

# Dear Dietitian

Dear Readers,

In today's busy world, only half of American families eat dinner together at least five nights a week. Both parents work full time; the kids have soccer practice; there are PTA meetings, basketball games, tutoring sessions, and the list goes on. It's challenging to get everyone together for a meal, let alone take the time to plan a menu and cook dinner.

One solution to this conundrum is meal delivery kits (MDKs). An entire meal for four arrives at your door with pre-measured, fresh ingredients for a delicious meal and includes cooking instructions. Dinner time made easy. More families are turning to MDKs, with sales projected to top \$10 billion by 2024!

There are several MDKs on the market, and they are tailored to consumer needs and desires. They all have a variety of menu selections. They are set up for two to four people per meal, and you select the number of meals per week. Pricing is competitive, and many offer substantial discounts to get you started. Many of them even offer free shipping. All plans provide nutritionally well-balanced meals, and some offer special diets selections, such as WW (Weight Watchers) and low-carb plans. The meals are easy to prepare and are designed to be ready in 30-45 minutes. By all accounts, the food is tasty. You can cancel or pause your subscription at any time.

We looked at four highly-rated MDKs. Pricing is based on twenty meals per week and may include introductory discounts.

## Blue Apron Meal Plans

Signature – meat, fish, Beyond Meat (meat substitute)

Wellness – nutritionist-approved, balanced meals

Vegetarian (a plant-based diet that includes dairy and eggs)

–Offers WW-friendly meals

–Cost: \$85

–Free Shipping

## Every Plate Meal Plans

Classic- meat, seafood

Family- kid-friendly

Veggie (plant-based meals that include dairy and eggs)

Easy-no fuss meals with little cleanup

–Cost \$45

–Shipping \$9.99 per week

–Far more economical than other plans

## Factor Meal Plans

Calorie Smart-various calorie levels aimed at weight loss

Keto-low-carbohydrate, high-fat meal plans

Vegetarian (includes dairy products and eggs) and Vegan (strictly plant foods)

–Meals are designed by registered dietitian nutritionists

–Meals are already cooked; just reheat and enjoy.

–A complimentary nutritionist consultation is included.

–The maximum number of meals offered is eighteen per week. Cost: \$100

–Shipping: \$9.99

Who would benefit most from MDKs? A novice who needs step-by-step instructions on how to prepare a meal; a busy family who has enough disposable income; a single professional; or someone who dines out frequently. The average cost of a restaurant meal (non-fast food) is twelve dollars.

Call me old-fashioned, but some of the best meals I have eaten were around my Granny's dinner table. She loved getting the whole family together for a big meal. Afterwards, we would sit on the porch swing, sip iced tea, and talk about Aunt Edna's gall stones. Oh, the nostalgia!

Reference  
 "Best Meal Delivery Services – 2022 Buyer's Guide." Buyers Guide. org March 2022,

<https://buyersguide.org/meal-delivery/>



Leanne McCrate, RDN, LD, is an award-winning dietitian based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at [deardietitian411@gmail.com](mailto:deardietitian411@gmail.com). Dear Dietitian does not endorse any products, health programs, or diet plans.

# WHERE I AM, HOW I AM, TO DO HIS WILL



Dawn Reed

Ephesians 4:11 doesn't really seem like a stirring or moving verse: "It was He (God) Who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers..." Yet, this morning, I was convicted and it left me with tears in my eyes.

He did give some to be different things. If I'm honest, while I don't want to be a pastor, or

apostle, or prophet, or evangelist, I find that in the past I have wanted other roles that were not intended for me. As some seemed to be accomplishing bigger things, reaching more people, I wanted to do what they were doing.

Looking back, I realize that I have occasionally been jealous of other people's ministries or even calling. Not proud of that. I also realize during those times that I wanted to make a name for myself instead of making Jesus known. Not proud of that, either.

In 1 Corinthians 12:12-27, Paul encouraged the church at Corinth to work together as the body of Christ.

Picturing the foot speaking to the body or the ear complaining about its role makes me smile. But then I realize that's been me.

Since COVID, it has been easy to wonder about my contribution or ministry. Missions that previously thrived ended unexpectedly. Doors loudly clanged shut. I understand now that I do have a role in God's kingdom work-pandemic or not-if I'm willing. And it may change from time to time.

God has gifted me in the ways He has on purpose. He has placed me where I am, how I am, to do His will. I don't need to be jealous of other people's ministry

or mission.

Ephesians 2:10 reminds me: "For we are God's handiwork, created in Christ Jesus to do good works..." God has good works planned for me to do right where I am!

If I focus on what others are doing, I will miss the blessings and opportunities right in front of me. But if I focus on the God Who is at work, I will be right where I am supposed to be: in the center of His will.

God's Word convicted me of my sin of jealousy. (I hope you've never let that seep into your mind or heart.) I confessed it and hope to never repeat it!

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## KENTUCKY LIVESTOCK AND GRAIN MARKET REPORT

**KENTUCKY DAILY GRAIN PRICES bids for next day**

Corn #2 Yellow - Louisville (7.08) Pennyrile (6.91-7.01)  
 Soybeans #1 Y - Louisville (16.08) Pennyrile (16.29-16.37)  
 Wheat #2 SRW - Louisville (NA) Pennyrile (9.24-9.54)

**WEEKLY FEED INGREDIENT WHOLESALE PRICES, \$ PER TON Owensboro, KY**

Soybean Meal 48% .....487.70  
 Soybean Hulls .....215.00

**AUCTION**

	This Week	Last Reported 3/2/2022	Last Year
Total Receipts:	789	653	1,440
Feeder Cattle:	704(89.2%)	550(84.2%)	1,361(94.5%)
Slaughter Cattle:	85(10.8%)	83(12.7%)	65(4.5%)
Replacement Cattle:	0(0.0%)	20(3.1%)	14(1.0%)

Compared to last week: Feeder steer and heifer calves sold steady to 2.00 lower. Yearling steers and heifers 3.00 to 5.00 lower. Slaughter cows and bulls sold 2.00 higher. Supply included: 89% Feeder Cattle (43% Steers, 47% Heifers, 10% Bulls); 11% Slaughter Cattle (90% Cows, 10% Bulls). Feeder cattle supply over 600 lbs was 45%.

