

## **Dish Dish Launches Easy 4-Week Meal Plan with Grocery List for Families**

*Dish Dish launches new, downloadable 4-week meal plans with recipes and grocery list, reducing the stress and time of planning and enjoying family meals together around the dinner table.*

April 25, 2018 (FPRC) --

Whether families are looking to eat a healthier menu, perhaps trying keto or paleo ways of eating, or simply looking for quick, easy meals they can get on the table after a long day of work and kids' activities, there are a variety of options available.

With the Dish Dish 4 Week Meal Plan and Grocery List, families receive a download of 4 individual weeks of dinner recipes (plus one dessert recipe) and a grocery list for that week with everything needed for those recipes. Additionally, recipes are linked to the digital recipes on Dish Dish website, so home cooks are able to re-size the recipe with a click of a button (for fewer or more people), save recipes to their own free digital recipe box account for reference or editing later, and view recipes while on the go.

Currently available are the Keto plan, Paleo plan, and Quick and Easy plan, with more meal plans in the works including version for Crockpot / Instant Pot, Comfort Food, Whole30, and Everyday Classics.

About Dish Dish:

Dish Dish is the modern solution to organizing recipes online, providing a digital recipe box and online cookbook resource so families can save time and money while meal planning, grocery shopping, and enjoying family food traditions with friends and relatives around the globe. We enjoy inspiring home cooks, brides, community groups, young adults and small business owners alike to digitally preserve and pass along foodie traditions and the joy of sharing meals around the table together.

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See more at:

<https://dishdish.us/4-week-meal-plan-with-grocery-list-download-today/>

<https://dishdish.us/online-recipe-organizer/>

### **Contact Information**

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**Keywords**

[Meal Plan and Grocery List](#)

[digital recipe box](#)

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You can read this press release online [here](#)