

# Thank You For Visiting Our Sponsors!



## Save Money, Time, and your Sanity with the Six O'Clock Scramble Meal Planning Service

Let us take over meal planning so you can enjoy the summer with your kids! The Six O'Clock Scramble is an online meal planning service that sends you five quick and easy, healthy, delicious, family-friendly recipes.

Almost all meals can be prepared in 30 minutes or less and come complete with recommended side dishes and nutritional information to round out the flavor and nutrition. Better yet, the new Scramble allows you to swap out any recipe in the week's plan with any other from our Scramble recipe database. And your custom meal plan automatically generates an organized shopping list.

Subscribers cite hundreds of dollars per month in food savings (less waste, more meals at home). Subscribe now (only \$19.50 for 3 months, \$29.50 for six months or \$54.50 for one year) at to our website: [www.thescramble.com](http://www.thescramble.com). We can't wait to have you as part of the Scramble family!