



Pinch

Create Your Pinch Account

Forget the fuss. Leave your meal-planning to us. With just a few details from you, we'll create customized meal plans to serve your whole family. Now, let's get cooking.



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Pinch

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 [Login With Facebook](#)

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Step 1 of 3

Select Your Cooking Skill Level

Beginner

✓ Intermediate

Expert

Do You Have Any Food Allergies?

☐

Wheat

☐

Peanuts

☐

Shellfish

☒

Other

Tell us your allergy

Do You Have Any Medical Conditions?

☐

Diabetes

☐

Heart Disease

☐

Obesity

☐

Other

Tell us your allergy

Continue



Step 2 of 3

What Are Your Favorite Cuisines?

Select all that apply.



Italian



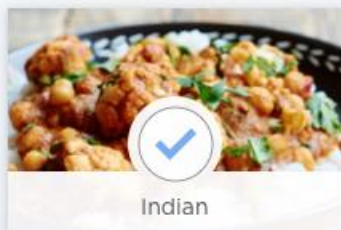
Vegetarian & Vegan



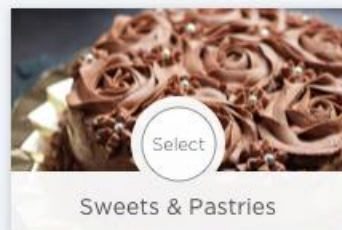
Spicy Food



Mexican



Indian



Sweets & Pastries



Comfort Food



Sushi

← Back

Continue



Step 3 of 3

What Best Describes You?

Select all that apply.



I have kids



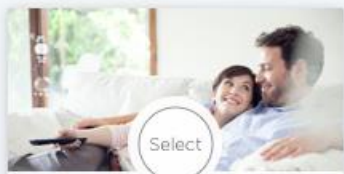
I enjoy entertaining



I enjoy baking



I enjoy eating out



I enjoy staying in



I get plenty of sleep



I pack my lunch



I love eating healthy

← Back

Continue →



Here's your
profile. Help us
improve it.



Abby Smith

Family of 4 [Edit](#)

Husband, 2 children

Location [Edit](#)

Arlington, VA

Skill Level [Edit](#)

Intermediate

Connected Accounts [Edit](#)



Allergies / Medical Conditions [Edit](#)

None

Favorite Cuisines [Edit](#) and Flavors

Spicy
Vegetarian
Mexican
Italian
Indian
Comfort food

Social Connections [Edit](#)

From Facebook



You... [Edit](#)

Have kids
Enjoy baking
Enjoy eating out
Get plenty of rest
Pack your lunch

Your Pantry [Edit Pantry](#)

Produce
Protein
Dairy
Canned goods
Nuts and grains
Pastries
Frozen
Spices/Herbs

Get This Week's Meal Plan



Here's your
profile. Help us
improve it.



Favorite Cuisines [Edit](#) and Flavors

Spicy
Vegetarian
Mexican
Italian
Indian
Comfort Food

Social C

From Insta



Skill Level [Edit](#)

Intermediate

ies / Medical Conditions [Edit](#)

Your Pantry [Edit Pantry](#)

Produce
Protein
Dairy
Canned Goods
Nuts and Grains
Pastries
Frozen
Spices/Herbs

Pantry Tracker

Tell us what you typically keep in your pantry to help us
recommend weekly recipes and build your shopping list.

Weekly Must Haves

	Qty
<input checked="" type="checkbox"/> 1 Gallon 2% Milk	2
<input checked="" type="checkbox"/> Wheat Bread	1
<input checked="" type="checkbox"/> 1 Dozen Large Eggs	2
<input type="checkbox"/> Bunch Of Bananas	6
<input checked="" type="checkbox"/> 16 Oz. Baby Carrots	2
<input type="checkbox"/> 18 Oz. Cheerios	3



































