



TO: TAYLER

LOVE: AUNTIE LAUREN



BEFORE BABY



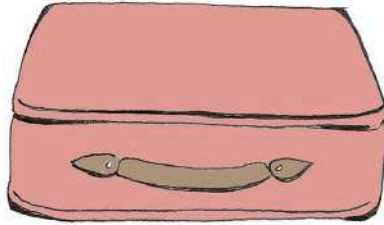


Packing Your Hospital Bag

for the baby's arrival



Hospital Pre-Registration Forms



Insurance Card - Information



Eye glasses

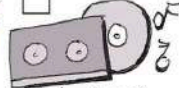


Contact Case



Books

Mags



Videotapes
CDs



Hair Clips

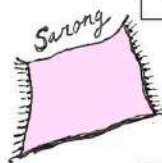


Lotion

Lip Balm



Comfy Pillow



Sarong



Cozy Socks



Camera

x-tra battery



Snacks/Water



Panties



Toiletries



Bra

Pads



Night Gown



Cozy Clothes



Slippers



Purse



Here's
BABY



Baby
Life
Icons



Bottle



Motherhood

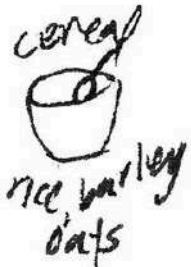
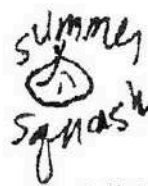
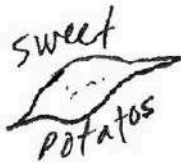
affirmations and lessons



Baby's First Menu

6-8 months

~ Two teaspoons of cereal mixed w/ breastmilk.



- All purees...

Cereal + puree of cooked pureed fruit..

7-8 month-



8 months



What to bring for a 3 day trip

25 diapers



Swaddle



Blanket

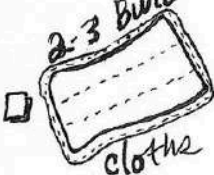


Bottle pump



Socks

2-3 Burp cloths

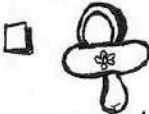


Baby Wipes

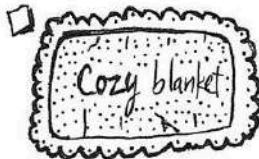
Outfit



Pants



Pacifiers



Cozy blanket



Hat



onesies



Toys



Stroller



Brush



Bibs



Onesies



Diaper bag



Max's stuff

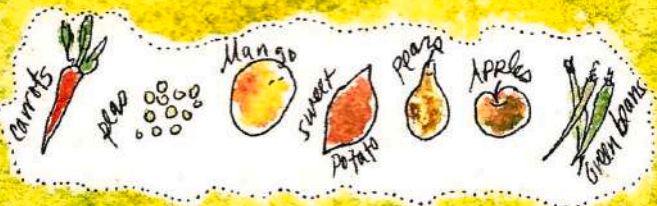
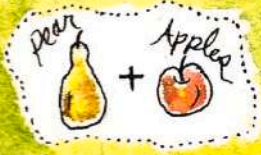
Food
Pacifier



My stuff

Mag
Book

Baby Food Combos





Solid Foods

eight to nine months



- Add more texture
- More self feeding
- More tool time
- More variety

Food to add for variety:



Green squash



Soft Cheese



TOFU



Hard cooked yolk



Cottage cheese



Prunes



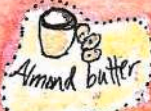
Yogurt



Apricots



White potatoes



Almond butter



Apple sauce



Chicken pieces





BABY OUTINGS

CAMP Los Angeles



Activities
with BABY



Moms Rules for herself - How to enjoy the ride:

Do things without needing others approval

Believe you can do it, and you can do it

Give yourself a boost

Be present with your children everyday, avoid the inane distractions

Take their lead when you can

Imagine

Just do it – schedule and call

Cherish, value, and be grateful

Small steps

Reward myself with something healthy for my spirit

Embrace discomfort, it is OK and necessary when changing habits

Be positive

See the joy

See the beauty

Join in and have fun

Let go

Accept others for who they are and who they can be – accept differences

Take care of yourself (pamper, groom, put on make up,

Be an example of joy, fun and love and commitment and accepting

Be gentle to yourself

Decorate with flowers

Cook whole food meals (fruit, veggie, beans ,grains

Value everyone in your life

Find mediation time in whatever you do (setting the table, washing dishes)

Sing while you do things

Take a class, be amused and grow

Simplify (less stuff, less shopping, simple meals, clean as you go along,

Eat healthier (yogurt, smoothies, soups, water)

