Promo 8

SUBJECT: Spending a lot of money eating out?

Families are busy these days. Whether you’re involved in afterschool sports, homework, music lessons, or dance practice, you’ve probably got a lot on your plate right now.

It’s easy during these busy years to default to eating out every night during the week—just to save our sanity as parents!

But you might find that, over time, this practice can lead to less-than-optimal health for your family, and it can be a big drain on your finances.

I’ve got something to share with you today that might help: a whole package of cooking resources that will help you make good food at home—but you won’t be spending a lot of time doing it!

[Flavilicious Cooking,](http://www.flaviliciouscooking.com/) a cookbook developed by Flavia Del Monte (a registered nurse and certified nutritionist), takes healthy ingredients and combines them for meals your kids will be raving about!

(All the meals are also free of typical allergens, so this plan is great for families who have food allergies, too!)

For everything you get, you won’t believe how cheap it is—it’s a steal, really, when you consider how much money you’ll save on not eating out.

[Check it out today](http://www.flaviliciouscooking.com/)—I have a feeling you’ll love it!

Onward to better parenting,

ADD NAME