

## **Noviden Technologies Inc. Specially Designed Test Kitchen Aims to Help Americans Pay Off Mortgages Faster by Saving Thousands with Meal Planning**

*Smart choices begin at home with MealEasy online meal planning software. Eating out empties wallets, leads to weight gain, and could lead to illness, such as diabetes and obesity.*

Halifax, Nova Scotia, Canada ([PRWEB](#)) May 28, 2013 -- One of the biggest reasons for over-spending during a grocery shopping trip is the lack of meal planning. [MealEasy.com](#) is an online meal planning solution helping Americans pay off their mortgage faster and pay for the next family vacation.

A family of four can save between \$3,000-\$10,000 each year by cutting out convenience take-out meals, visits to restaurants and fast food outlets, not to mention [eating planned leftovers](#) on those busy week nights. That's a lot of hard earned cash that could be invested or saved for a child's college.

As the price of food soars, eating meals at home is becoming more and more important to a family's cash flow. A healthy [homemade chicken dinner for four](#) costs about \$15, while eating fast food costs twice as much. The nutritional value of homemade far outweighs the fat, calories and salt found in fast food and the savings stay in the bank where it matters most.

On first glance, it may seem like eating out is convenient, but weigh the cost to your wallet and health. Teaching children healthy eating and smart budget skills is becoming increasingly important in these inflationary times. With its newly constructed building and specially designed test kitchen, Noviden Technologies Inc. is helping Americans succeed in their weight loss goals and healthy lifestyle changes, while saving money for what matters most.

MealEasy.com was created by [Noviden Technologies Inc.](#) a family owned company that promotes healthy living. Each meal has been personally designed by Noviden's Executive Chef Paul Routhier and scrutinized in our test kitchens to ensure the highest quality. The MealEasy weekly meal planner provides nutritional facts for each meal based on USDA guidelines, including calories, fat, sodium and % daily value, and it allows members to exclude foods they don't like or are unable to eat due to dietary restrictions. [Automatically generated grocery lists](#) are organized into categories for easy navigation at the grocery store and YouTube videos provide detailed instructions on how to prepare fresh, fast & easy meals.

MealEasy is a revolutionary way to lose weight and save money by eating fresh, healthy meals at home.



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**Online Web 2.0 Version**

You can read the online version of this press release [here](#).