Affirmations – your are doing the best

Take charge when it is needed to protect yourself, children, and self respect

Know your limits, and play to your strengths

Do nice things for yourself

Don't take things personally

Marriage is a challenging, take the challenge and grow in the way you need

to

Decide, and be confident in that decision

Mantras for MAMA

NOT ALL WHO
WANDER
are lost



If how you
feel about
yourself that
is what
counts



CONTINUE
to learn



If how you
feel about
yourself that
is important

NOT ALL WHO
WANDER
are lost



I will always
be a mom

ACCEPT
the new age



EAT WELL
PLAY YOUR MINDS



Be gentle on yourself



Clean as You Go Along







Find those who move

at your own pace



Be Positive

Speak positive thoughts



Be as strong

as you can be

GOAL LINES

Feel free



Time of yourself - Make it fun



Focus



Follow Through



Not healthy - eat better



Love w/ Attention



Do Yoga - swim



Make Friends, be honest



Learn More



Do things for others



with grace

Move at Your Own Pace





Disappointment,
learn patience



Sorrow,
learn hope



Pain,
learn strength



Danger,
learn courage



Failure,
learn endurance



Success
learn gratitude



Prosperity
Learn...
generosity



Praise, learn
humility



Joy
Learn
Sharing

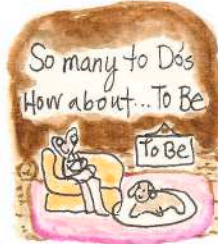


Blessed with
health
help us to learn caring





What is my
VISION...
My Goal
for my ♥



So many to Dos
How about... To Be



Get Stronger



Make a daily
30 minute art

PRACTICE



Share with SAFE
Friends
Support the friendship
with people you value

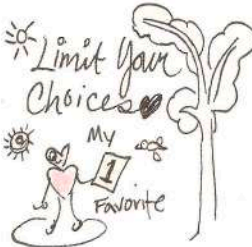
CHANGE
your story



SMILE More

Put a smile on
your face

Watch your
mood @ your
children... It
does affect them



Limit Your
Choices ♥

My
Favorite



Call & Contact
family more
Regularly

Be Present







WORK ON YOUR HOME



Give Gifts

GIVE ART



Be Positive AGAIN



EAT WELL

Plan your meals

Do what you can..



enjoy it



Accept this how age

Continue LEARNING

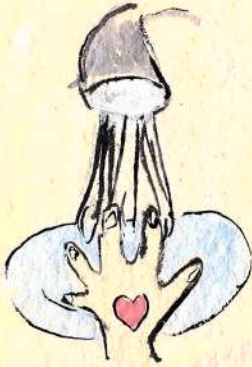


Make new artist friend



WALK Exercise class

WASH



HANDS

CLOTHES



in the HAMPER



IN the Box

Shoes



PUT away

I Love You





Let's Have A Party

Chamomile Cooler Tea



Floating
flowers

1 can Frozen Lemonade
4 cups chamomile Tea
2 1/2 cups Ginger Ale
I.C.E.

Combine lemonade &
tea... Add ginger ale.
Stir - Chill - Add ice
float some flowers.

Daisies
Yellow
Sweetness

Yellow Cake with



cream
cheese
frosting

Lemon curd filling



Daisy Frosting

6 oz Cream
cheese

6 T. Butter

3 C. powdered
sugar

Lemon zest

beat cheese & butter / low
Add sugar & beat til blended
Increase speed, till fluffy
stir in zest.

PICNIC Supplies



- BENTO-
- Pasta Salad
 - Dips
 - drumsticks

LAUNDRY BASKET to put it all into -

OTHER PICNIC IDEAS - foods, drinks, dressings



String bean salad
 - new potatoes
 - red onion
 - small tomatoes



Mint Tea
 w/ honey
 CHILLED



Noodles w/ Peanut Sauce
 - egg Noodles
 - Peanut Butter
 - Soy / sesame oil
 - cucumber
 - chicken
 - garam masala Paste



Home made
 MAYO
 - 1 egg
 - 1 t. dry mustard
 - 1/2 c oil
 - 1 t lemon juice



Oat + sesame
 Crunch
 3/4 c mango
 5 T honey
 3 c. oats
 1/2 c. seeds
 350° 20-25 min
 8 in square



Pasta Salad
 - Sanw peas
 - asparagus
 - Parmesan
 - basil
 - Scallions



Vinaigrette
 3/3 c. olive oil
 2 t. dijon
 2 t. vinegar
 S & P
 SHAKE IN JAR



Picnic OMELETTE
 Cook 4 eggs, milk-w/
 spice...
 Make 4 thin omelette
 Place on top of chipate
 FOLD in half, once again



