

MEAL PLANNING TOOLKIT!



Here are some additional resources we use to help us get healthy food on our plates every week. We hope these can help you as well.

Inspiration

These are a few of our favorite sites to search for meal ideas.



Yes, we browse our own recipes. We have over 300 member recipes, so we sometimes forget what we created at the very beginning :) [\[visit site\]](#)

TASTE SPOTTING If you don't know about this site, you're missing out. This site has millions of recipes and has an amazing search feature which allows you to search things like vegan, gluten-free, or by ingredient like tomatoes or figs. Or even a type of dish like Coconut Curry. [\[visit site\]](#)



Great family friendly recipes. Vegan and mostly gluten-free. [\[visit site\]](#)



A great site for raw recipes, especially desserts. [\[visit site\]](#)

Tools

What we use to stay organized.



(Google Keep, Android, Chrome) This is an app that allows us to keep an ongoing shopping list, both adding to it and we can access it on our phones. [\[get the app\]](#)



(Notes, iOS) If you have an iPhone, I use the note application that comes with the phone for making grocery lists or writing down recipes. It's easy and works well.



(Evernote, Android, iOS, Windows) Great for note taking on your phone or computer. Can also share notes with other users and via email. [\[visit website\]](#)



(Google Docs, Android, iOS, Windows) Great for sharing and updating meal plans & grocery lists with other family members. Simple and versatile.



CSA Boxes

We get two boxes each week which really makes meal planning easier. Below are some options for finding boxes all over the States.

[San Diego CSA Programs](#)

[Find a CSA in Your Area](#)

You're All Set!

We really hope you find this list helpful, and if you have any questions send us an email. Sarah@theseasonaldiet.com or Peter@theseasonaldiet.com

Also be sure to check out our Summer Recipe Bundle with 10 new killer recipes...

[\[get it here\]](#)

