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## Online Meal Planner Looks to Help Families Sit Down Together at Dinner Tables Everywhere

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NOVA SCOTIA, Canada / A website designed to help families prepare quicker, healthier and lower-cost meals is hoping to land a place at the dinner tables around the world.

"The MealEasy® website is the type of guest you feel comfortable welcoming to your table," says George Borovan, CEO of Noviden Technologies, the company that developed the site. "MealEasy's easy meal planning software gives moms, dads, and just about everyone, an easy and flexible way to plan and prepare healthy meals."

It is very simple to get started. The [customized planning software](#) gives the user control over the portion size, cuisine style and calorie count, and eliminates unwanted ingredients. Next, the intuitive program produces a grocery list and step-by-step preparation instructions.

"We say, 'it is 15 minutes to health!'" says Borovan. "Customers tell us the recipes save them time and money. According to one recent study, customers who eat out a lot or have poor eating habits have the most to gain from our meal planning software. Some have saved an astronomical 600 percent!"

A team of experts that includes a dietician, a nutritionist and a naturopathic doctor, as well as a select group of taste testers and an in-house chef all working together, has created an outstanding [meal-planning site](#).

Such is the mission of MealEasy.com, which has a subscription fee of \$19.95 per month. Borovan developed the meal planning software himself and says what drives the site is his own desire to help people achieve a healthier lifestyle.

For more information on MealEasy®, please visit [www.MealEasy.com](http://www.MealEasy.com).

For more information on Noviden Technologies, Inc., please visit [www.Noviden.com](http://www.Noviden.com).

**About Noviden Technologies, Inc.:** Noviden Technologies, Inc., is a private [software development company](#) located in Halifax, Nova Scotia, Canada. Since its inception in 2005, the company has focused on creating the healthiest and most user-friendly meal planning solution available. The company maintains a state of the art development lab, its own custom designed test kitchen, administrative and conference facilities, and an onsite and offsite network and server infrastructure to support the development, maintenance, and high performance hosting of MealEasy.com.

**About MealEasy®:** MealEasy® is a first-class online meal planner, a solution giving users step-by-step instructions on how to create [healthy meals from scratch](#). Customers can choose between five healthy meal plans, depending upon their dietary needs and overall nutrition goals: the Balanced Meal Plan, the Vegetarian Meal Plan, easy healthy meals in the Heart Healthy Meal Plan, the Diabetic Meal Plan, and the Gluten Free Meal Plan. The innovative software walks customers through every step of the meal making process, even helping customers create a grocery list and saves money in the process. MealEasy® offers more than 1,500 easy quick healthy meals; most of which are ready in 30 minutes or less.

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