Veggie



dip for
 Veggie
 - cottage cheese
 - plain yogurt
 - mint, garlic, chive
 - lemon juice (1/2 lemon)
 - S & P



olive
 dressing
 1 cup oil
 1 egg
 garlic
 washtecher
 balsamic/lemon

Buttercream




Cream Cheese



♥♥ Frosting for Cakes ♥♥

Buttercream frosting
- 3 CUPS

1 cup Shorting (Crisco)

1 stick butter 

1 1/2 tbs. desired flavor

4 cups Powdered sugar

2 tbs. milk

Cream Cheese frosting
- FOR 1 CAKE

1 cup (2 sticks) butter
- room temperature

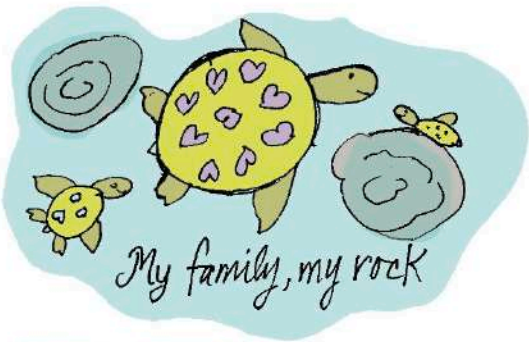
8 oz cream cheese
- room temperature

2 cups confectioners' sugar

1/2 t. pure vanilla extract

Cream butter & shortening.
Add flavor, gradually add sugar
one cup at a time. Beating on
medium speed. Scrap sides &
bottom often. Cover with damp
cloth. Keep in refrigerator.
2 weeks. Rewhip before
using.

In a large bowl, cream
butter w/ a mixer until fluffy.
Add cream cheese - blend on
medium speed. Sift sugar
over mixture - Beat until smooth.
Add vanilla while beating.



