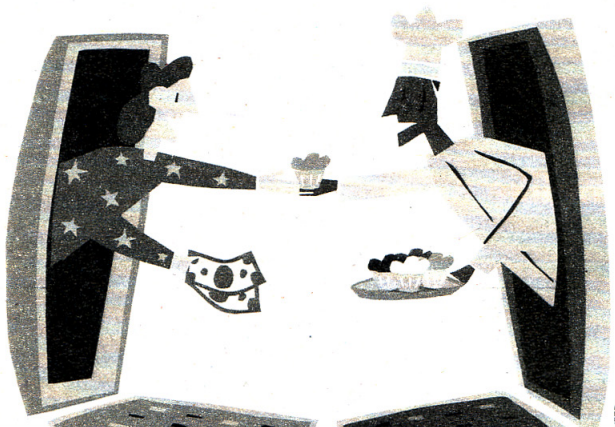


LET SOMEONE ELSE MAKE DINNER PLANS

You still do the cooking, but using an online menu planner can help de-stress your week.

BY LAURA DAILY

LOVE TO COOK but never know what to make for dinner? Let someone else do the planning for you. A bevy of new websites will deliver a week's worth of tested menus (and ready-to-go shopping lists) to your e-mail in-box. Typically, the recipes,



■ The Six O'Clock Scramble

Favoring less meat than most, this site offers about three vegetarian meal options each week. A kid-friendly section features easy-to-prepare recipes like Asian Turkey Burgers or Red Beans and Rice Burritos, all with complete nutritional information. \$4.95 a month; thescramble.com.

■ Relish!

This site serves "met" entrees

ing you'll spend about \$80 on groceries. Members also can access a new set of freezer meals, vegetarian dishes and desserts every month. \$5.95 a month; relishrelish.com.

■ Allrecipes.com Cooknik

USA WEEKEND food columnist Pam Anderson selects main dishes from the highest-rated recipes in the Allrecipes.com library. She and a team of professional food experts test and tweak the recipes.

One nifty feature of this site: Every

like Asian Turkey Burgers or Red Beans and Rice Burritos, all with complete nutritional information. \$4.95 a month; thescramble.com.

■ Dinnerplanner.com

Get e-mails every Friday with seven days of meals, plus side dishes and desserts. Co-owner Melissa Good tests every recipe herself, and the site has a "live chat" button in case you need immediate advice when preparing your food. \$15 for three months; dinnerplanner.com. 