

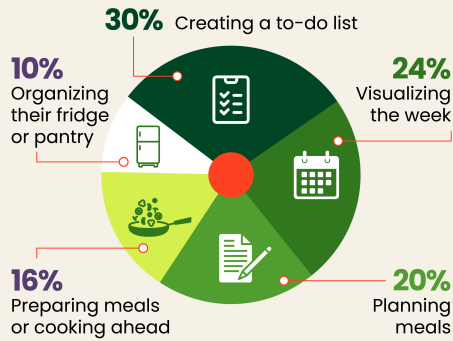
Combating the Sunday Scaries

The average American experiences the **Sunday Scaries**

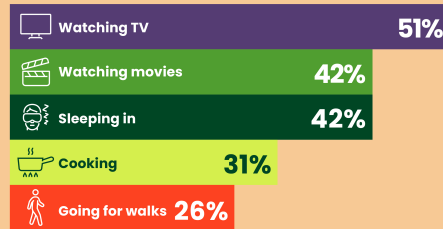
36 times a year



People try to get ahead of the week by:



Some of the most enjoyable Sunday activities are:



2/3

of those who cook usually plan to make or have **leftovers when cooking** on Sundays and

1 in 6

take the time to meal prep on Sundays



79%

believe **quick meals** can be just as delicious and satisfying as meals that take a long time to make