My family, my rock

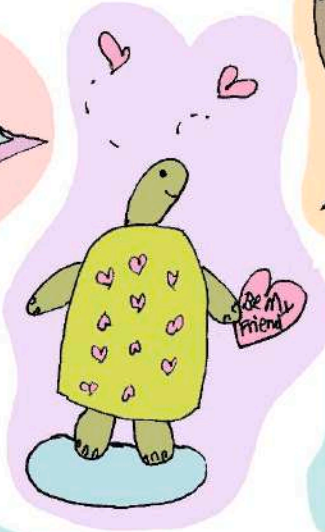


sealed with

LOVE



You are so tweet



Be My friend



Bee my FRIEND



Be my moo friend

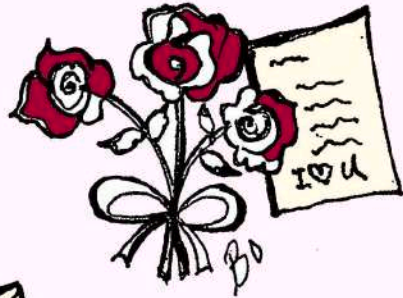


May you forever

bee my sweet friend



Chocolates



Sweets



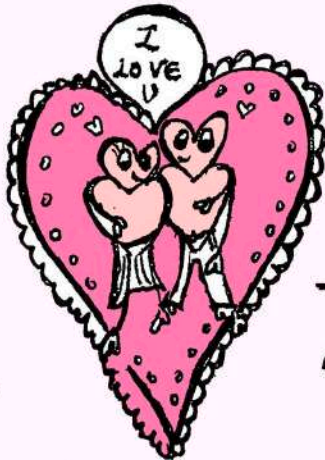
Valentines



Cherishments



Attractive heart



and kisses



YOU R CUTE

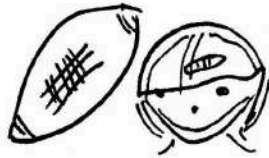


I LIKE YOU

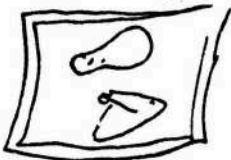


I LOVE U





SUPER BOWL SUNDAY

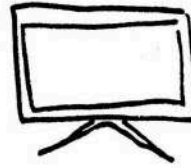


Drumettes
wings

Mini
Hot dogs



in puff
pastry



CHILI

croutettes w/
hummus



Hot & Spicy
mustard



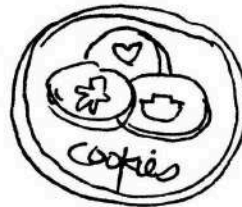
M & M's
w/ nuts



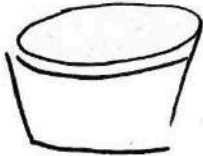
CHEESE ONIONS

Shopping List

- Beans - 8-10 CANS
- cheese
- onion
- puff pastry
- hummus
- mini dogs

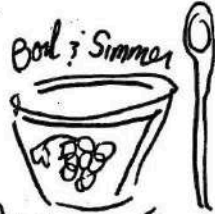


TO DO

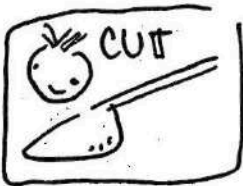


BOIL EGGS

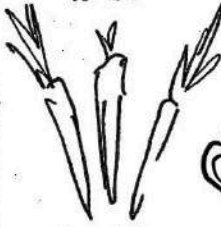
CUT
PARSLEY



COMPUTE



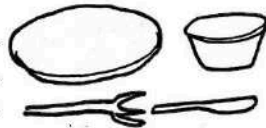
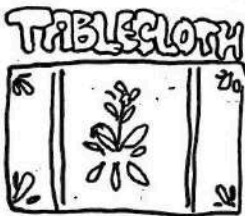
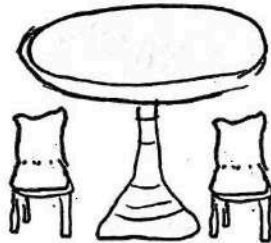
CUT ONIONS



CUT
PEEL CARROTS



BRISKET in the OVEN
325 - 5 hours



SILVER WARE

PASSOVER TABLE



Rosh Hashanah



Meal



Roast Chicken - 4 lb
Rice, Raisins, apple,
O.J. Cinnamon, onion



Challah
ROUND



Apples Honey



CHEESE CAKE
- sour cream
- cream cheese



Israeli Salad

cucumber
4 tomatoes
bell pepper
2 green onions



Short Ribs



Green beans
Asparagus



Shofar
Cookies

butter - $\frac{1}{2}$ stick
heavy cream (2T)
 $\frac{3}{4}$ c almonds
- make into powder
1T flour $\frac{1}{2}$ c sugar



CARVE & DECORATE
WITH
PUMPKINS



PICK APPLES



DIP APPLES in
HONEY

BURN a
AUTUMN
CANDLE



AUTUMN FUN BUCKET LIST

HAPPY
NEW
YEAR
THOUGHTS



SHOP PUMPKIN
SPICE

HALLOWEEN

menu



Shirley's Chili
- Pinto - blk bean - kidney - refried bean
- tomato soup - tomatoes - sausage
- turkey



Condiments
pasta

Corn bread



Casserole
- corn - sour cream
- cream corn - corn mix
- onion



Salad



Cookie



cookies



Pie



Whipped cream

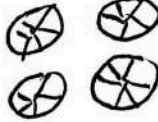


Halloween Menu



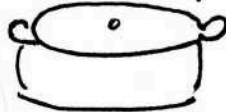
Orange / lemon
clove
cider
spices

Mini Pizzas

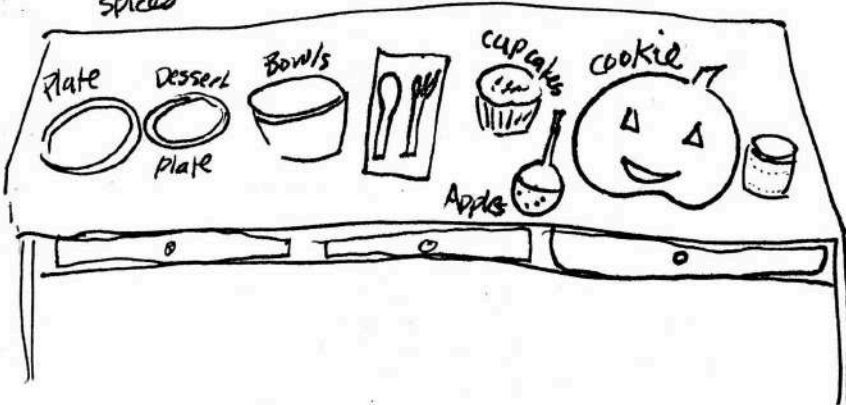


cheese
pizza sauce
muffins

WHITE CHILI



Beans - white
corn - frozen
chili - green
bratn
chopped chicken
onions garlic
spices



Thanksgiving



→ Apple Pie & cream



- sweet potato yum



- creamed spinach



- Pumpkin pie



- cranberry sauce




TURKEY



Potatoes & stuffing



Turkey Tips

- Picking a turkey - 1-1 1/4 lb per person
- Remove turkey - 1-1 1/2 hr. before roasting
- Temperature - Roast at 400°. breast side down for the first 45 min...

 Reduce temp. to 325 - turn turkey breast side up - till done

Weight	Total Roasting Time	Pan size
10-12 lb.	2 1/2 - 3 hrs	small pan (10x10)
12-14 lb.	2 3/4 - 3 1/4 hrs	medium pan (15x12)
14-16 lb.	3 - 3 3/4 hrs	medium pan (15x12)
16-18 lb.	3 1/4 - 4 hrs	large pan (16x13)
18-20 lb.	3 1/2 - 4 1/2 hrs	large pan
20+ lbs.	3 3/4 - 4 1/2 hrs	large pan





Begin testing 30 minutes before total roasting time is reached
 Cover bird loosely w/ foil while it rests... after removing from oven.
 Rest - 20-30 minutes
 Frozen turkey takes 2-5 days to thaw from refrigerator.