[+](#) Add an item

Produce





















	Qty
<input checked="" type="checkbox"/> Fuji Apples	8

Update Pantry



Sunday, April 30, 2017		Monday, May 1st, 2017		Tuesday, May 2nd, 2017		Wednesday, May 3rd, 2017		Thurs
 Don't show	Breakfast for 4 <input checked="" type="checkbox"/>	Breakfast for 4 <input checked="" type="checkbox"/>	Breakfast for 4 <input checked="" type="checkbox"/>	Breakfast for 4 <input checked="" type="checkbox"/>	Breakfast for 4 <input checked="" type="checkbox"/>	Breakfast for 4 <input checked="" type="checkbox"/>	Breakfast for 4 <input checked="" type="checkbox"/>	Breakfast for 4 <input checked="" type="checkbox"/>
	 Fresh Berry Crêpes Time to table ⌚ 45m Cost per serving \$\$\$ Get a new meal	 Quick & Easy Egg Casserole Time to table ⌚ 15m Cost per serving \$\$\$ Get a new meal	 Broccoli-Cheddar Quiche Time to table ⌚ 1h Cost per serving \$\$ Get a new meal	 Speedy Morning Burrito Time to table ⌚ 10m Cost per serving \$ Get a new meal	 Speedy Morning Burrito Time to table ⌚ 20m Cost per serving \$ Get a new meal	 Speedy Morning Burrito Time to table ⌚ 10m Cost per serving \$ Get a new meal	 Speedy Morning Burrito Time to table ⌚ 20m Cost per serving \$ Get a new meal	 Speedy Morning Burrito Time to table ⌚ 20m Cost per serving \$ Get a new meal
	Lunch for 4 <input checked="" type="checkbox"/>	Lunch for 4 <input checked="" type="checkbox"/>	Lunch for 4 <input checked="" type="checkbox"/>	Lunch for 4 <input checked="" type="checkbox"/>	Lunch for 4 <input checked="" type="checkbox"/>	Lunch for 4 <input checked="" type="checkbox"/>	Lunch for 4 <input checked="" type="checkbox"/>	Lunch for 4 <input checked="" type="checkbox"/>
	 Garlic Bread Steak Sandwich Time to table ⌚ 30m Cost per serving \$\$\$\$ Get a new meal	 Italian Beef Sandwich Time to table ⌚ 6h 10m Cost per serving \$\$ Get a new meal	 Ceaser Pleaser Time to table ⌚ 10m Cost per serving \$ Get a new meal	 Chicken Salad Panini Time to table ⌚ 15m Cost per serving \$ Get a new meal	 Chicken Salad Panini Time to table ⌚ 45m Cost per serving \$ Get a new meal	 Chicken Salad Panini Time to table ⌚ 15m Cost per serving \$ Get a new meal	 Chicken Salad Panini Time to table ⌚ 45m Cost per serving \$ Get a new meal	 Chicken Salad Panini Time to table ⌚ 45m Cost per serving \$ Get a new meal
