

The Official Dine 'N Dish Pledge



Meal planning can be a difficult task. To help make this process easier on myself and my family, I will participate in the Dine 'N Dish challenge to learn new meal planning techniques and discover ways to save time by using “rollover” ingredients from one meal to the next.

I pledge to:

- plan my meals in advance for the next 10 days
- use as many “rollover” ingredients as I can from one meal to the next
- get creative with my recipes and meals
- keep an open mind and try new ingredients as often as I can

Signature

Date

Print off this pledge and keep it in a high-traffic area—think on your kitchen fridge, on your table top, or even near your microwave. Let your pledge remind you of the commitment you have made and try your best to meet your goals daily.

Visit aroundtheplate.com and wordstosweatby.com for additional meal planning tips and tricks to help you become a meal planning maven in no time!

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