Pumpkin Pie

- 1 refrigerated pie crust
- 1 can (15 oz) pure pumpkin
- 1 1/2 cups milk
- 3/4 cup sugar
- 2 large eggs
- 2 Tbsp. flour
- 2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/4 tsp. salt
- Pinch of clove & ginger

- Heat oven to 350°. Fit crust  into a 9 in. pie plate. Crimp or flute edges (optional)
-  Put all ingredients in a large bowl and whisk or beat with a mixer until blended. Pour into crust.
- Bake 1 hour or until a pointed knife inserted near center comes out clean.
- Remove to a wire rack & cool 1 hour.

Pilgrim Hat COOKIES



- Place cookies on work surface... squeeze a dime size dot of frosting in center of each.
- Unwrap & invert peanut cups on frosting, press down gently.
- Using the round tip, pipe a hat-band around peanut cup.



Hanukkah



BRISKET... 375°
3 hrs..



3 lb brisket 2 T. pickle
2 cloves garlic 2 T. sugar
5 onions 4 c. water
1 1/2 cup wine 4 carrots
2 parsnip 4 lb. prunes.

Potato



LATKAS (12)

3 potatoes to 1 onion
2 eggs - 3 T flour



OPEN ME

COOKIES



Butter (1 stick) 1 egg
Sugar (1 cup) Vanilla (1 t)
Flour (2 c.)
1/2 t. baking powder 1/4 salt

FROSTING

2 cups powdered sugar
1 T lemon juice
1 T water - 2-3 drops coloring

Apple sauce



Latkes Tips

- Make day before
20 min before,
Reheat 350° - 10 min

- Freeze onion before
chopping

- Have ingredients ready
before adding potatoes
No Discoloring, or
add soda to prevent





Party Ideas - Snacks & favors

UNICORN / FAIRY PARTY

375 - 25 min
 lemon zucchini
 berry muffins
 1/2 cup zucchini (grated)
 1/2 cup oil
 1/2 cup maple syrup
 2 eggs, beaten
 1 t. vanilla
 zest 1 lemon
 1 1/2 cups berries
 1/2 cups whole wheat pastry flour
 1/2 t. pack baking powder / soda
 1/2 t. salt...



Mayamade.blogspot.com

Summer berries



Pies 350°
 graham crackers
 - granola
 - nut butter
 - honey
 + Fruit and if crumbly
 yogurt / berries



Mushrooms
 from a paper bag



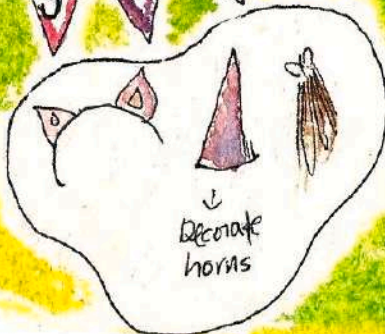
Fairy Necklaces



Mini Muffin tin
 Sparkly fairy
 Dough



Pin wheels - paper sticks



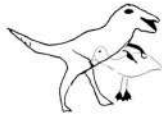
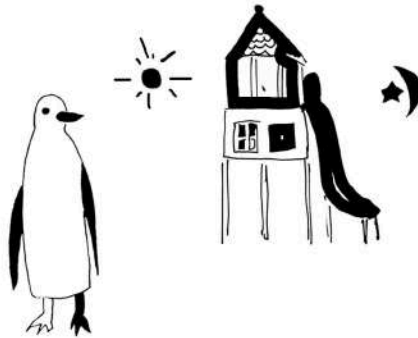
Decorate horns



4 stakes
 old sheet
 Rope / twine
 Ribbon bands
 decor



Burlap bags
 Paper Mart



TODDLER Time

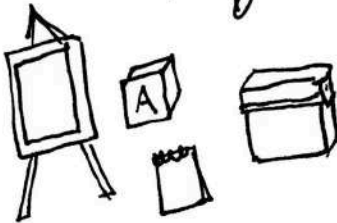


Art PROJECTS

- for Toddler 2-3 yrs... SKILL SET..

