

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Easy Meals for Moms on the Go!

By Sarah Delaporte

Easy Meals for Moms on the Go! by Sarah Delaporte

For moms and students, eating healthy and inexpensively is a necessity to maintain energy but many times hard to accomplish.

Here are some quick tips for grabbing a quick and inexpensive meal when time, energy and money are in short supply! :) Eat for under \$1 a meal and give your body the healthy energy it needs.

For several years now, I have tried to come up with ways to eat quickly, nutritiously and inexpensively. Combining these three aspects has been a difficult goal, but I believe it has and can be achieved. Here are some insider tips I have learned that I would love to share with you! :)

For \$1 with time in short supply, I stop at McDonalds and order a salad with Vinegrette dressing. They have dark green leaves, tomatoes and very fresh vegetables in their salads making this a very healthy alternative. For an extra buck and added protein, I add the breaded chicken sandwich from the dollar menu, tear the chicken into pieces and add those to my salad. (I often throw the sandwich bread away or offer it as a 'healthy' snack to nearby birds.)

For breakfast, I keep the all in one nutritional drinks close at hand. When I have no time to spare, I can quickly drink one of these on the road and have my nutritional needs met without the time! Plus, they taste good too. :) Yum! (These average \$1 a can)

For lunches, you can use tortillas and add peanut butter and jelly to them. Then roll them up and cut them in half for a healthy snack.

I also store frozen goods in the freezer at work. This saves me money and I am quickly able to zap fish, chicken, or vegetables in the microwave for a healthy and inexpensive meal. This method also keeps the food longer so you won't have to always remember to pack a meal. Another suggestion is to store frozen juice at work and make it before lunch in your own container (providing there is room in the company refrigerator). This is a healthy and inexpensive alternative to pop.

Whatever you do, make sure you are hydrated and well-fed. Your health depends on it!

Sarah Delaporte is the owner of Freebie Coupon Corner. She loves helping consumers save money on their groceries with her helpful e-book publications. For more information about Freebie Coupon Corner, you can visit the website at: <http://www.couponcorner.net>

Secrets Of Happy Moms

By Carrie Lauth

Have you ever noticed how some Moms seem to be very contented and confident in their role as Mothers, and others seem chronically stressed and approaching burnout? Why are some Moms unflappable and able to keep their sense of humor, while others overreact to the slightest stressors in their day?

I'm currently observing and interviewing these happy Moms as I conduct research for an upcoming book. While all Moms are different, these women usually have several of the following traits in common.

1) They keep it simple. I know one Mom who grocery shops every two weeks and buys the exact same thing every time to prepare the same menu of 14 dinners. Why does she do this? She's picked the family's favorite meals for her menu to save herself time and arguments at the dinner table. Anyone with kids knows they like to eat the same things over and over! This Mom has decided not to reinvent the wheel twice a month. This is just one example of keeping it simple.

2) They teach their kids to be independent. This doesn't mean they leave them to their own devices all day. But a smart Mom knows that a 2 year old can put a dish in the dishwasher, a 4 year old can prepare his own peanut butter and jelly sandwich, and a 7 year old can sweep a floor (albeit imperfectly!). Call it "outsourcing" for Moms.

3) They drop the SuperMom complex. Not sweating the small stuff seems to be a common trait of happy Moms. They learn to pick their battles. Getting buckled into a car seat? Not negotiable. Pink paisley pants with the orange plaid shirt? Fashion creativity.

Happy Moms also realize that being an awesome Mom doesn't mean being a perfect Mom. 'Nuff said.

4) They can often be overheard repeating the phrase "This too shall pass". It doesn't mean that bothersome behavior in kids should be overlooked, for discipline is a huge time saver in the end. It means that Moms realize that children are...well, uncivilized creatures, and that much uncivilized behavior will simply go away on its own as the child matures. Smart Moms are also keenly aware of their child's development and don't expect more of them than they are able to give.

5) Smart Moms take care of themselves. They don't blame the baby for their extra weight when the baby in question is potty trained! They put emphasis on good nutrition, avoiding too much by way of stimulants (caffeine, sugar), they get adequate rest, and daily exercise. They realize that you can't pour from an empty bucket.

Easy Meals for Moms on the Go!

6) They live in the moment. Happy Moms realize that the days are long but the years short. It's not that they are impervious to stress, it's that they have learned to lower their expectations and be in the moment when things get difficult. When your toddler is puking all over the house, this is not the time to reorganize the hall closet. A sick day then turns into a time to create sweet memories of hours spent reading and cuddling on the couch.

7) They don't worry about what others think. Whether it's the disapproving glare from the old lady in

the checkout line, the Mother in law who is convinced you're starving the baby by breastfeeding, or the Pediatrician whose medical advice strays into parenting advice, happy Moms learn not to give too much weight to the opinions of those who don't live in their home.

8) In other words, they trust their instincts. Whether it's taking the baby to bed with them so they can get more sleep or taking a bullied child out of public school, smart Moms know that they are the expert of their own babies.

9) Happy Moms have "something else" It may be a part time home based business or a hobby like belly dancing. These Moms know that some day their babies will fly the coop, and they make sure they have a passion that will give them purpose when that happens.

Carrie Lauth is the author of the upcoming book: "Awesome Moms: 187 Years of Mothering Wisdom". Take a sneak peak at

. For more great articles and resources for Moms

doing things the natural way, visit



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!