

MORE!

Do more with dinner™

Make **O**rdinary **R**ituals

Extraordinary



Melissa's Favorite Resources

Are you looking for ways to be healthier and happier? Do you want to provide nutritious and delicious meals for your family? Do you want to enjoy your family time more? Then maybe you'll be interested in Do M.O.R.E. with Dinner! This is NOT about doing more – it's about getting more, having more, enjoying more. It's about taking this ordinary daily ritual and making it extraordinary.

[View the MORE Blog](#)

FAMILY FOOD & NUTRITION

The Family Dinner Project

Food, fun and conversation about things that matter.

TheFamilyDinnerProject.org

Jill Castle

Fearless Family Feeding

JillCastle.com

Jen Haugen

The Mom's Guide to a Nourishing Garden

JenHaugen.com

Liz Weiss

Liz's Healthy Table

LizsHealthyTable.com

Bonnie Taub-Dix

Let's Make Nutritious and Delicious Co-Exist

BonnieTaubDix.com

Sally Kuzemchak

Real Mom Nutrition

RealMomNutrition.com

Healthy Recipes

Ellie Krieger

Delicious, Meet Healthy

EllieKrieger.com

Lauren Harris-Pincus

Nutrition Starring YOU

NutritionStarringYOU.com

Michelle Dudash

Clean Eating for Busy Families

MichelleDudash.com

Judy Barbe

LiveBest:

You Must Be Present to Win

LiveBest.info

Meal Prep and Planning

Toby Amidor

Smart Meal Prep for Beginners
The Healthy Meal Prep Cookbook
TobyAmidorNutrition.com

Jessica Levinson

52 Week Meal Planner
JessicaLevinson.com

Lindsay Livingston

The Ultimate Guide to Food Prep
TheLeanGreenBean.com

Ann Dunaway Teh & Lesley Baradel

My Menu Pal
Healthy Menu Planning Made Simple
MyMenuPal.com

Grocery Shopping Tips & Reading Food Labels

Bonnie Taub-Dix

Read It Before You Eat It
BonnieTauBdix.com

Eating Healthy on a Budget

ChooseMyPlate.gov

Judy Barbe

LiveBest:
You Must Be Present to Win
LiveBest.info

Kitchen Organization

Jill Weisenberger
The Overworked Person's
Guide to Better Nutrition
JillWeisenberger.com

Dining Out Tips

Hope Warshaw
Eat Out, Eat Well
HopeWarshaw.com

Healthy Kitchen Hacks

Deanna Segrave-Daly
& Serena Ball
Two dietitians who love food as
much as you do!
TeaspoonOfSpice.com

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Thanks for
checking out my
Favorite Resources



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