- Fine Motor
- colors

Painting

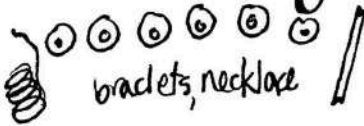


Gluing



- canisters
- painted stuff
- paper plates
- sequins
- feathers

Stringing - beading



bracelets, necklace

- Need to pre-cut shapes

- cup w/ items to glue

- tissue paper

Molding



- salt clay
- play dough

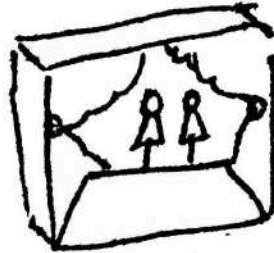
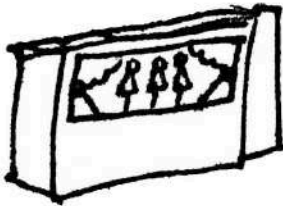
- edible dough

Printing

- Stamps
- potatoes/Apples
- sponges

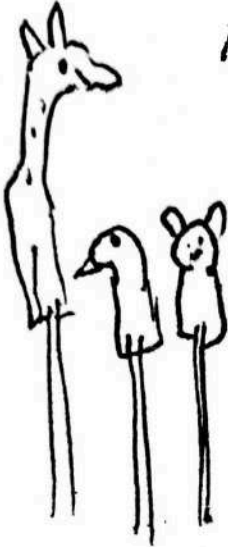
Mixture
- Puppet theater

Use a wood box



- cut out slits in back

Fold up part of box - $\frac{1}{2}$
Fabric on upper half.



Puppets on a stick



PUPPET

HOME RULES

Share, and take turns

Use a kind voice

Don't grab toys from our bothers,
sisters or friends

We use our manners

No fighting or pushing

We don't dump or throw toys

Ask friends or family for help

We listen to our parents words

Always tell the truth

Use your own brain to make good
choices

Love deeply

Kiss and touch the ones you love

Read and learn always



PLAYDOUGH

4 cup flour
8 T. cream of tartar

4 cups water

1 cup salt
food coloring

$\frac{3}{4}$ cup oil / or less



combine all ingredients
together
MEDIUM FLAME

- Stir for 20 min.
- Cool on foil
- Store in ziplock...
3 months

Paper MÂCHÉ GLUE

$\frac{1}{2}$ ☐ water $\frac{1}{2}$ ☐ flour - stir in

2 ☐☐☐ boiling water - simmer 3 min...

- COOL...
- tear newspaper in 1 in. wide strips
 - 3 layers of newspaper - let dry overnight...
after each layer...

Lunch Snacks

Tuna Sandwich
Peanut butter
Cheese / Avocado / sprouts

Muffins

Rice Paper wrap
Herb
Shrimp
Fruit

Tortilla wrap
- chicken
- cheese
- avocado
- peanut butter
- banana
- jam
- beans

Queso sauce

seed / bean dip

Pretzels
Tortilla chips
salsa

cookies
Big Crackers
Garden Crackers

Week of MENUS



Solid Foods

Right to mix ingredients

- Add more texture
- More self-feeding
- More fun time!
- More variety

Try to eat for variety:

- Soft chunk
- Green leafy
- Hard, chewy
- Yoke
- Apricots
- Almond butter
- Apple sauce
- Pomegranate
- White pears
- Chicken pear
- Apple sauce

Solid Snacks

the ingredients:

- Eggs
- Vanilla
- Coconut
- Apple
- Cranberry sauce
- Butter
- Peanut butter
- Caramel

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Solid Snacks

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- Caramel

Trip tip



425° - 35-40 min - remove, let rest
loosely covered 15 minutes

Oven fried chicken



Boneless thighs - drumsticks
- 375° - 20-30 minutes
Bone in thighs - 40 min.
Breasts - boneless - 20-25 min
Breasts - pounded - 425° - 15 min

Turkey Breast



350° - Covered - 45 min
375° - uncovered - 15 min
Cover loosely - 10 min



Baked fish - 350-400° @ 6 min-8 min
brushed w/ butter & herbs

Baked fish (salmon) in parchment - 425° - 5-7 min

Poached fish - 5-7 min. per 1 in thickness



Drumsticks in sauce
450° - 30-35 min.
turn to other side at 15 min
or broil - 10 min side

Broiled Salmon
in sauce - 8 min



Baked chicken



breasts w/ crumbs -
450° - 15-20 min
cover w/ sauce
Chicken thighs - 450° - 20 min
- turn after 10 min

MEATS

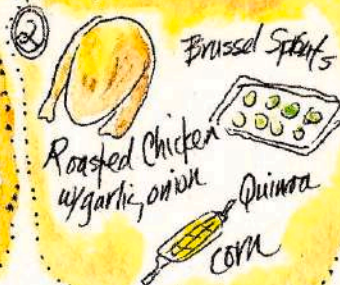
- How to cook
in oven -
easily

7 Nights of Dinners

① Chicken Tenders
corn-basil salad
Pasta w/ corn, basil, asparagus
Honey-ginger glazed carrots