 Don't show	Snack for 4 <input checked="" type="checkbox"/>	Snack for 4 <input checked="" type="checkbox"/>	Snack for 4 <input checked="" type="checkbox"/>	Snack for 4 <input checked="" type="checkbox"/>	Snack for 4 <input checked="" type="checkbox"/>	Snack for 4 <input checked="" type="checkbox"/>	Snack for 4 <input checked="" type="checkbox"/>	Snack for 4 <input checked="" type="checkbox"/>
	 Roasted Garlic Twice-Baked Potatoes Time to table ⌚ 1h 10m Cost per serving \$\$\$ Get a new meal	 Black Bean & Mango Salsa Time to table ⌚ 1h 10m Cost per serving \$\$\$ Get a new meal	 Party Cheese Ball Time to table ⌚ 3h 15m Cost per serving \$ Get a new meal	 Hot Ham & Cheese Roll-Ups Time to table ⌚ 23m Cost per serving \$\$ Get a new meal	 Hot Ham & Cheese Roll-Ups Time to table ⌚ 45m Cost per serving \$ Get a new meal	 Hot Ham & Cheese Roll-Ups Time to table ⌚ 23m Cost per serving \$\$ Get a new meal	 Hot Ham & Cheese Roll-Ups Time to table ⌚ 45m Cost per serving \$ Get a new meal	 Hot Ham & Cheese Roll-Ups Time to table ⌚ 45m Cost per serving \$ Get a new meal
	Dinner for 4 <input checked="" type="checkbox"/>	Dinner for 4 <input checked="" type="checkbox"/>	Dinner for 4 <input checked="" type="checkbox"/>	Dinner for 4 <input checked="" type="checkbox"/>	Dinner for 4 <input checked="" type="checkbox"/>	Dinner for 4 <input checked="" type="checkbox"/>	Dinner for 4 <input checked="" type="checkbox"/>	Dinner for 4 <input checked="" type="checkbox"/>
	 Cheesy Mexican Lasagna Time to table ⌚ 1h 5m Cost per serving \$\$\$ Get a new meal	 Slow-Cooker Pot Roast Time to table ⌚ 8h 15m Cost per serving \$\$\$ Get a new meal	 Maple-Glazed Stuffed Roast Pork Time to table ⌚ 1h 3m Cost per serving \$\$\$\$ Get a new meal	 Slow-Cooker Buffalo Chicken Chili Time to table ⌚ 5h 15m Cost per serving \$\$\$ Get a new meal	 Slow-Cooker Buffalo Chicken Chili Time to table ⌚ 52m Cost per serving \$\$\$ Get a new meal	 Slow-Cooker Buffalo Chicken Chili Time to table ⌚ 5h 15m Cost per serving \$\$\$ Get a new meal	 Slow-Cooker Buffalo Chicken Chili Time to table ⌚ 52m Cost per serving \$\$\$ Get a new meal	 Slow-Cooker Buffalo Chicken Chili Time to table ⌚ 52m Cost per serving \$\$\$ Get a new meal



