

change **IN** seconds

DON'T GET STUCK IN A DINNER RUT

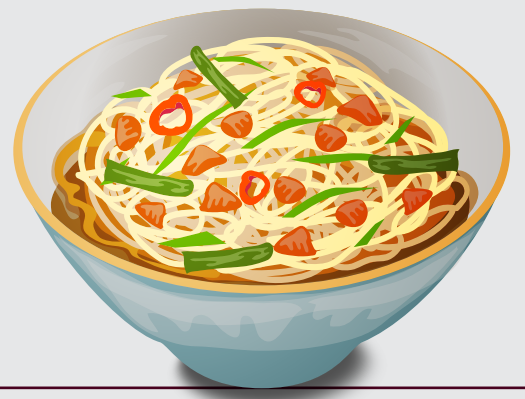
14 themes make meal
planning easy.



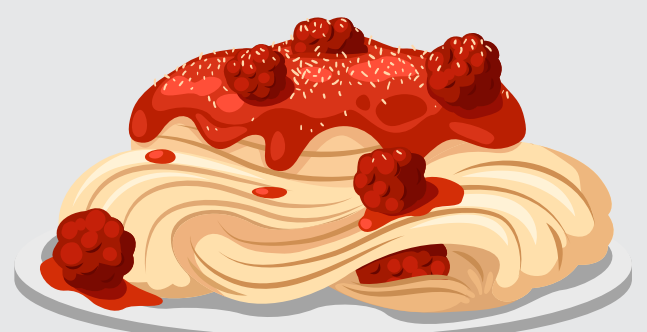
Vegetarian



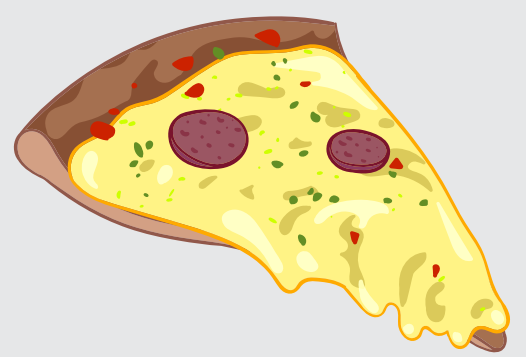
Asian



Pasta



Pizza



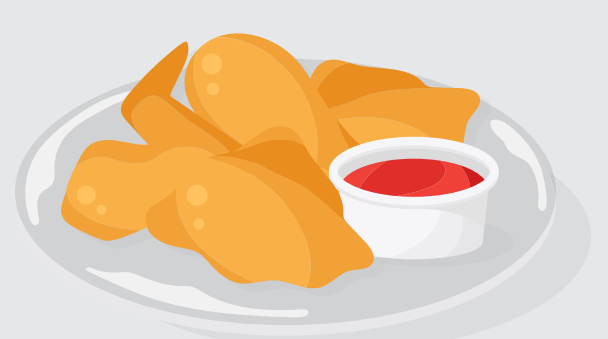
Soup



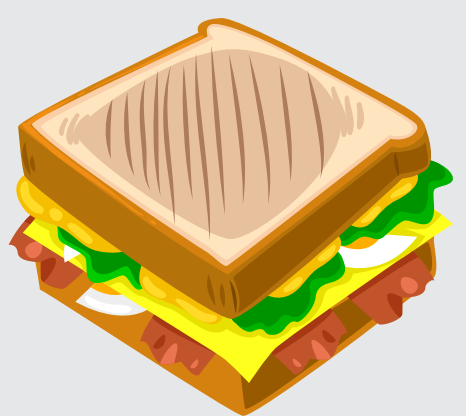
Low carb



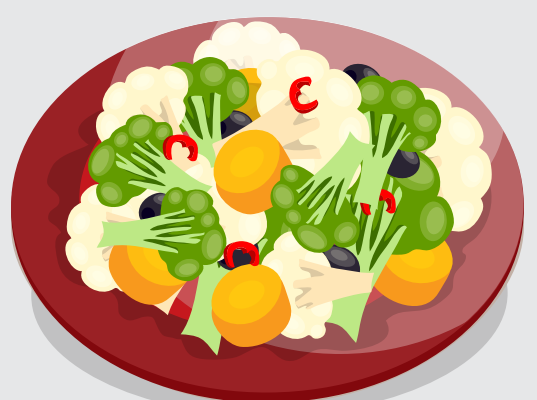
Chicken



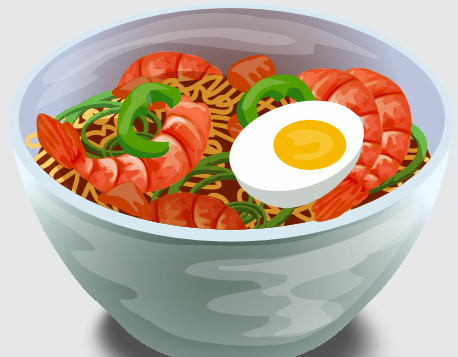
Sandwich



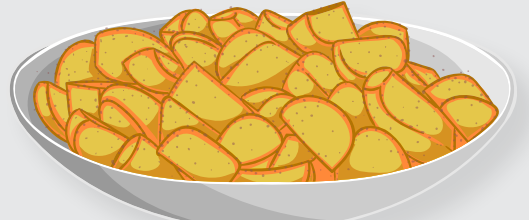
Salad



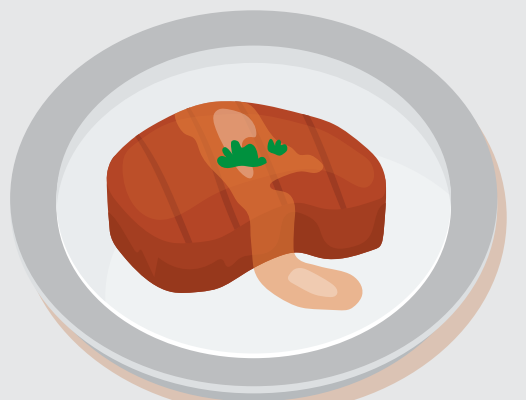
Seafood



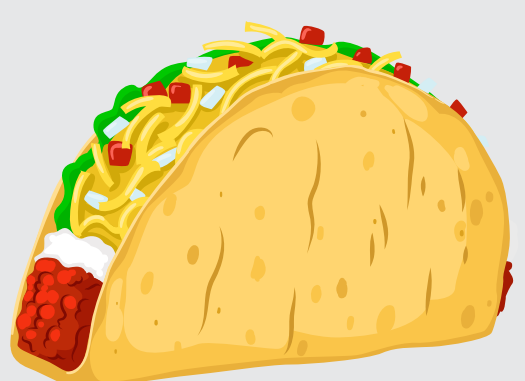
Quick meals



Meat



Mexican



Instant pot



change **IN** seconds

www.changeinseconds.com