

# Week-at-a-Glance



September 20, 2014 - September 26, 2014

Plan Feature	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Prep Ahead	Go grocery shopping. Freeze salmon.	Prepare sausage, peppers, taco meat. Slice fruits and veggies.			Hard boil eggs while preparing dinner.	AM: Remove salmon from freezer. PM: Wrap potatoes in tinfoil and set out slow cooker.	
Meals			Sausage & Peppers Rustica Side Salad	Beef Soft Tacos Spanish Rice	One Skillet Meal: Chicken & Stuffing	Baked Salmon with Pesto Sautéed Green Beans	Slow Cooker Chicken, Broccoli & Cheddar Baked Potato Bar
School Lunches			PB&J Sushi Rolls Baby Carrots Apple Wedges String Cheese	Ham, Apple & Cheese Bundles Red Pepper Strips Crackers	Tortilla Roll-ups Broccoli Florets Kiwi	Hard Boiled Egg Bugs on a Log Plum Crackers	Turkey, Ham & Cheese Skewers Baby Carrots Broccoli Florets Orange
Fitness Plan	30 minute walk / run	Leg Raises	Kneeling Pushups	30 minute walk / run	Bridge	30 minute walk / run	

## Notes:

---



---



---



---



---

# Quick Tips

September 20, 2014 - September 26, 2014



Meal Plan	Tip
Prep Ahead	Meal 1: Cook sausage and peppers over weekend.
Prep Ahead	Meal 2: Brown hamburger and add taco seasoning over weekend.
Prep Ahead	Meal 5: Wrap potatoes in tinfoil and pierce with fork on Thursday night. Set out slow cooker so all you have to do in the morning is turn it on and add potatoes.
Healthy Tip	Substitute whole grain pasta and breads if your family will eat them.
Simple Tip	Freeze salmon for Meal 4. Remove from freezer and thaw in fridge on Thursday.
Lunch Idea	Use leftovers from Meal 2 to make a taco salad for lunch on Wednesday.
Lunch Idea	Use remaining deli meat from school lunch plan to make a chef-style salad. Hard boil an extra egg to include in your salad.

School Lunch Plan	Tip
Simple Tip	Lunch A & B: Slice apple and dip in lemon juice and water to keep from browning.
Prep Ahead	Slice peppers and cut florets off broccoli over weekend.
Prep Ahead	Lunch D: Hard boil eggs on Wednesday night while making Meal 3.
Prep Ahead	Assemble lunches the night before while preparing dinner.
Simple Tip	Use any remaining fruits and vegetables in your own lunches.

Grocery List	Tip
Simple Tip	Use the "Other Items I Need" column to add other grocery/household items you need in order to keep your entire shopping list to one organized list.
Simple Tip	Do your grocery shopping over the weekend.

Cleaning Plan	Tip
Simple Tip	Work ahead in your cleaning plan if you have weekday nights that are busy with kids/family activities.

# Meal Plan



September 20, 2014 - September 26, 2014

\* Meals serve 4

Meal	Ingredients	Directions
<b>1. Monday</b> Sausage & Peppers Rustica ----- Side Salad	1 lb. Italian Sausage Links, sliced 1 Red Bell Pepper, sliced 1 Green Bell Pepper, sliced 1/2 Onion, sliced 1 tsp Fresh Garlic, minced 1 Jar Spaghetti Sauce 2 Tbsp Olive Oil 1 lb. Penne Pasta 1/2 cup Shredded Mozzarella ----- 1 Head Romaine Lettuce 1 Roma Tomato 1/4 Red Onion, sliced 4 Pepperoncini (optional) Italian Dressing	Prepare pasta according to package directions. In large skillet over medium heat, add 1 Tbsp olive oil and sliced sausage, cook until browned. Remove sausage and add peppers, onions, and 1 Tbsp olive oil. Cook until onions are translucent. When done, add sausage and spaghetti sauce to skillet. Heat through. Serve over cooked pasta and top with mozzarella cheese. ----- Slice romaine lettuce, tomato and onion. Toss with Italian dressing. Optional: add pepperoncini, croutons and/or mozzarella cheese.
<b>2. Tuesday</b> Beef Soft Tacos ----- Spanish Rice	1 lb. Lean Ground Beef 1/2 Onion, chopped 1 packet Taco Seasoning 1 bag Soft Taco Shells 1/2 Tomato, chopped Lettuce, shredded 1/2 cup Shredded Cheese Taco Sauce or Salsa Sour Cream, optional ----- Instant Brown Rice Water 1 cup Chunky Salsa 1/2 tsp Cumin	In medium skillet, brown hamburger and onion over medium heat. Drain grease. Add taco seasoning per package directions. To assemble, layer ground beef mixture, cheese, lettuce and tomatoes in taco shell. If desired, top with taco sauce, salsa and sour cream. ----- Prepare brown rice according to package directions for 4 servings. Once cooked, add chunky salsa and cumin, heat through. Sprinkle with a little shredded cheese (optional) and serve.
<b>3. Wednesday</b> One Skillet Meal: Chicken & Stuffing	6 Boneless, Skinless Chicken Breasts 1 Tbsp Olive Oil 1 package Chicken Stuffing Mix 1/2 cup Milk 1 can Cream of Chicken Soup 1/2 cup Shredded Cheddar Cheese	Heat oil in skillet over medium-high heat. Add chicken and cook until no longer pink, about 12-14 minutes. Remove chicken from pan. (SET ASIDE 2 CHICKEN BREASTS FOR FRIDAY'S MEAL.) Prepare stuffing in skillet according to package directions and let stand 2 minutes. Combine soup and milk. Return 4 chicken breasts to skillet. Pour soup mixture over chicken and sprinkle with cheese. Cover and heat until cheese is melted.