Sunday, April 30, 2017		Monday, May 1st, 2017		Tuesday, May 2nd, 2017		Wednesday, May 3rd, 2017		Thursday, May 4th, 2017	
<div><div>✕</div><div>Don't show</div></div>	<div>Breakfast for 4</div> <div><div></div><div><div>Fresh Berry Crêpes</div><div>Time to table ⌚ 45m</div><div>Cost per serving \$\$\$</div><div>Get a new meal</div></div></div>	<div>Breakfast</div> <div><div></div><div>No meal is needed Add a meal for today</div></div>	<div>Breakfast for 2</div> <div><div></div><div><div>Broccoli-Cheddar Quiche</div><div>Time to table ⌚ 1h</div><div>Cost per serving \$\$</div><div>Get a new meal</div></div></div>	<div>Breakfast for 1</div> <div><div></div><div><div>Speedy Morning Burrito</div><div>Time to table ⌚ 10m</div><div>Cost per serving \$</div><div>Get a new meal</div></div></div>	<div>Breakfast for 1</div> <div><div></div><div><div>Speedy Morning Burrito</div><div>Time to table ⌚ 20m</div><div>Cost per serving \$</div><div>Get a new meal</div></div></div>				
	<div><div>✕</div><div>Don't show</div></div>	<div>Lunch</div> <div><div></div><div>No meal is needed Add a meal for today</div></div>	<div>Lunch for 4</div> <div><div></div><div><div>Italian Beef Sandwich</div><div>Time to table ⌚ 6h 10m</div><div>Cost per serving \$\$</div><div>Get a new meal</div></div></div>	<div>Lunch</div> <div><div></div><div>No meal is needed Add a meal for today</div></div>	<div>Lunch for 1</div> <div><div></div><div><div>Chicken Salad Panini</div><div>Time to table ⌚ 15m</div><div>Cost per serving \$</div><div>Get a new meal</div></div></div>	<div>Lunch for 1</div> <div><div></div><div><div>Chicken Salad Panini</div><div>Time to table ⌚ 45m</div><div>Cost per serving \$</div><div>Get a new meal</div></div></div>			
		<div><div>✕</div><div>Don't show</div></div>	<div>Snack</div> <div><div></div><div>No meal is needed Add a meal for today</div></div>	<div>Snack for 4</div> <div><div></div><div><div>Black Bean & Mango Salsa</div><div>Time to table ⌚ 1h 10m</div><div>Cost per serving \$\$\$</div><div>Get a new meal</div></div></div>	<div>Snack for 2</div> <div><div></div><div><div>Party Cheese Ball</div><div>Time to table ⌚ 3h 15m</div><div>Cost per serving \$</div><div>Get a new meal</div></div></div>	<div>Snack for 4</div> <div><div></div><div><div>Hot Ham & Cheese Roll-Ups</div><div>Time to table ⌚ 23m</div><div>Cost per serving \$\$</div><div>Get a new meal</div></div></div>	<div>Snack for 4</div> <div><div></div><div><div>Hot Ham & Cheese Roll-Ups</div><div>Time to table ⌚ 23m</div><div>Cost per serving \$\$</div><div>Get a new meal</div></div></div>		
			<div><div>✕</div><div>Don't show</div></div>	<div>Dinner for 4</div> <div><div></div><div><div>Cheesy Mexican Lasagna</div><div>Time to table ⌚ 1h 5m</div><div>Cost per serving \$\$\$</div><div>Get a new meal</div></div></div>	<div>Dinner</div> <div><div></div><div>No meal is needed Add a meal for today</div></div>	<div>Dinner for 2</div> <div><div></div><div><div>Maple-Glazed Stuffed Roast Pork</div><div>Time to table ⌚ 1h 3m</div><div>Cost per serving \$\$\$\$</div><div>Get a new meal</div></div></div>	<div>Dinner for 4</div> <div><div></div><div><div>Slow-Cooker Buffalo Chicken Chili</div><div>Time to table ⌚ 5h 15m</div><div>Cost per serving \$\$\$</div><div>Get a new meal</div></div></div>	<div>Dinner for 4</div> <div><div></div><div><div>Slow-Cooker Buffalo Chicken Chili</div><div>Time to table ⌚ 5h 15m</div><div>Cost per serving \$\$\$</div><div>Get a new meal</div></div></div>	



