

3. I shop for one month at a time and cook as much as possible in the next 2-3 days. I would like to do it all in a day, but don't have the time or stamina in this season with so many little ones.

4. When I am in the mood to bake, I bake as much as I can and freeze it for when needed. Very handy when someone calls to ask if I can take a meal to someone and I can pull out dinner, bread and dessert from my freezer, all homemade with no last minute panic! We have also had friends from out of town call me in the late afternoon to say they are in town on business today only, can they see us and I can happily invite them over to dinner THAT NIGHT and not panic! Since we are military, this happens a lot and it does motivate me to keep up with the cooking and cleaning, because you just never know when someone is going to call and I do want to see them!

5. If I am want to make one casserole, cake, pie etc. I make 2 or 3 and freeze the extras. One mess with a double or triple yield. I only do this with recipes I know we love and that freeze well.

6. Look online for bulk cooking plans and recipes that sound good to your family.

7. Check cookbooks out of the library before buying one. Give it a trial run.

8. Only keep recipes you and your family love. My mom has a recipe file filled with recipes she wrote "fair" and "poor" on and she still makes them! I keep ones that are good enough to write "outstanding" or "very good" on. Our favorite recipes come from friends and I keep their names on the recipe card. It is a pleasant way to remember my friends who no longer live near me when I make one of their recipes.

9. I fill one shelf in my freezer with bags of frozen vegetables and then pull one out to make a quick side dish. Steam, serve with butter and salt.

10. As I have kept trying new things, my children have developed a taste for a wide variety of foods. They have learned not to be picky.

I'm looking forward to seeing what the other moms contribute. Thank you for all the work you are doing to compile this.

Laura Beck in FL

PS...Here are my worksheets:



Menu Plan for the month of \_\_\_\_\_

Date

- \_\_\_ (OF) 1. \_\_\_\_\_
- \_\_\_ (OF) 2. \_\_\_\_\_
- \_\_\_ (OF) 3. \_\_\_\_\_
- \_\_\_ (OF) 4. \_\_\_\_\_
- \_\_\_ (BF) 5. \_\_\_\_\_
- \_\_\_ (BF) 6. \_\_\_\_\_
- \_\_\_ (CK) 7. \_\_\_\_\_
- \_\_\_ (CK) 8. \_\_\_\_\_
- \_\_\_ (ML) 9. \_\_\_\_\_
- \_\_\_ (ML) 10. \_\_\_\_\_
- \_\_\_ (N) 11. \_\_\_\_\_
- \_\_\_ (N) 12. \_\_\_\_\_

Bread/Special Breakfast

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

Dessert

- \_\_\_ 1. \_\_\_\_\_
- \_\_\_ 2. \_\_\_\_\_
- \_\_\_ 3. \_\_\_\_\_
- \_\_\_ 4. \_\_\_\_\_

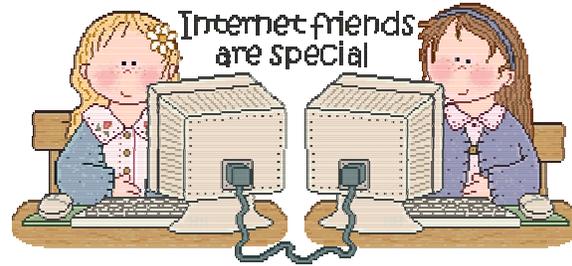
Other

- \_\_\_ 1. \_\_\_\_\_
- \_\_\_ 2. \_\_\_\_\_
- \_\_\_ 3. \_\_\_\_\_

# More Help...

"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 Equivalents**

<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/aaalist.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...**