② Brussel Sprouts
Roasted Chicken w/ garlic, onion
Quinoa
corn



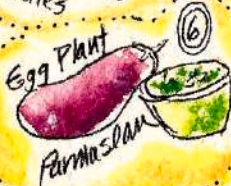
③ Apple-Cranberry Crumble
Spinach Salad
Frozen Meatballs Noodles
Feta, garbanzo, red onion



④ Salmon - Pea! Carrots



⑥ Egg Plant
Parmesan



⑤ Lentil Salad
quinoa
Bread



⑦ Burgers



seed/bean dip



cookies



Graham crackers



Pizza



Quesadilla

w/beans
avocado



French Cafe

Bistro lunch



sandwich



WHAT WILL YOU MAKE ?



soup

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Veggies/sauce
cheese
crackers

snack box lunch



Quinoa Salad



Quesadilla Mexican

Asian Lunch



sandwich



Burgers

- bean beef
- lentil chicken
- turkey



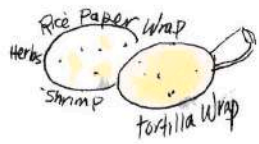
Pretzels



tortilla chips



salsa



Rice Paper Wrap

Herbs

shrimp

tortilla wrap



Pasta ...

Fruit

Veggies

Pasta Lunch

Tea Sandwich Ingredients

Vegetables
 radishes
 arugula
 mint leaves
 cucumber
 lemon
 watercress
 celery
 dill

Meats
 chicken breasts
 eggs

Spices
 curry
 poppy seeds
 mustard

Cheese
 cream cheese
 goat cheese
 (montrachet)

Nuts
 Pecans
 finely chopped nuts

Bread
 White bread
 Whole Wheat

Other
 soybean sprouts
 soft cheese and watercress
 Raisin Poppy seed Tea Sandwich
 Chicken Curry Tea Sandwich
 Cucumber Tea Sandwich
 Lemon, butter, eggs, cream, cream cheese
 strawberries, sugar, buttermilk

THIS Week

Ingredients: onions, garlic, lemon, berries, plums, asparagus, green peas, salmon, sweet potato, broccoli, Brussels sprouts.

Recipes:
 PASTA-VEGGIES or RICE - Lentils
 Tofu-veggie
 Chicken - Pan-fried
 Salmon
 Potatoes - Carrots
 Sweet Potatoes

SNACKS
 celery/carrots - Hummus
 Apple Turnover - Make crust cut apples...
 Avocado
 Cheese + Apples
 FRUIT
 LUNCH TIME
 Potato Potatoes
 Pasta - cheese
 Sandwich soup

Salads - lunch items

Salad mix
 chick, herb, nuts, dressing, lemon, onion, oil, 20%

herbs
 dill, basil, parsley, etc.

nuts
 almonds, walnuts, etc.

grains
 quinoa, rice, etc.

protein (P)
 Avocado, chicken, egg (b or T), vinaigrette

Dressings
 Avocado, onion, egg (b or T), vinaigrette

Other items:
 Rice - brown, Salad - edamame, Egg - poached fruit
 Spinach - arugula, corn - avocado, Roastie Maci Salad
 Italian Chopped: roasted peppers, white beans, olives, feta, shallots, nuts
 TACO SALAD: cooked rice, cheese, red beans, french dressing
 Quinoa - corn: quinoa, cooked, basil, corn, red onion
 Green bean: green bean, salt, oil
 Dressing 1: oil, sesame oil, lemon, scallion, cheddar
 Dressing 2: shallot, dill, honey, apple cider, rice vinegar, oil
 Potato-onion vinegar - pan-fried

Cooking Time

	M	Tu	W	Th	F
Sun					
Moon					
Cloud					
Water					
Meat					
Sea					

Icons: bowl, pan, fork, knife, plate, cup, spoon

Lunch for school



Bistro lunch

sandwich



Quesadilla-Mexican lunch

snack box lunch



Pasta....

Fruit Veggies

Pasta Lunch



French Cafe

Asian Lunch



Veggies

- Carrots
- Snap peas
- tomatoes
- Cucumbers

Rice-Quinoa

Mixture

- Peas
- Eggless
- tomato
- lemon/soy
- oil/sesame oil

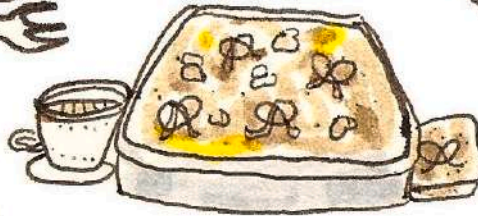
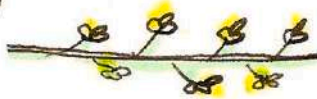
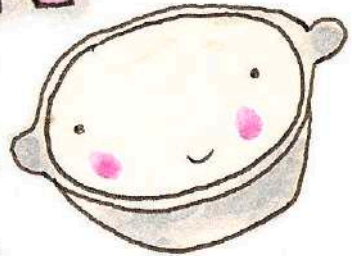
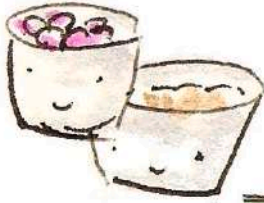
COOKING FOR NEW MOMS