Maple-Glazed Stuffed Roast Pork

Time to table
🕒 1h 3m

Cost per serving
\$\$\$



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Ingredients

- 1 lb Fuji Apples
- 1 lb Granny Smith Apples
- 1 lb Gala Apples
- 1 1/2 Cup Hot Water
- 2 lb Pork Loin
- 2 Tbsp Maple-Flavored Syrup
- 2 Tbsp Grey Poupon Brown Mustard
- 1 Tsp Chopped Rosemary

Instructions



Step 01:

Heat oven to 350°F. Melt butter in large skillet on medium heat. Add apples; cook and stir 3 min. or until crisp-tender. Add hot water and stuffing mix; stir. Remove from heat. Let stand 5 min.; mix lightly.



Step 02:

Spoon stuffing mixture onto cut-side of meat to within 1/2 inch of edge. Roll up, jelly roll fashion, starting at one short end. Place seam side down, in roasting pan sprayed with cooking spray.









































Next

[View all steps](#)



[Print this recipe](#)



Sunday, April 30, 2017	Monday, May 1st, 2017	Tuesday, May 2nd, 2017	Wednesday, May 3rd, 2017	Thursday, May 4th, 2017
<div><div> Don't show</div><div>Breakfast for 4 <input checked="" type="checkbox"/></div><div><div><div>Fresh Berry Crêpes</div><div>Time to table 🕒 45m</div><div>Cost per serving \$\$\$</div><div>Get a new meal</div></div></div></div>	<div><div></div><div>Breakfast <input type="checkbox"/></div><div><div>No meal is needed Add a meal for today</div></div></div>	<div><div> Don't show</div><div>Breakfast for 2 <input checked="" type="checkbox"/></div><div><div><div>Broccoli-Cheddar Quiche</div><div>Time to table 🕒 1h</div><div>Cost per serving \$\$</div><div>Get a new meal</div></div></div></div>	<div><div></div><div>Breakfast for 1 <input checked="" type="checkbox"/></div><div><div><div>Speedy Morning Burrito</div><div>Time to table 🕒 10m</div><div>Cost per serving \$</div><div>Get a new meal</div></div></div></div>	<div><div></div><div>Breakfast for 1 <input checked="" type="checkbox"/></div><div><div><div>Breakfast for 1</div><div>Time to table 🕒 20m</div><div>Cost per serving \$</div><div>Get a new meal</div></div></div></div>
<div><div> Don't show</div><div>Lunch <input type="checkbox"/></div><div><div>No meal is needed Add a meal for today</div></div></div>	<div><div></div><div>Lunch for 4 <input checked="" type="checkbox"/></div><div><div><div>Italian Beef Sandwich</div><div>Time to table 🕒 6h 10m</div><div>Cost per serving \$\$</div><div>Get a new meal</div></div></div></div>	<div><div></div><div>Lunch <input type="checkbox"/></div><div><div>No meal is needed Add a meal for today</div></div></div>	<div><div></div><div>Lunch for 1 <input checked="" type="checkbox"/></div><div><div><div>Chicken Salad Panini</div><div>Time to table 🕒 15m</div><div>Cost per serving \$</div><div>Get a new meal</div></div></div></div>	<div><div></div><div>Lunch for 1 <input checked="" type="checkbox"/></div><div><div><div>Lunch for 1</div><div>Time to table 🕒 45m</div><div>Cost per serving \$</div><div>Get a new meal</div></div></div></div>
<div><div> Don't show</div><div>Snack <input type="checkbox"/></div><div><div>No meal is needed Add a meal for today</div></div></div>	<div><div></div><div>Snack for 4 <input checked="" type="checkbox"/></div><div><div><div>Black Bean & Mango Salsa</div><div>Time to table 🕒 1h 10m</div><div>Cost per serving \$\$\$</div><div>Get a new meal</div></div></div></div>	<div><div> Don't show</div><div>Snack for 2 <input checked="" type="checkbox"/></div><div><div><div>Party Cheese Ball</div><div>Time to table 🕒 3h 15m</div><div>Cost per serving \$</div><div>Get a new meal</div></div></div></div>	<div><div></div><div>Snack for 4 <input checked="" type="checkbox"/></div><div><div><div>Hot Ham & Cheese Roll-Ups</div><div>Time to table 🕒 23m</div><div>Cost per serving \$\$\$</div><div>Get a new meal</div></div></div></div>	<div><div></div><div>Snack for 4 <input checked="" type="checkbox"/></div><div><div><div>Snack for 4</div><div>Time to table 🕒 15m</div><div>Cost per serving \$</div><div>Get a new meal</div></div></div></div>
<div><div> Don't show</div><div>Dinner for 4 <input checked="" type="checkbox"/></div><div><div><div>Cheesy Mexican Lasagna</div><div>Time to table 🕒 1h 5m</div><div>Cost per serving \$\$\$</div><div>Get a new meal</div></div></div></div>	<div><div></div><div>Dinner for 4 <input type="checkbox"/></div><div><div>No meal is needed Add a meal for today</div></div></div>	<div><div> Don't show</div><div>Dinner for 2 <input checked="" type="checkbox"/></div><div><div><div>Maple-Glazed Stuffed Roast Pork</div><div>Time to table 🕒 1h 3m</div><div>Cost per serving \$\$\$\$</div><div>Get a new meal</div></div></div></div>	<div><div></div><div>Dinner for 4 <input checked="" type="checkbox"/></div><div><div><div>Slow-Cooker Buffalo Chicken Chili</div><div>Time to table 🕒 5h 15m</div><div>Cost per serving \$\$\$</div><div>Get a new meal</div></div></div></div>	<div><div></div><div>Dinner for 4 <input checked="" type="checkbox"/></div><div><div><div>Dinner for 4</div><div>Time to table 🕒 52m</div><div>Cost per serving \$</div><div>Get a new meal</div></div></div></div>

Choose One Of Ours Or Pick From Your Playlists.



