Meal Planning Tools and Apps

Use these tools, websites, and apps to make your weekly meal planning and recipe organization easier than ever!

- **RealPlans**
  - Real Plans creates and organizes recipes, generates a weekly menu, grocery lists and a day-by-day roadmap for getting healthy, delicious food on the table.
  - Your subscription will give you access to all meal plans (Classic, Dairy Free, Gluten Free, Paleo, Keto, AIP, and more) and over 1,500 recipes.
- **eMeals**
  - Finding recipes may be easy, but picking the right ones to fit your busy lifestyle is not. eMeals does the finding and selecting for you, making it easy to get simple, healthy dinners on the table every night.
  - Meal plans include recipes (main and side dishes), a shopping list, and step-by-step instructions.
  - Shop yourself or choose to skip the grocery store by sending your Shopping List to AmazonFresh, Walmart Grocery, Kroger ClickList, Shipt or Instacart.
- **Paleo Leap Meal Planner**
  - All the recipes are Paleo-friendly: gluten-free, grain-free, legume-free, sugar-free, soy-free and corn-free.
  - Tap into Paleo Leap's collection of 1500+ recipes to plan your weekly menus.
  - The meal planner will help you with recipe suggestion & grocery shopping.
- **Nom Nom Paleo App**
  - The app syncs between your devices, and is packed with nearly 150 recipes, 2,000 step-by-step photos, a Whole30-friendly month-long meal plan, a customizable shopping list, and resources galore—all for less than the cost of a fast food meal.

- **Yummly Recipes and Recipe Box**
  - Yummly allows you to browse beautifully photographed and easy-to-follow recipes and save them to your own digital cookbook.
  - Yummly's proprietary Food Genome and patent-pending Food Intelligence technology allow them to understand recipes at a deeper level, and recommend recipes to users based on their diets, allergies, tastes, and more.
- **Plan to Eat**
  - Plan to Eat is an online meal planner app that allows you to add and organize recipes, drag those recipes onto a calendar to plan them, and the software automatically creates your shopping list based on your planned recipes.
  - By providing tools that streamline the meal planning process they equip households to eat

better food, eat together, save money at the grocery store, and have a less stressful cooking experience in the kitchen.

- **AnyList App**
  - AnyList stores recipes, add them to your meal plan calendar and add items to the grocery list all in one.
  - Family members can share the list, so they can add to it and help check things off at the grocery store.
- **Paleo.io**
  - Answers the question: Is it paleo?
  - Search 3,000 Foods to find out if a food item is "Paleo" or not
  - Helpful for beginners new to the Paleo reset
- **Keto Diet Tracker**
  - Helpful for tracking net carbs and storing recipes for those following a Keto diet
- **Mealime**
  - Plan your meals for the entire week in minutes. With over 200 personalization options, eat exactly how you want to eat.
  - Grocery shop once per week with an organized, "done for you" shopping list.

- **Paprika App**
  - Paprika is an app that helps you organize your recipes, make meal plans, and create grocery lists.
  - Using Paprika's built-in browser, you can save recipes from anywhere on the web.
- **Cook Smarts**
  - Cook Smarts creates weekly meal plans, cooking guides and infographics, and online cooking lessons, all designed to help anyone build a strong cooking foundation.