

# Optimal Organization



## MEAL PLANNERS

- IF YOUR STYLE IS PEN AND PAPER...
  - Notebook/Bound:
    - [Inkwell Press](#) – I'm really anxious to get this one!! With each of their products they have helpful tutorial videos. Watch the video for the meal planner [here](#). This meal planner also has a year chart of in season fruits and veggies!
    - This [Blessed is She planner](#) is a full planner with meal planning built in. With that being said there is a smaller portion allocated to the grocery list, but it's nice to have it all in one spot!
  - Keep it simple:
    - A lot of stores like Target, Bed Bath & Beyond, Michaels, Hobby Lobby, etc. have meal planning pads of paper. There are even a lot of templates online you can print right at home!
- ELECTRONIC ALL THE WAY!
  - [Meal Planner Pro](#) – You can add recipes, make your grocery list, and meal plan all on one website!
  - LifeHacker wrote an article on the [Five Best Meal Planning Apps](#) if you're looking to go all electronic!

WHATEVER YOU DECIDE, MAKE SURE IT WORKS FOR YOU AND YOUR SITUATION. ENJOY!!