



BY FRAN BERKOFF

*Registered Dietitian*

## MOMS ON THE WEB

The predinner hour is cranky time – when everyone is tired and hungry, and you're frantically trying to get dinner going. Now there's help from [www.wovenfare.com](http://www.wovenfare.com), a website created by four Calgary moms. The first service of its kind in Canada, it provides meal plans, recipes, customized grocery lists and a variety of healthy meal ideas

that will let you have dinner ready in 30 minutes

You can input your preferences for foods, cooking methods and meal choices so the plans will meet your personal needs. You'll start with two free weeks of meal plans; after that the price ranges from \$3 to \$5 per week.

For additional good-for-you recipes, visit [www.canadianliving.com](http://www.canadianliving.com) september.