

## Snacks...

Banana Bread  
Smoothies  
Yogurt with Fruit or  
Granola Topping  
Muffins  
Cereal  
Tuna and Crackers  
Trail Mix  
Homemade Granola  
Applesauce  
Sliced vegetables and Dip (we buy pre-sliced from  
Sam's—easy and fast snack!)  
Jello  
Fruit slices (either by themselves or with fruit dip)  
Cheese cubes and crackers

## Dinner Meals:

Meatloaf, Mashed Potatoes or Macaroni, Salad,  
Dinner Rolls  
Spaghetti, Salad, Homemade French Bread  
Lasagna, Salad, Homemade French Bread  
Loaded Baked Potato

Make Your Own Taco Salad Bar  
Make Your Own Nacho Salad Bar  
Nachos with Cheese Dip (and a movie!)

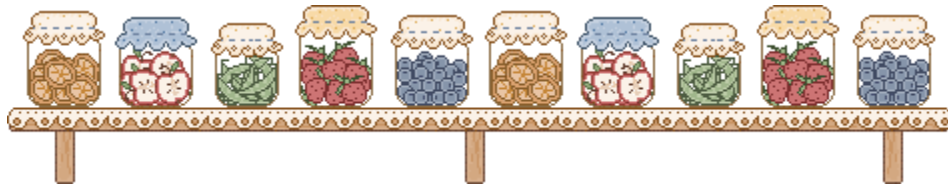
## Homemade Pizza

Chicken and Rice Casserole/Steamed Vegetables  
Chicken Stew/Cornbread or Crackers/Sandwich  
Chicken Noodle Soup/Crackers/Salad or Sandwich  
Chicken Tortilla Soup with Mexican Cornbread  
Grilled Chicken Breast, a variety of Vegetables on  
hand, Rolls  
Barbecue Grilled Chicken Breast, Baked Beans,  
Potato Salad, Rolls

## Easy???

What do you think? Easy? Yep, make it  
easy! Choose whichever ideas will help you to  
make EASY meals while leaving you time to  
enjoy the journey! Not only will you enjoy  
meal preparation much, much more, but you  
will also have more time to enjoy all of little  
things during your journey!

Have fun!  
Cindy





## Easy Breakfast Ideas...

Muffins (my favorites are in Sue Gregg's Cookbooks)

Smoothies! (we make ours full of fresh fruit, yogurt, and even a spoonful of flax seed—yummy AND nutritious!)

Bagel/Cream Cheese/Fruit

Cold Cereal (go Sam's!)

Hot Cereal—grits, oatmeal, cream of wheat! EASY!

Fruit and Yogurt! (LOVE strawberries and vanilla yogurt/blueberries and vanilla yogurt!)

French Toast (another goody that you can buy at Sam's and just warm up in the toaster!!!)

Breakfast Quiche (there are SO many great recipes in cookbooks and on the web!)

Breakfast Burritos!

Pancakes (Sue Gregg's Blender Batter Pancake Recipe is the BEST in the world!!)

Southern Breakfast—Eggs, Biscuits, Breakfast meat...

Waffles! (Sue Gregg's waffle recipes are the BEST!)

Granola (LOVE homemade!)

Yogurt with Granola topping



This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Soup and Sandwich

Hot Dogs/Chips

Homemade Pizza (easy!)

Super salad! Mix in grilled chicken leftover from dinner!

Grilled Cheese/veggies and dip

Bagel Bites (pizza!—Go Sam's!)

Macaroni and Hamburger Quickie!

Tacos

Fruit Salad

Soup and crackers







## Easy Snack Ideas...

Banana Bread

Smoothies

Yogurt with Fruit or

Granola Topping

Muffins

Cereal

Tuna and Crackers

Trail Mix

Homemade Granola

Applesauce

Sliced vegetables and Dip (we buy pre-sliced from Sam's—easy and fast snack!)

Jello

Fruit slices (either by themselves or with fruit dip)

Cheese cubes and crackers







Meatloaf, Mashed Potatoes or Macaroni, Salad, Dinner Rolls

Spaghetti, Salad, Homemade French Bread

Lasagna, Salad, Homemade French Bread

Loaded Baked Potato

Make Your Own Taco Salad Bar

Make Your Own Nacho Salad Bar

Nachos with Cheese Dip (and a movie!)