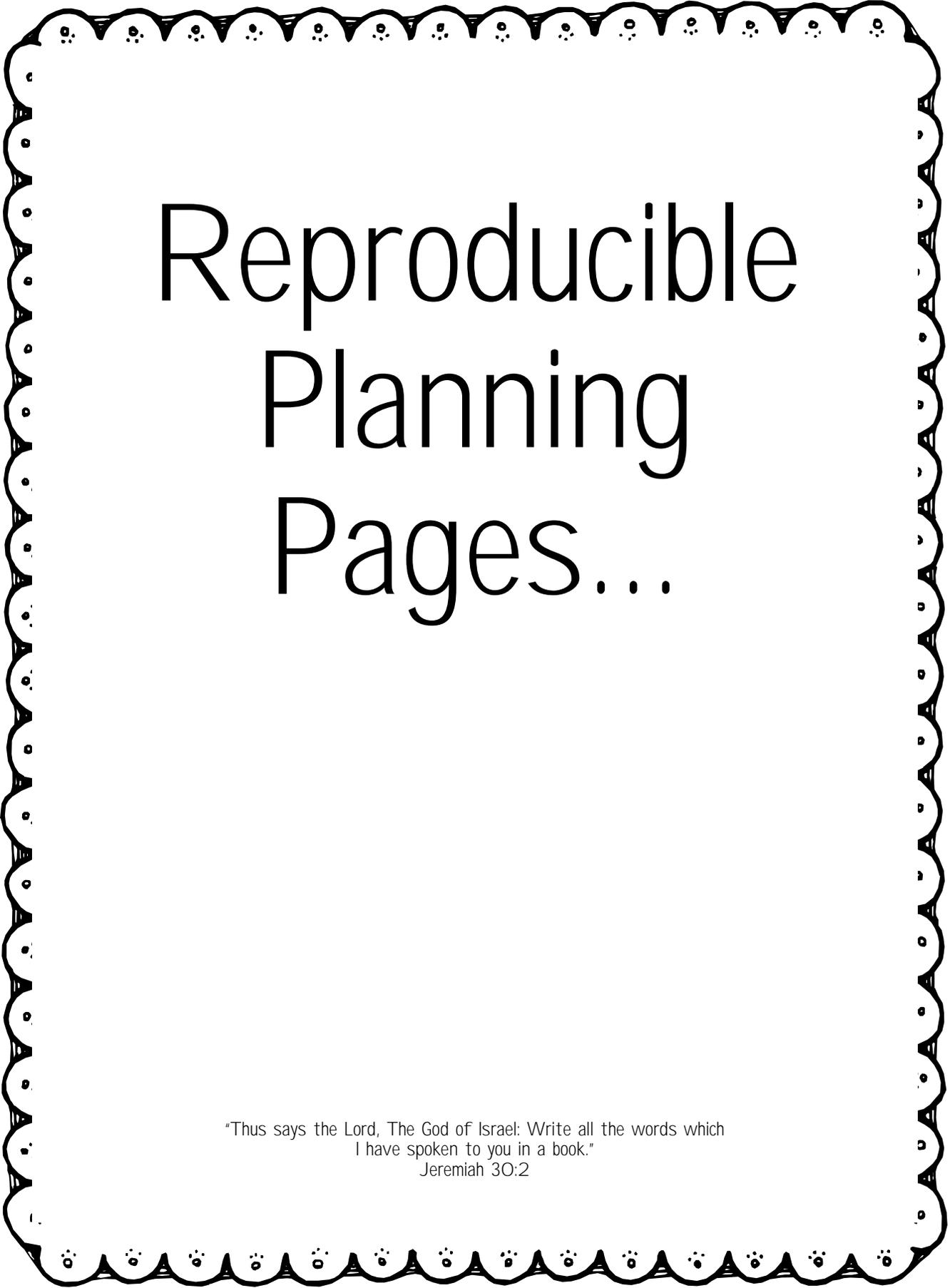
<http://www.suegregg.com/>

**The Bread Beckers Website...**

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

**World Famous Easy Meals...**

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



# Reproducible 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

# Reproducibles For Your Menu Planner!



Our Menu Planner would not be complete without forms designed JUST FOR YOU! This section is full to overflowing with forms that you can copy/print for the pages in your own Menu Planner!

As many of you, I am currently very, very busy. I need practical systems in place that ENCOURAGE me on those really hectic and frustrating days. I need DO-ABLE plans that will not take all day dawdling in the kitchen—unless I want to! Ha!

Taking time to develop your own Menu Plans will save you time and stress for years to come! In addition, you will be building an heirloom that can be passed down to generations to come!

Pages in this section were patterned after our Kitchen Management Notebook that we developed in our home. I looked EVERYWHERE (trust me!) for a system that could really work for me. There were things in each that made things, well, more laborious than they were in the beginning! So, you see the result! I could not find any system with pages that really were designed for all of the many areas of kitchen management that I needed to plan. Most were full of pages that I did not have ANY use for. Many of them were either too plain...too detailed...or too pretty to ever use—I didn't want to mess them up! AND I paid by the page for those beloved printed planners! They are lovingly on the shelf UNUSED.

That is not what these are about! Although you are certain to find WAY more in this section than you could possibly use in your home today, our goal was to provide you with pages that were designed to be used for years to come! We have kept these forms simple. We want for these pages to make your meal planning EASY and DO-ABLE! So ready to dig in and begin YOUR notebook? Let's go for it! I will walk you through all of the details!

