**FRESH!**

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| *Meal Planning Series* | *Volume 24* |

Your busy weeknights are about to be so much easier! We’ve made meal planning, grocery shopping, and cooking as simple as getting takeout. Eating healthy and staying fit can be a challenge. You want to eat right without sacrificing deliciousness or spending a fortune. You want to stay motivated to exercise and stay in shape.

The good news is that technology can help. The Fresh! app can help you plan meals that are healthy, delicious and nutritious. You’ll be able to find recipes, check out nutrition information, plan grocery lists, schedule meal plans, track your exercise and more.

There’s a lot to be gained by [planning your meals](http://lifehacker.com/5896745/plan-your-weekly-meals-stress-free). You eat better, healthier food, do more cooking for yourself and put more thought into what you eat, try new recipes, and save at the grocery store at the same time. However, it can be a little daunting; sifting through recipes and making lists. That’s why you simply must try out the Fresh! app, and the best news is that it’s absolutely free.

For starters, you’ll enjoy the meal planning and helpful recipes. For just a few dollars each month, you can even order prepackaged meal kits, with full calorie counts, along with step-by-step recipes. The following list provides a peek into some of our most popular meal kits (for one) and calorie counts. If you are a woman and your goal is to lose weight, you most likely need to remain at or below 1200 calories each day. For men, the calorie count is closer to 1800. Of course, any new diet should be carefully considered in terms of your current health and any medical conditions you might be dealing with.

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| --- | --- | --- | --- |
| FRESH! | Meal Selection | Calories | Remaining Calorie Count |
| Citrus Salmon Whole Grain Rice Bowl | 550 | 650 |
| Coffee Rubbed Pork Chops with Maple Pan Sauce | 429 | 771 |
| Barbecue Chicken Pizza | 550 | 650 |
| Grilled Chicken with Tomato Olive Relish and Orzo | 490 | 710 |

**Download the Fresh! app from your friends at Associated Grocers**

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**Download the Fresh! app from your friends at Grand River**

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**Download the Fresh! app from your friends at Little Star**