D . C O M

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TODAY'S FOOD TRENDS

- 3.5% - Increase in grocery store food prices in 2021 compared to 2020.
- 10.3% - Average American spend of disposable income on food (at home & away from home) in 2021.
- 3-4% - Predicted increase in food-at-home prices in 2023.
- People Working From Home During the Pandemic Spent More Time Eating At Home - Dual-headed households spent close to an hour each day eating and drinking at home, while simultaneously spending a little less time on food preparation.
- Average U.S. Diets is Out of Balance with Federal Recommendations - While people in the U.S. are consuming more vegetables & fruit than in 1970, the average U.S. diet still falls short of the recommendations in the 2020–2025 Dietary Guidelines for Americans for these major food groups.

Source: USDA Economic Research Service



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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PARTNERSHIP OPPORTUNITIES

BRAND AMBASSADOR

BLOG POSTS

EXPERT ARTICLES &/OR INTERVIEWS

GIVEAWAYS

PANEL DISCUSSIONS

PRODUCT/SERVICE REVIEWS

RECIPE DEVELOPMENT

SOCIAL MEDIA ACTIVITIES

(Instagram, Facebook, Pinterest)

SPEAKING ENGAGEMENTS

VIDEOS

(Live or Pre-Recorded)

WORKSHOPS

(In-person or Virtual)

TV SEGMENTS

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