## What You Need To Begin...

All you need to make your own are using these reproducibles is a **3-ring binder**, **plastic sheet protectors**, and **copies of the pages in the formats you prefer**.

Our favorite notebooks are the **3-ring vinyl notebooks** that have the clear pockets on the outside so you can design your own covers. We usually choose the white notebooks (Either 2 or 3 inches thick notebooks.) and fill it full of **plastic sheet protectors**. We **print/copy** our

pages as we build our notebook. One thing that are also adding to our notebook is pictures that we are taking along the way. We use a digital camera so we can print out pictures on our computer printer. This has been SO much fun. Not only are we personalizing our notebooks, but we are also creating true heirlooms for generations that we many never meet!

As we set up our pages, we **slip the pages in a plastic sheet protector**. We add to our planner as we have time to work on it.

As you build your notebook, simply *choose your favorite style of binder...invest in a good number of sheet protectors...and print the pages* that you will need to begin with (See *Getting Started* if you have no idea where to begin.). Then, simply *order your pages to fit your needs*. We suggest that all pages be slid into *plastic sheet protectors* and kept in 3-ring binders in order to remain nice and neat. We especially recommend sheet protectors for this notebook since it will be exposed to more elements that could damage the pages. Even the sheet protectors cannot guard against spills, so be very, very careful with your notebooks.

Don't be frustrated by the number of forms included in the next few pages. We designed them so you could mix and match to build a planner that would meet your own unique needs.

Another note! We decided to offer this system in this particular format because we have noticed that we tend to run out of some pages faster than others. This system not only takes that into consideration, but plans for it from the very beginning! You can copy the pages that you use the most! The others are there for those extra needs that pop up along the way! We hope that you will enjoy our format and use it for years to come!

## Ready To Get Started?

Yep! It is this easy! Ready to dig in? Let's go for it! Just turn the page and let's get started!

### Special Note:

These pages are designed for use by each individual family. You are welcome to reproduce as many of these pages as you ever need FOR YOUR OWN FAMILY. Please honor our work by not sharing with a friend without our permission. (all of our pages are copyrighted) Let them know that they can obtain their own book by visiting our home on the web at : <http://www.cindyrushton.com> or by calling us at **1-888-HSBOOKS**. Also, be sure to stay in touch with us as we continue to develop other great products that are designed to make your life easier!

# Weekly Menu Planner

	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				



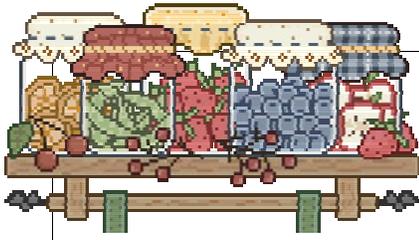
# Weekly Menu Planner

	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

# Weekly Menu Planner



	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				



# Weekly Menu Planner

	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

# Weekly Menu Planner



	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				



# Our Weekly Menu Planner

	Breakfast	Lunch	Dinner	Snacks	Teatime
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

# Our Monthly Breakfast Menu Planner

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

# Our Monthly Lunch Menu Planner

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

# Our Monthly Dinner Menu Planner

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

# Our Monthly Snacks Menu Planner

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

# Our Monthly Teatime Menu Planner

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



	BREAKFAST	LUNCH	SNACK	DINNER	PREP/PULL FROM FREEZER
SUNDAY	Homemade Donuts Fruit Orange Juice	Hamburgers Potato Salad Beans	Cheese Popcorn	Butter Bean Pie Tossed Salad & dressings	
MONDAY	Leftover eggs & sausage	Leftovers	Chips & Salsa	Chicken Stir-fry Chinese Noodles Fruit Salad	
TUESDAY	Breakfast cake Fruit	Piggy n Blankets Macaroni Salad Carrots	Cookies or bars	Lasagna Tossed Salad Garlic Bread	
WEDNESDAY	Pancakes, or French Toast Honey Butter, Maple syrup	Sandwiches Salad	Popcorn	Chef Salad Muffins	
THURSDAY	Hot Cereal	Veggie Soup Crackers	Bagels & Cream- Cheese	Fried Ham Mashed Potatoes Broccoli & Cheese Sauce Bread & Butter	
FRIDAY	Muffins & Smoothies	Macaroni & Ham & Peas	Special treat	Biscuits & Gravy Relish Tray	
SABBATH	Daddy cook	BBQ Lentils & ham cornbread		Pizza Burgers Potato Salad Jello Salad	