A Quicker Option



Smothered Pork Chops

Recommended Taste



Pork Chop-Stuffing Bake

Budget Option



Italian Pork Chop Dinner

Clean
EatingYour
FavoritesQuick
MealsInspired By
The WeatherBudget
MomH
Off
Th
Gri[Create a new playlist](#)

Cheeseburger Pizza























Italian Beef Sandwich

Cheesey Mexican
LasagnaSlow-Cooker Buffalo
Chicken ChiliApple Meatloaf With
Cider Ketchup

Use This Meal

[Cancel](#)



Sunday, April 30, 2017		Monday, May 1st, 2017		Tuesday, May 2nd, 2017		Wednesday, May 3rd, 2017		Thursday, May 4th, 2017	
<div><div>✕</div><div>Don't show</div></div>	<div>Breakfast for 4</div> <div><div></div><div><div>Fresh Berry Crêpes</div><div>Time to table ⌚ 45m</div><div>Cost per serving \$\$\$</div><div>Get a new meal</div></div></div>	<div>Breakfast</div> <div><div></div><div>No meal is needed Add a meal for today</div></div>	<div>Breakfast for 2</div> <div><div></div><div><div>Broccoli-Cheddar Quiche</div><div>Time to table ⌚ 1h</div><div>Cost per serving \$\$</div><div>Get a new meal</div></div></div>	<div>Breakfast for 1</div> <div><div></div><div><div>Speedy Morning Burrito</div><div>Time to table ⌚ 10m</div><div>Cost per serving \$</div><div>Get a new meal</div></div></div>	<div>Breakfast for 1</div> <div><div></div><div><div>Speedy Morning Burrito</div><div>Time to table ⌚ 20m</div><div>Cost per serving \$</div><div>Get a new meal</div></div></div>				
	<div><div>✕</div><div>Don't show</div></div>	<div>Lunch</div> <div><div></div><div>No meal is needed Add a meal for today</div></div>	<div>Lunch for 4</div> <div><div></div><div><div>Italian Beef Sandwich</div><div>Time to table ⌚ 6h 10m</div><div>Cost per serving \$\$</div><div>Get a new meal</div></div></div>	<div>Lunch</div> <div><div></div><div>No meal is needed Add a meal for today</div></div>	<div>Lunch for 1</div> <div><div></div><div><div>Chicken Salad Panini</div><div>Time to table ⌚ 15m</div><div>Cost per serving \$</div><div>Get a new meal</div></div></div>	<div>Lunch for 1</div> <div><div></div><div><div>Chicken Salad Panini</div><div>Time to table ⌚ 45m</div><div>Cost per serving \$</div><div>Get a new meal</div></div></div>			
		<div><div>✕</div><div>Don't show</div></div>	<div>Snack</div> <div><div></div><div>No meal is needed Add a meal for today</div></div>	<div>Snack for 4</div> <div><div></div><div><div>Black Bean & Mango Salsa</div><div>Time to table ⌚ 1h 10m</div><div>Cost per serving \$\$\$</div><div>Get a new meal</div></div></div>	<div>Snack for 2</div> <div><div></div><div><div>Party Cheese Ball</div><div>Time to table ⌚ 3h 15m</div><div>Cost per serving \$</div><div>Get a new meal</div></div></div>	<div>Snack for 4</div> <div><div></div><div><div>Hot Ham & Cheese Roll-Ups</div><div>Time to table ⌚ 23m</div><div>Cost per serving \$\$</div><div>Get a new meal</div></div></div>	<div>Snack for 4</div> <div><div></div><div><div>Hot Ham & Cheese Roll-Ups</div><div>Time to table ⌚ 23m</div><div>Cost per serving \$\$</div><div>Get a new meal</div></div></div>		
			<div><div>✕</div><div>Don't show</div></div>	<div>Dinner for 4</div> <div><div></div><div><div>Cheesy Mexican Lasagna</div><div>Time to table ⌚ 1h 5m</div><div>Cost per serving \$\$\$</div><div>Get a new meal</div></div></div>	<div>Dinner</div> <div><div></div><div>No meal is needed Add a meal for today</div></div>	<div>Dinner for 2</div> <div><div></div><div><div>Apple Meatloaf With Cider Ketchup</div><div>Time to table ⌚ 49m</div><div>Cost per serving \$\$\$</div><div>Get a new meal</div></div></div>	<div>Dinner for 4</div> <div><div></div><div><div>Slow-Cooker Buffalo Chicken Chili</div><div>Time to table ⌚ 5h 15m</div><div>Cost per serving \$\$\$</div><div>Get a new meal</div></div></div>	<div>Dinner for 4</div> <div><div></div><div><div>Slow-Cooker Buffalo Chicken Chili</div><div>Time to table ⌚ 5h 15m</div><div>Cost per serving \$\$\$</div><div>Get a new meal</div></div></div>	



