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

Family Meals – Better For Children, Easier For You

By Geoffrey Cook

Another day, another dinner to prepare. Are you having a difficult time finding easy to prepare meals that can satisfy your growing family?

You want to give your family the best, but time is in short supply and preparing a healthy meal has become a chore. Too often take out or frozen dinners have to do. Is there a way to combine healthy eating with convenience?

Yes! New methods of cooking and easy to prepare staples can change your eating habits and lead to a better eating style for your family. According to the 'Kid's Health' Program created by the Nemours Foundation, family meals are an important part of developing healthy habits in your kids. Eating as a family will encourage your kids to eat healthy foods like whole grains and vegetables. It will discourage unhealthy snacking and even make them less likely to try smoking, alcohol or marijuana.

But how do you plan healthy family meals on a tight schedule? Here are some ideas to start:

Does your family love lasagna? Maybe you thought that it was a labor intensive dish that just doesn't fit your lifestyle. Cheesy and full of fat, perhaps it's not even a wise choice. However, lasagna is actually one of the most versatile meals to prepare – and with instant (no boil) noodles, it doesn't even have to be a big job.

There are lasagna recipes for vegetarians, low-carb, low-fat and even diabetic diets. Lasagna noodles now come in instant, no-cook preparations that cut time and energy when making this hearty dish.

For lasagna or other pasta dishes, try using whole wheat pasta and shredding carrots or zucchini into the meat sauce for an easy way to up the nutritional value. Using lean ground beef or even substituting with ground turkey or chicken can make for a surprising, yet nourishing result. Buy bottled pasta sauces for even faster preparation – many grocers carry a wide assortment that will add variety to your dishes.

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Looking for an elegant chicken dinner? Don't forget about frozen skinless chicken breasts. Baked in the oven with a dollop of salsa and shredded cheddar on top makes for a healthy alternative to frying or heavy sauces.

Need ideas for a side dish? Why are you wasting time cutting and washing lettuce when you can pick up a prepackaged bag at the grocers? Not to say it's the cheapest method, but it definitely helps busy families put nutrition ahead of convenience when planning a meal.

Have you ever tried steaming vegetables in the microwave? Fresh or frozen veggies make for another easy side dish when they're popped into the microwave for a few minutes. Add a couple tablespoons of water and cover with a paper towel, an easy AND healthy alternative to frying or boiling.

We're all concerned about our children eating healthier foods. Regular family meals will encourage kids to develop healthy eating habits – an important key to good health later in life. By making meal time less stressful you can focus on the joys of spending time together instead of the hassles of preparing

meals.

You too, can manoeuvre in the unfamiliar waters of gourmet cuisine, with just a few well-learned techniques that are easy to master, and build a repertoire of literally hundreds of dishes and deserts. Let Geoffrey set you on the path today, to gastronomical delights!

<http://www.free-recipe-books.com>

7 Cost Cutting Tips

By Kara Kelso

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Today's market is rough, so all of us are looking for ways to cut costs. Here are just a few that you can try for yourself:

1. Shared plans with cell phones.

If you have a cell phone that offers shared plans (two or more phones sharing the same minutes for a small extra fee) and have a family member that you can trust, ask them if they would like to split the bill with you. My normal cell phone bill was \$45, but only \$15 for an extra phone and number that a family member has. We split the bill and now each of us only pay \$30/month. Not bad for free long distance!

2. Watching for "free admission" days

Many places offer "free admission" days or weekends for children or entire families. Even discount days or weekends can help your budget. Watch for these so you can take your family on a special

outing.

3. Only eat out on "Kids Eat Free" nights

Several restaurant chains and local places have specific days of the week where children eat free. If you only eat out on these specific days you will see a significant drop in your monthly expenses. (Children can eat more than you think sometimes!)

4. Prepair Home Cooked Meals

Even if you are too busy, just cooking quick and simple meals a 3 or 4 times a week can keep you in left overs for days. One of the simplest are roasts that you can just throw in the oven and forget about for a few hours. If it's a large enough roast a family of 4 can make meals out of it for days (just don't forget to throw in several potatoes with it!).

5. Buy the "cheap" brands

Most the time the cheap brand is just as good as the name brand, minus the fancy lable of course. If you are buying the cheap brand for an ingredient in a home cooked meal, I doubt you or your family can tell the difference.

6. Reusing SOS pads

A very small cost, but a way to cut it all the same. Instead of just using that SOS pad once and throwing it away, use it several times. Be sure to put it back in the box with the rest of the unused pads so that it keeps.

7. Limit shopping to once a week

We all know the importance of shopping lists, so be sure that you have everything on your list. This includes all ingredients that you need for meals in that week. Limiting your shopping trips will help not only on the costs for gas, but also on impulse buying costs.

There are many, many more ways to cut your costs, but I hope that these few simple ones will have a possitive impact on your budget!

Kara Kelso is the owner of Mom's Market, which is an online mall where shoppers can support mothers by purchasing products and services from a mom–run business. Visit:

<http://www.momsmarketonline.com>



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