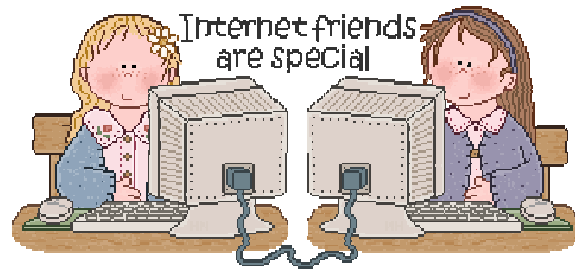


# Help On The Internet...



"Thus says the Lord, The God of Israel: Write all the words which  
I have spoken to you in a book."  
Jeremiah 30:2

# Websites You're GONNA LOVE!



## **All Recipes Cookie Recipes...**

<http://cookie.allrecipes.com/>

## **Copy-Cat Recipes!**

One of my FAVORITE sites! Want your favorite recipe from your favorite restaurant? Well, check this site—you will probably find it!

<http://www.copykat.com>

## **Cooking with Kids...**

[http://www.learningtreasures.com/kik\\_march.htm](http://www.learningtreasures.com/kik_march.htm)

<http://www.kidskreate.familyclassroom.net/>

## **Crock-pot Recipes!**

<http://busycooks.about.com/library/lessons/blcrockpot101.htm>

<http://www.crockpotrecipes.com/>

<http://tinyurl.com/5qv7d>

<http://www.crock-pot-recipes.info/>

<http://www.crockerykitchen.com/>

<http://www.tastycrockpotrecipes.net/>

<http://busycooks.about.com/library/recipes/blcrockrecipes.htm>

<http://busycooks.about.com/cs/crockpotrecipes/a/longcooking.htm>

## **Dinner's in the Freezer!**

<http://www.dinnersinthefreezer.com/>

<http://www.30daygourmet.com/>

## **Easy Mixes...**

<http://members.tripod.com/~MaryMae/jarlinks.htm>

[http://www.nikibone.com/recipe/gifts\\_in\\_a\\_jar.html](http://www.nikibone.com/recipe/gifts_in_a_jar.html)

<http://cookie.allrecipes.com/> (click COOKIE MIXES)

<http://members.tripod.com/~Tweezle/makemix.html>

<http://www.cookingcache.com/jargifts.html>  
<http://www.frugalhomemaker.com/giftsinajar.htm>  
<http://soup.allrecipes.com/directory/3258.asp>  
<http://www.hugs.org/makemixdex.shtml>  
<http://www.recipesource.com/misc/non-food/gifts/>

**Fly-Lady Website...**

<http://www.FlyLady.net>

**Fly-Lady Mentors Discussion List...**

<http://groups.yahoo.com/group/FlyLadyMentors/>

**Frugal Homemaker...**

[http://www.frugalhomemaker.com/library/topic\\_j.htm#mealplanning](http://www.frugalhomemaker.com/library/topic_j.htm#mealplanning)

**Food Equivalentents**

<http://www.culinarysoftware.com/equals.htm>  
<http://www.geocities.com/NapaValley/1442/food.htm>

**Gifts in a Jar...**

<http://www.grannyskitchen.com/jar.htm>  
<http://www.dinnersinthefreezer.com/gifts.shtml>  
<http://www.creativeladiesministry.com/jarrecipes.html>  
<http://www.geocities.com/giftsinajar/>  
<http://members.tripod.com/~herespoo/index.html>  
[http://www.nikibone.com/recipe/gifts\\_in\\_a\\_jar.html](http://www.nikibone.com/recipe/gifts_in_a_jar.html)  
<http://members.tripod.com/~MaryMae/jarlinks.htm>  
<http://holidayorganizer.com/gifts/giftsjar/index.html>  
[http://cookie.allrecipes.com/ \(click COOKIE MIXES\)](http://cookie.allrecipes.com/)  
<http://www.cookingcache.com/jargifts.html>  
<http://members.tripod.com/~Tweezle/makemix.html>  
<http://www.frugalhomemaker.com/giftsinajar.htm>  
<http://www.geocities.com/napavalley/2175/Jars/aalist.html>  
<http://www.recipesource.com/misc/non-food/gifts/>

**Homemade Bread Help Online...**

<http://countrylife.net/bread/>

<http://www.breadbeckers.com/>  
<http://www.countrybaker.com/>  
<http://www.urbanhomemaker.com/>

### **Homemade Gourmet**

Ready to use mixes for main dishes, desserts, soups, etc! Want to buy? Use MY distributor—Sally Dasto! (She is SUPER!) Want your own business or to buy direct? Also ask Sally! I love their meals that can be ready from start to finish in 20 minutes!!