Sunday, April 30, 2017

Monday, May 1, 2017

Wednesday, May 3rd, 2017

Thursday, May 4, 2017

Breakfast for 4

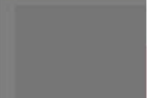
Breakfast for 1

Breakfast for 1

Breakfast for 1

Fresh Berry
CrêpesTime to table
⌚ 45mCost per serving
\$\$\$

Get a new meal

Time to table
⌚ 45m

Get a new meal

Speedy Morning
BurritoTime to table
⌚ 10mCost per serving
\$

Get a new meal

Time to table
⌚ 20m

Get a new meal

Lunch

Lunch for 1

Lunch for 1

Lunch for 1



No meal is needed

Add a meal for today

Time to table
⌚ 6h 10m

Get a new meal

Chicken Salad
PaniniTime to table
⌚ 15mCost per serving
\$

Get a new meal

Time to table
⌚ 45m

Get a new meal

Snack

Snack for 1

Snack for 4

Snack for 1



No meal is needed

Add a meal for today

Time to table
⌚ 1h 10m

Get a new meal

Hot Ham & Cheese
Roll-UpsTime to table
⌚ 23mCost per serving
\$\$

Get a new meal

Time to table
⌚ 23m

Get a new meal

Dinner for 4

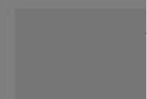
Dinner for 1

Dinner for 4

Dinner for 1

Cheesy Mexican
LasagnaTime to table
⌚ 1h 5mCost per serving
\$\$\$

Get a new meal

Time to table
⌚ 1h 5m

Get a new meal

Slow-Cooker Buffalo
Chicken ChiliTime to table
⌚ 5h 15mCost per serving
\$\$\$

Get a new meal

Time to table
⌚ 5h 15m

Get a new meal

Shopping List

Here's your weekly shopping list based on your Meal Plan and Pantry Tracker. Print or email the list to start shopping.

Produce

<input checked="" type="checkbox"/>	Fuji Apples	Qty 8
<input checked="" type="checkbox"/>	Gala Apples	6
<input checked="" type="checkbox"/>	Tomatoes	2
<input type="checkbox"/>	Bunch Of Bananas	6
<input checked="" type="checkbox"/>	16 Oz. Baby Carrots	2

Add an item

Protein

<input checked="" type="checkbox"/>	Pork Loin	Qty 2
<input checked="" type="checkbox"/>	Chicken Breast	1

Update Shopping List

Share

Where We Can Go



Pinch Ratings

Leveraging voice assistants like Alexa or Google Home, we'll create a Pinch feedback feature that allows everyone in the family to rate the week's meals. By analyzing the family's likes and dislikes, we'll develop personalized recommendations for her next weekly meal plan.



Pinch Delivery

Partnering with Task Rabbit or Uber, we'll integrate seamless delivery into the Pinch experience, so that getting her groceries is as simple as planning her list.



Pinch for Kids

We'll create a voice-powered view of the Pinch app that's geared specifically toward kids. This feature will help parents teach kids how to plan, budget and cook with Mom and Dad.

Pinch & Shoot

Using the camera on her smart phone and the intelligence of the Brain, we'll enable her to shoot an image of her grocery receipt and inspire her with recipes she can pull together from the products she's bought.



Pinch Healthy Integrations

Integrating with tools like Health Kit and Google Fit, we'll leverage the Brain and our vast library of recipe assets to recommend recipes and recipe tweaks that support her fitness goals.

