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## Why New Year's resolution to eat healthy seldom comes true

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NOVA SCOTIA, Canada / As most of us tend to lift the fork more often than barbells this time of year, we often enter the holidays thinking, "I'll work off this extra weight in January--it'll be my New Year's resolution."

Sound familiar? Our annual attempts to adopt healthy lifestyles, particularly [healthy meal planning](#) and eating, fail each time we try. Why? Because it's not easy. The only way we'll stand a chance against our own excuses is to plan for success. MealEasy® makes it simple.

"A goal without a plan is just a wish," says Brent Borovan, managing director of Noviden Technologies, the company behind the state-of-the-art [MealEasy.com](#) meal planning solution. "When people realize how much easier it is to plan all of their weekly meals ahead of time, it will change their whole outlook on eating healthy. Making the time to do this is a matter of priority."

A proper meal plan for tonight's dinner takes away the stress of the unknown; educating yourself to what's in your food and realizing its health benefits provides a priceless lifestyle change. Without planning ahead, we only set ourselves up for falling off the wagon again.

Planning ahead for a balanced diet over a several-day period ensures that we'll receive the right nutrients and adequate calories to stay healthy and fit. Once we're committed to this routine, the occasional cake or fries won't affect the big picture, says Borovan.

Those with MealEasy® suggest a well-designed meal plan that includes a detailed grocery list and clear preparing and cooking instructions. Easy meals are fun, and won't intimidate beginners and novices in the kitchen. Considering the harm that fast, convenience food inflicts on our bodies, a meal plan is a no-brainer. It's only when we plan ahead and give ourselves sufficient time to make our own food that we improve our lives beyond an arbitrary New Year's deadline.

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

To view the MealEasy® Meal Planner introductory video, please visit <http://tinyurl.com/2538u67>.

**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 meal planning solution that gives users step-by-step instructions on how to create easy [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, 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 quick and easy meals, most of which are ready in 30 minutes or less. MealEasy® is a registered trademark of Noviden Technologies, Inc.

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