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delicious in reality retirement can be challenging not only can living on a fixed income be pretty stressful but having to find ways to occupy your newfound free time can be easier said than done in

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meal preparation tips for seniors while there is no one tip that will work for everyone there are a few ideas you can incorporate into your week that will help make cooking for seniors easier on you and your older loved one make a weekly plan and write it down sit down on the weekend and plan out your loved one s meals for the entire week

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silver team as you age even simple tasks like making meals can start to seem like a chore however easy recipes for seniors can make meal preparation enjoyable healthy meals don t have to take too long to plan or prepare they can be both nutritious and delicious

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