Homemade Pizza

Chicken and Rice Casserole/Steamed Vegetables

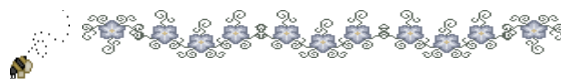
Chicken Stew/Cornbread or Crackers/Sandwich

Chicken Noodle Soup/Crackers/Salad or Sandwich

Chicken Tortilla Soup with Mexican Cornbread

Grilled Chicken Breast, a variety of Vegetables on hand, Rolls

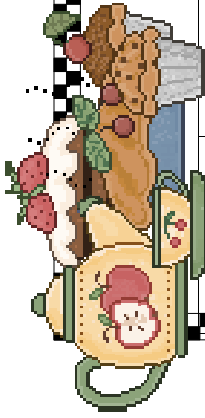
Barbecue Grilled Chicken Breast, Baked Beans, Potato Salad, Rolls





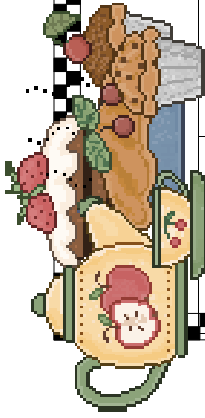


A large, blank area for writing, consisting of 25 horizontal lines. The lines are evenly spaced and extend across most of the page width. Decorative elements include small floral motifs at the corners and along the right side, and a small bee illustration near the bottom left corner.



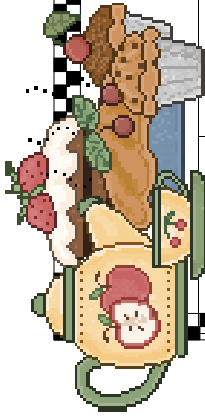
# Monthly Breakfast Menu Planner...

Day of the Week	Week One	Week Two	Week Three	Week Four	Week Five
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



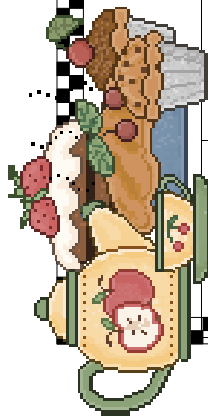
# Monthly Lunch Menu Planner...

Day of the Week	Week One	Week Two	Week Three	Week Four	Week Five
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



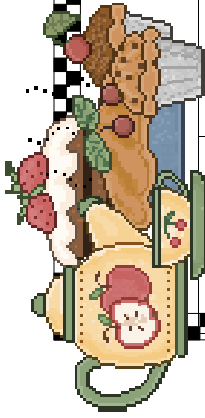
# Monthly Dinner Menu Planner...

Day of the Week	Week One	Week Two	Week Three	Week Four	Week Five
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



# Monthly Snack Menu Planner...

Day of the Week	Week One	Week Two	Week Three	Week Four	Week Five
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



# Monthly Teatime Menu Planner...

Day of the Week	Week One	Week Two	Week Three	Week Four	Week Five
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



# Chore Time!

We have two forms that we have designed to help with this area! The first is our Chore Planner. Our Chore Planner works with our Chore Chart to make an easy system for dividing up family chores, helping your children know what needs to be done that THEY can do, and rewarding their diligence with little blessings along the way!

## Instructions:

1. **Chore Planner...**First, copy one page for each family member. We like for ours to be printed on bright colored pieces of cardstock paper (one color for each child). Fill in the spaces to list chores that need to be completed by each family member. After we filled in our spaces, we laminated our copy and placed it on the refrigerator for easy reference.
2. **Chore Chart...**Copy one page for each family member. Again, we also copied ours on bright colored pieces of cardstock paper (one color for each child). Help each family member list their "wishes" on the form. At this point, we laminated our pages so they would be as durable as possible (we keep these on the refrigerator too!). Decide on how to check off the squares—we use cute stickers from the dollar store for each box. You could use a rubber stamp...an autograph...etc.
3. **Putting it all to work for you...**As each member faithfully completes each chore, check off each child's Chore Chart. We set the goal of a completed chart in exchange for their wishes! When they faithfully complete whole chart of tasks, we reward them with their blessing for their faithfulness.

Easy as A...B...C! Try it out for your family!

Have fun!  
The Rushtons

# My Chores...



## *Daily Chores...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## *Weekly Chores...*

*Monday* \_\_\_\_\_

*Tuesday* \_\_\_\_\_

*Wednesday* \_\_\_\_\_

*Thursday* \_\_\_\_\_

*Friday* \_\_\_\_\_

*Saturday* \_\_\_\_\_

## *Monthly Chores...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## *Seasonal Chores...*

*Household* \_\_\_\_\_

*Outside* \_\_\_\_\_

*Automotive* \_\_\_\_\_

*Extras...* \_\_\_\_\_



# My Chores...




My Wish...

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Date Achieved!

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# Re-Supply for the Battle!



Re-supply for the battle. This one seems so obvious. Battles empty out our reserves very, very quickly. We obviously cannot battle without supplies. A soldier pulls back into a retreat at any time that supplies get low or when they are in need of new weapons for the battle.