Groups of 20hd or more:  
 Steers: 61hd 864 lbs 141.75 blk/charx Heifers: 63hd 768 lbs 132.00 blk/bwf

**FEEDER CATTLE**

**STEERS - Medium and Large 1-2 (Per Cwt / Actual Wt)**

Head	Wt Range	Avg Wt	Price Range	Avg Price
5	280	280	193.00	193.00
5	300	300	190.00	190.00
9	406-437	416	182.00-190.00	187.20
6	406	406	191.00	191.00
16	470-482	475	180.00-185.00	183.44
9	530-535	532	168.00-180.00	175.97
16	500-546	536	180.00-187.00	182.50
32	555-588	569	160.00-182.00	173.53
5	591	591	174.00	174.00
15	605-644	636	150.00-160.00	157.15
30	610-641	629	162.00-172.50	167.42
6	665	665	143.00	143.00
23	678	678	160.00	160.00
5	734	734	144.50	144.50
6	750	750	142.50	142.50
61	864	864	141.75	141.75
1	990	990	116.00	116.00

**SLAUGHTER CATTLE**

**COWS - Breaker 75-80% (Per Cwt / Actual Wt)**

Head	Wt Range	Avg Wt	Price Range	Avg Price
18	1235-1600	1404	72.00-79.00	75.54
4	1440-1650	1493	80.00-81.00	80.72
2	1450-1470	1460	70.00-71.00	70.50

**COWS - Boner 80-85% (Per Cwt / Actual Wt)**

Head	Wt Range	Avg Wt	Price Range	Avg Price
20	950-1665	1278	68.00-72.00	70.24
3	1250-1350	1310	84.00-86.00	84.97
2	1260-1270	1265	66.00	66.00

**HEIFERS - Medium and Large 1-2 (Per Cwt / Actual Wt)**

Head	Wt Range	Avg Wt	Price Range	Avg Price
3	270	270	150.00	150.00
3	340	340	162.00	162.00
3	311	311	185.00	185.00
16	355-392	375	141.00-158.00	152.52
7	442	442	165.00	165.00
32	452-492	476	145.00-160.00	153.01
25	508-530	518	140.00-148.00	144.74
21	510-515	514	150.00-161.50	159.87
46	550-593	567	140.00-144.50	143.73
10	586	586	146.00	146.00
8	610-635	626	130.00-133.00	131.10
24	650-691	668	128.00-136.00	130.60
5	715-746	738	122.00-125.00	124.42
63	768	768	132.00	132.00

**COWS - Lean 85-90% (Per Cwt / Actual Wt)**

Head	Wt Range	Avg Wt	Price Range	Avg Price
4	970-1120	1038	63.00-65.50	64.34
7	840-1100	924	45.00-55.00	50.60

**BULLS - 1-2 (Per Cwt / Actual Wt)**

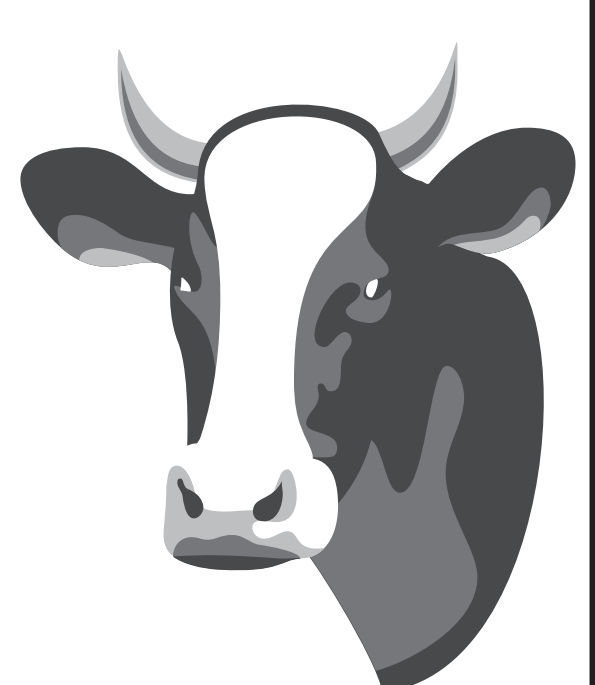
Head	Wt Range	Avg Wt	Price Range	Avg Price
2	1620-1850	1735	98.00-107.00	102.80
3	1720-2100	1973	115.00-119.00	117.84
2	1585-1685	1635	84.00-88.00	86.06

**HEIFERS - Small 1-2 (Per Cwt / Actual Wt)**

Head	Wt Range	Avg Wt	Price Range	Avg Price
1	375	375	138.00	138.00
3	660	660	113.00	113.00

**BULLS - Medium and Large 1-2 (Per Cwt / Actual Wt)**

Head	Wt Range	Avg Wt	Price Range	Avg Price
1	220	220	200.00	200.00
3	290	290	192.50	192.50
7	300-326	315	180.00-190.00	184.08
18	360-398	382	174.00-197.00	184.76
6	427	427	188.00	188.00
4	470	470	180.00	180.00
3	535	535	150.00	150.00



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