- Prep food in the morning
- If you made it, reheat in a 200 degree oven
- Have water ready in saucepan for pasta and veggies,
- Use a rice cooker
- Large batch and freeze
- remember to take out of the freezer the night before -

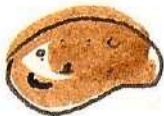


LET'S COOK

SOUP TIME



snack



SNACKS

Latte-deli
biscotti

Lowfat Yogurt
w/ Lowfat
whipped cream

Nachos
Baked chips
Refried bean
cheese/salsa
400° - 10 min

Bread with
cream cheese
Peach/fruit
chopped walnuts

wheat bread
w/ Almond
Butter
chocolate
Milk papaya
lime juice

Whole wheat
Crackers w/
cream cheese
& jam...

Popcorn
Tomato
Juice

Berry Pan
Salad
Berries
custard/yogurt
bananas/juice

Dat-e
Muffin
350° - 15 min

Milk
Almond
cereal

Dates
Lemon
custard
yogurt

Angel
Frost
cakes

veggies
w/ low ranch
dressing

strawberries
w/ chocolate
sauce/syrup

Trail
Mix

Apple
Bread/Pudding
soy milk-vanilla
condensed milk
- loaf bread -
Apples

Grapes
Milk

Granola Bar
Raisins

Berry Smoothie
Cran/raisins

Mexican Hot
Cocoa
- nut fat mk - 4t. cocoa
- 4t. sugar
- Vanilla

SMOOTHIE

chocolate
Mousse/Puff w/
- soy milk-moc.
- non dairy dessert
topping
- chocolate syrup
- creamer style mouse
mix - Nestle

oat bran
fig muffin
400° - 20 min

chocolate
milk

Blueberry
Muffins
- butter/milk
- oat
- rasp & blue berries
350° - 25 min.

Toast
Almond
Butter

Mango w/
lime juice

Blueberry
Froze
- milk
- vanilla
- nutmeg
- ice cream
- 1 cup blueberries

Pineapple
chunks
mk
cottage cheese

Black bean dip
baked tortilla chip
salsa

Frozen Fruit

Hummus w/ Veggies
Spinach
beans
- lemon
- 2 garlic
- oil

Fruit
Warm Milk

Frozen
Frappe
1 1/2 c. frozen yogurt
1/2 c. decaf
2 cups ice
- lime syrup

YOGURT
w/ jam
nuts/seeds

calabry
with
peanuts
butter

tropical
Fruit Salad
w/ lime

sweet
potato

steamed
Frozen
Yogurt
w/ 2
Vanilla
waffles

Apple
Banana
Orange

Blueberry-Lemon-Bread Loaf




Ingredients:
3 cups of flour
1 cup sugar
4 t. baking powder
2 eggs-beaten
grind of 2 lemon
 $\frac{1}{2}$ t. salt
4 T. chilled butter
1 $\frac{1}{2}$ C. blueberries
1 cup Milk

 Combine the flour, sugar, Baking powder and salt in a large bowl...

Using your fingertips or pastry blender work the butter into the dry ingredients until it looks like coarse crumbs.



 Mix in the blueberries & lemon rind... Stir in the milk & eggs until well blended.

Pour into pan  Bake 55 minutes or until a toothpick inserted in the center comes clean.

Artichoke hearts

Chicken breast

sun-dried tomatoes

olive tapenade

Chicken & Artichoke Panini w/ olive tapenade

Vegetarian ingredients

asparagus, artichoke, avocado, basil, eggplant, garlic, mushrooms, shallots, onions, peppers, tomatoes, corn

Eggs

Parmesan

chives

Parsley

arugula

roasted red pepper

Cheeses to add

Asiago, blue cheese, cheddar, smoked cheddar, fontina, goat, gorgonzola, havarti, mozzarella, Provolone, swiss

Dressings & Sauces

Olive tapenade, Roasted garlic smear, basil pesto, chili mayo, vinaigrette, ranch, teriyaki

Meats

Bacon, roast beef, Chicken breast, ham, pepperoni, prosciutto, Salami, tuna, turkey

Breads to use

focaccia, Italian, Sourdough, pho/casserolet bread, wheat bread



I wish for you, storybook love



ENJOY THE RIDE

LOVE,
AUNTIE LAUREN