We are no different as we carry on in our battle. We cannot go on day-in-and-day-out without a full (and overflowing) storehouse of joy, encouragement, and inspiration. I know that I even find myself in the middle of a busy morning using up all that I have on-hand (by breakfast at times!). My only option at that time is my mid-morning re-supply. Oh, get a picture of this warrior at that moment...prostrate on the floor in the bathroom (I know it is the scummiest place in my house, yet it has a LOCK on the door!)...crying out in repentance and complete neediness...not getting back up until the Lord has cleansed, renewed and refilled me. How much more do we need a special "retreat" now to re-supply for the battle?

It is at this time of year that we need time sitting at the feet of the Lord to re-supply for the battle. We need to re-fuel on joy, HIS joy. We need to re-fuel on encouragement. Do you find any better encouragement than HIS encouragement? We need re-supply on His Word, allowing Him to speak to our hearts, souls, and minds through His own special Word, just for us!

As we are strengthened to go back on the battlefield, we need to also update our "equipment" so we are prepared for advancement or any hits that the enemy may wage against us to push us back. As Homeschooling soldiers, we need to "update" for yet another big year. We need to re-supply. Look at the supplies that you have, look at the supplies that you need. Take a look at your schedule, your plans. Find what you need to get where you are going. Get rid of all that hinders (1 Timothy 2). Gear up for yet another big year!



# Taking Care of Your Vessel...



Ok, getting REAL honest here! One of the keys to enduring is taking care of YOUR vessel. Whatever is INSIDE will pour forth outside.

What are some things that you are doing each day (in your schedule) JUST to take care of yourself? quiet time? Tea time? Reading? Exercise? Personal studies?

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What are some personal interests that you have been putting off? How can you pursue some of those interests this year?

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What are some achievements that YOU would like to work toward this year? How can you work time into your schedule to go for them this year?

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"A heart at peace gives life to the body." Proverbs 14:30

# My Favorite Websites:

Include a list of your favorite websites you find all along the way. Jot a note to remind you whether it is just for resources or for articles.

Name of Site:

Link to Site:

What I Like From This Site:

Name of Site:

Link to Site:

What I Like From This Site:

Name of Site:

Link to Site:

What I Like From This Site:

Name of Site:

Link to Site:

What I Like From This Site:

Name of Site:

Link to Site:

What I Like From This Site:

Name of Site:

Link to Site:

What I Like From This Site:

# Join Us Online!

Don't forget to see us NOW online at:

**<http://www.cindyrushton.com>**

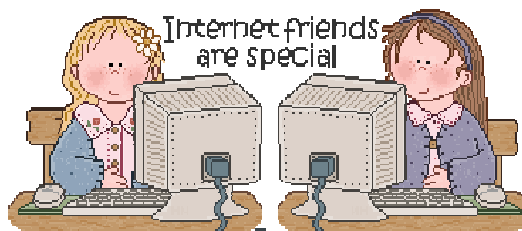
Want to come over for a TIME FOR TEA??? Bring your cup---well, if you know us, you will want to bring a POT OF TEA---settle in for a nice afternoon (or evening!) friend-to-friend!

- ♥ Our NEW Mom-to-Mom Discussion Board!!
- ♥ NEW articles from our TIME FOR TEA and HOMESCHOOLING MAGAZINES--constantly growing and changing!!
- ♥ Articles featuring HOMESCHOOLING KIDS IN BUSINESS...AND how to help your young entrepreneur get started with THEIR OWN business!
- ♥ REAL help for GETTING ORGANIZED!
- ♥ FREE Ready-to-Print NOTEBOOKING REPRODUCIBLE PAGES for your homeschool notebooks: right now we already have pages loaded for your Bible Journals, Copywork Pages, Nature Study Notebooks, History Timelines, and MORE!
- ♥ Our COMPLETE catalog listing in EASY to open and view sections (On Adobe PDF) in FULL LIVING color!
- ♥ Cindy's NEW Traveling Schedule--continuously updated!
- ♥ Links to our ONLINE MINISTRIES!
- ♥ EASY and SAFE Online Order Form!

- ♥ Information on how to purchase subscriptions and back issues of our TIME FOR TEA MAGAZINE and our HOMESCHOOLING THE EASY WAY MAGAZINE!
- ♥ An EASY-TO-PRINT Order Form for your regular mail orders!
- ♥ Links to our archives of our MAGAZINE ARTICLES online!

PLUS! You can come to our HOME ON THE WEB 24-hours-a-day, 7-days-a-week to...

- ♥ Contact us by email, through our website, phone, or regular mail!
- ♥ Sign up for our events online!
- ♥ Subscribe to our FREE ONLINE magazines!
- ♥ See Our Updated Weekly Articles and Sales Specials!
- ♥ Share your QUESTIONS, TESTIMONY, TIPS, and IDEAS for our magazines!
- ♥ Send your order through Paypal!



Take a peek...but...  
DON'T FORGET your  
tea...AND...don't forget  
to pass the word to ALL  
of your friends!

With Love, The Rushtons