



*The Dinner Daily makes healthy dinners easy, lower cost, and stress-free for busy people and families.*

The Dinner Daily solves a universal problem working couples and parents face every day: how to put a healthy dinner on the table every night quickly and affordably.

Each week, Dinner Daily members receive a weekly plan for five delicious, easy-to-prepare dinners, complete with an organized shopping list and links to online coupons. The Dinner Daily can be used in *any* grocery store *anywhere*, but in a growing number of places, Dinner Daily meal plans are based on weekly sales at major grocery store chains. Many members save 20% or more of their weekly food budget, while eating better, healthier foods.

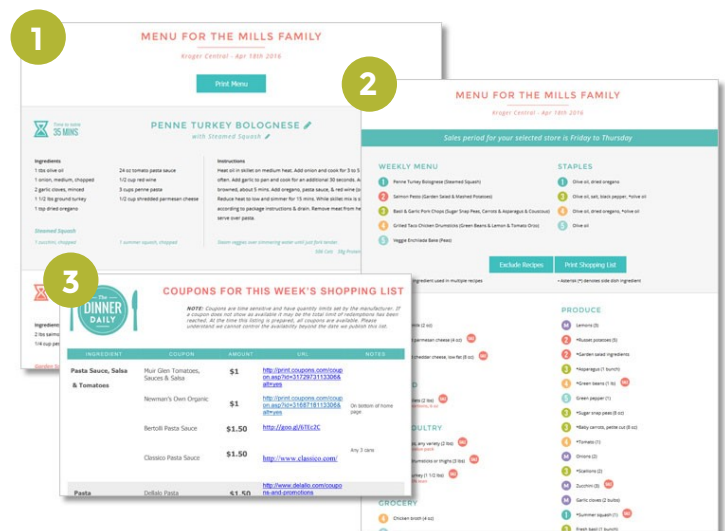


A growing number of companies are offering The Dinner Daily as a wellness benefit with outstanding results. The Dinner Daily can be offered as a voluntary or sponsored benefit, and has been receiving accolades from members and Corporate Wellness professionals alike.

## WEEKLY MEAL PLANS

Each week, Dinner Daily subscribers receive:

- 1 Customized menus based on subscribers' food preferences, and for many stores on weekly specials, resulting in substantially lower food costs
- 2 Organized shopping lists, highlighting store specials
- 3 Links to online coupons for additional savings. Many members find they save up to 20% of their food budget.



Menus can be personalized by each subscriber in seconds. Members can easily delete or replace main meals or side dishes. All menu changes are automatically updated on the shopping list, making it incredibly easy to customize plans to suit their needs.



“ Since adding *The Dinner Daily* as a benefit, we have received nothing but positive feedback. Employees rave about the recipes, the simplicity of it all, and the great savings from such a smart and resourceful system. I cannot thank *The Dinner Daily* enough for providing Arbella with this innovative and essential tool for a happy healthy lifestyle. ”

- SARAH CAILLER  
Wellness Director,  
Arbella Insurance Group

## THE DINNER DAILY CORPORATE WELLNESS PROGRAM

Our team works with you to design, develop and implement your Dinner Daily benefit program to achieve your Corporate Wellness goals. We provide tools and support every step of the way - from implementing and launching the program, to ongoing marketing and education, and to monitoring program adoption to ensure your company is getting the maximum benefit from this program.



### ACCOLADES FROM OUR MEMBERS:

“Thank you so much. I love, love, love this” *Mariah T.*

“It’s cut our weekly grocery bill in half!” *Emily, Mother of two*

“We are saving money by not just buying stuff and guessing what we were going to try to make during the week. We absolutely love it!” *Mandy R.*

“I love it! Thank you for making my life easier and more time with family. The meals are a hit with my 13 year old twins and 10 year old.” *Joy F.*

“My favorite part is that my menus are customized to my local grocery store” *Christine G.*

“I’m not making 4 to 5 trips to the store and it’s helping me with my weight loss” *Joanne*

“I have been doing this now for a month and I absolutely love it. You have taken the stress out of planning dinner each week!” *Erin G.*

**For more information, please contact [wellness@thedinnerdaily.com](mailto:wellness@thedinnerdaily.com)  
or visit [www.thedinnerdaily.com/wellness](http://www.thedinnerdaily.com/wellness)**