



Welcome to Spring.

Have you kept your New Year's Resolutions?

According to Reuters, the top three New Year's Resolutions for 2008 among adults were (in order) saving money, getting more exercise, and eating a better diet.

In January, did you make a New Year's Resolution to save some money, get more exercise or eat a better diet? And, did you succeed? Most people don't, so don't feel guilty if you came far from reaching your goals.

We all want to have more money, be in better shape, and eat healthier. But why do we struggle so much with these issues in the first place? Let's go through them one-by-one to discover the problem.

Saving Money.

We all want more money in our bank accounts. Most Americans report that they don't have any money to put aside into a savings account for retirement. Yet, remarkably, Americans will drop \$20 to \$50 several times per week on takeout food and restaurant meals without batting an eye.

- A trip to a fast food joint for a family of four can easily cost \$20.
- Ordering two pizzas will run you at least \$20 plus driver tip.
- Take your kids to a restaurant and you can easily spend \$35 or more.

Let's do the math.

\$20 on fast food, 3 times per week = \$240/month or \$2880/year.

\$20 on fast food 5 times per week = \$400/month or \$4800/year.

These same people oftentimes have less than 2 month's savings in the bank at any time, and claim to "not have enough money to invest".

Consider this option: Instead of giving your money to fast food joints, put that \$400/month away in a mutual fund each month for the next few years, and you've suddenly got an investment portfolio – and a future that can be debt-free.

Eating Healthier.

The worst part about our fast food, take-out food, and restaurant obsession is that those foods are not healthy. Yes, some restaurants offer lite versions, but you're still looking at eating more preservatives, more sodium, more fat, and much more sugar than you would in your own meals – and you're also getting less fiber and vitamins.

You're going broke, paying for meals that are too high in

- Fat.
- Calories.
- Sodium.
- Sugar.

So, you're, in essence, going broke, making yourself fatter.

Add into that the fact that these meals are usually low in vitamins, minerals, and critical components such as antioxidants. So, we spend billions on synthetic vitamins each year as a country.

It's starting to sound a bit like running in circles, isn't it?

Getting More Exercise.

Now that we're loading ourselves with too many calories and too much sugar and too much fat, we need more exercise. So, what do we do? We spend more money on diet pills which are also not giving us any nutrition. We also spend billions on weight loss tapes and gym memberships that we don't have time to use.

It's fascinating that the governmental recommendation of 30 minutes of exercise daily just isn't enough for most people to lose weight.

Why not? Because we're overeating the wrong foods to excess. We just flat out can not burn off all the extra calories we're eating per day. If we were eating better to begin with, we'd need less exercise to stay in shape. It's simple math.

You take in 2000 calories and only require 1800 per day? You'd need to burn over 200 to lose weight. That's doable in ½ hour, easily.

However, if you're eating 2500 calories and only need 1800, all of a sudden you've got to work out a heck of a lot longer to lose a pound.

That's certainly not the way to fit into those jeans.

The Solution to your Resolution.

The solution is simple. Cook simple, healthful meals at home.

So, if the solution is so simple, why don't we do it?

- Is it because we don't have the time to shop?
- Or that looking through cookbooks takes too much time?
- Maybe we don't have the training from our childhood to know how to cook?
- Or are we just that tired, lazy, or unimaginative?

Frankly, evenings are hectic, especially when you have kids. But, fortunately, there is a Resolution Solution!

A Menu Planning Service can be exactly what a busy mom ordered. And, a Menu Planning Service with flexibility is even better.

- Suddenly, you don't NEED to look for recipes. (They're ready for you.)
- You don't NEED to make a shopping list. (You just print it out.)

They take the work out of the evening meal.

- You don't need to be crabby, stressed-out, and frazzled every evening.
- You get to be that mom that has it all together. (And, who doesn't want to be THAT mom?!)

When you stop by www.MenuPlanningCentral.com, you'll find a Free Menu Planning Basics Report and Printable Resources that you can download immediately.

80% of People Fail. Will you?

By the end of January, 35% of people will have given up on their New Year's Resolutions.

And, eventually that number will reach almost 80%, according to our research.

2009 will come and most people will be, once again, making the SAME Resolutions that they made this year.

Will you be able to start over now and reach your goals? We sure hope you will.

And, we'd love to help you by sending you to www.MenuPlanningCentral.com. Grab your copy of their "Free Menu Planning Basics Report" today.