<http://www.homemadegourmet.com>

### **Kid's Cuisine...**

<http://www.kidskuisine.com/>

### **Land-O-Lakes...**

<http://www.landolakes.com>

<http://www.landolakes.com/mealideas/index.cfm>

### **Leanne Fly's Website...**

<http://www.savingdinner.com>

### **Measurements...**

<http://www.grannyskitchen.com/measure.htm>

### **Menu-Mailer...**

Submitted by Michelle Coates, "You sign up and she sends you a menu (6 meals) + serving suggestions + grocery list. It's inexpensive at \$9.95 for 3 months."

<http://www.menumailer.net>

### **Message Boards—to ask your questions!**

<http://www.mom2momdiscussion.com>

<http://pub42.bravenet.com/forum/show.php?usernum=3602905816>

<http://www.frugalhomemaker.com/phpBB/index.php>

### **Now You're Cooking!**

<http://www.ffts.com/>

**Recipe Archives...**

<http://www.recipearchive.com/>

[http://www.benjerry.com/our\\_products/recipes/](http://www.benjerry.com/our_products/recipes/)

<http://tinyurl.com/5w2fs>

<http://www.recipelands.net/>

<http://www.recipesource.com>

<http://www.30daygourmet.com/>

**Recipe Substitutions...**

<http://www.mts.net/~evelyns1/hints.htm>

<http://www.grannyskitchen.com/substitute.htm>

**Side-tracked Home Executives...**

<http://www.shesintouch.com/>

**Sue Gregg Online...**

<http://www.suegregg.com/>

**The Bread Beckers Website...**

<http://www.breadbeckers.com/>

**World Famous Easy Meals...**

<http://www.worldfamousrecipes.com/quick-meals-recipes.html>

# Planning Pages...



"Thus says the Lord, The God of Israel: Write all the words which  
I have spoken to you in a book."  
Jeremiah 30:2



A series of horizontal lines for writing, consisting of 25 evenly spaced lines that fill the lower two-thirds of the page.





## 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









## Easy Lunch Ideas...

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







## Easy Dinner Ideas...

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






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# Articles Just for YOU!



"Thus says the Lord, The God of Israel: Write all the words which  
I have spoken to you in a book."  
Jeremiah 30:2

# Tips To Help Make Managing the Kitchen EASY (Well, Easier!)

By Cindy Rushton

- ⇒ Set up "Work Centers" for each step of the cooking process—for example, have a work area for preparing your homemade bread, another for mixing "wet ingredients" and yet another for chopping, etc.
- ⇒ Buy measuring spoons and cups to leave in your storage containers for staples like flour, sugar, baking mixes, etc.
- ⇒ Need menu ideas (EVEN after all we include here-ha!)? Keep your favorite take-out menus in a notebook. Plan homemade versions of your favorite take-out meals!
- ⇒ Try EASY Bulk Cooking! Yep! All you have to do is double your recipe when you are preparing a meal. Serve half, store half. Then, you will have a complete meal, ready-to-warm later on a busy day. No more eating out on those stressful days!
- ⇒ Keep kitchen cleaning supplies and tools in a bucket all together. You won't waste time hunting for what you need and you will also be able to glance to see when you need to restock your essentials.
- ⇒ Don't forget Crock-pot cooking! Not only are your meals easy to prepare, but the nutrients are preserved in the dish! Be sure to use your crock-pots for your stove-top dishes. Less mess. Less work. And, for those like me—less likely to burn! :) Try out your soups, stews, meats in your crock pot! You will LOVE IT!
- ⇒ Leftover veggies? Meats? Keep in baggies for your soups! Easy, fast, and you don't waste those bits!
- ⇒ Clean as you cook! Use that time waiting for your meal to cook so you do not have that after meal mess awaiting!
- ⇒ Make your own recipe book! Why not work through all of those old cookbooks and recipe books to collect your favorites (the way YOU cook them/like them) into your own recipe notebook? Not only can you save space in the kitchen, but you can also save space in your schedule hunting up those recipes when you are in a pinch. OH! And also less boo-boo's with those recipes that are not exactly what you like. OH! And...what an heirloom for your family members!

# Elisabeth's Cookbook!



Join Elisabeth Rushton as she takes you into the kitchen and shares her favorite recipes! Whether your need is for a fresh idea to give a try...a recipe that your whole family will love...or a easy recipe option, you will love every page of this recipe book!

Grab your apron...warm your oven...and join Elisabeth in the kitchen. You are sure to have a blast learning how to make these fun and easy recipes!

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