<p><b>4. Thursday</b></p> <p>Baked Salmon with Pesto</p> <p>-----</p> <p>Sautéed Green Beans</p>	<p>4 Salmon Fillets  4 tsp Olive Oil  4 Tbsp Prepared Pesto</p> <p>Salt  Pepper  Lemon</p> <p>-----</p> <p>2 cups Fresh Green Beans, ends trimmed  1/2 cup Slivered Almonds  Olive Oil</p>	<p>Preheat oven to 400 degrees. Place each piece of salmon on its own sheet of tinfoil (about 14" long). Spread 1 Tbsp pesto and drizzle 1 tsp olive oil on each piece of fish. Squeeze lemon juice (to taste) over fish and season with salt and pepper. Pull foil edges together and fold tightly to seal. Place packets on baking pan. Put in oven and cook for 15 minutes . Remove and let stand for 1 minute before opening carefully.</p> <p>-----</p> <p>Drizzle olive oil in skillet over medium heat. Add slivered almonds and sauté until light golden brown. Remove from pan, set aside. Add green beans to pan and cook until tender, about 8 minutes. Add almonds and heat through. Lightly season with salt and pepper to taste.</p>
<p><b>5. Friday</b></p> <p>Slow Cooker Chicken, Broccoli &amp; Cheddar Baked Potato Bar</p>	<p>4 Large Baking Potatoes  2 Boneless, Skinless Chicken Breasts (from Wednesday's meal)  1/2 Head of Broccoli  Shredded Cheese  Sour Cream</p>	<p>Pierce each potato with a fork multiple times and wrap in foil. Place in slow cooker on LOW for 6-8 hours. Dice remaining 2 cooked chicken breasts (from Wednesday's meal). Reheat chicken in microwave. Cut 1/2 head of broccoli and place in Ziploc bag. Microwave broccoli WITH BAG OPEN in 30 second increments until done. Top potatoes with chicken, broccoli, cheese and sour cream. (If you have taco meat left from Tuesday, you can also make a taco baked potato.)</p>

# School Lunch Plan



September 20, 2014 - September 26, 2014

\* Quantities are PER school lunch (if 2 kids, double recipe)

Meal	Ingredients	Directions
<b>A. Monday</b> PB&J Sushi Rolls Baby Carrots Apple Wedges String Cheese	2 slices wheat bread 2 tbsp peanut butter 2 tbsp jelly baby carrots 1/2 apple, cut in wedges 1 string cheese	Use rolling pin to flatten bread and cut crust off. Spread 1 tbsp peanut butter and 1 tbsp jelly on each slice of bread. Roll up and slice into bite-sized pieces (secure with toothpick if necessary). Serve with baby carrots and ranch dressing for dipping (optional). Cut 1/2 apple in to wedges and dip in a mixture of lemon juice and water to keep from browning. Include string cheese in lunch box.
<b>B. Tuesday</b> Ham, Apple & Cheese Bundles Red Pepper Strips Crackers	4 slices ham 1/2 apple, cut in wedges 4 slices block cheddar cheese 1/2 red pepper, cut in strips whole grain crackers	Cut apple into 4 wedges. Place slice of cheese on each apple. Wrap ham around apple/cheese and secure with a toothpick. Cut red pepper into strips (add ranch dressing for dipping if desired). Serve with crackers.
<b>C. Wednesday</b> Tortilla Roll-ups Broccoli Florets Kiwi	2 slices turkey deli meat 1 lettuce leaf 1/8 cup shredded cheddar cheese 1 tbsp mayonnaise 1 soft taco tortilla broccoli florets 1 kiwi	Spread 1 tbsp mayonnaise on flour tortilla and sprinkle with cheese. Add turkey and lettuce. Roll up tightly and secure with toothpicks. Cut in half. Cut florets off head of broccoli. Cut outer skin off kiwi and slice.
<b>D. Thursday</b> Hard Boiled Egg Bugs on a Log Plum Crackers	1 hard boiled egg 1 celery stalk 2 tbsp peanut butter 1/8 cup raisins 1 plum whole grain crackers	Place egg in pan of cold water. Bring to a boil. Remove from heat and let sit for 12 minutes. Place in bowl of ice water to cool. Fill celery stalk with peanut butter and place raisins on top of peanut butter. Cut into 3-inch sections. Serve with plum and crackers.
<b>E. Friday</b> Turkey, Ham & Cheese Skewers Baby Carrots Broccoli Florets Orange	2 slices turkey 2 slices ham 2 oz. block cheddar cheese baby carrots broccoli florets 1/2 orange	Roll up turkey and ham slices. Cut each in half. Cut cheese into 4 pieces. Place 1 turkey roll, 1 ham roll and 1 piece of cheese on each toothpick. Serve with a mix of baby carrots and broccoli florets. Cut 1/2 orange into wedges.

# Grocery List



September 20, 2014 - September 26, 2014

1-5 refers to dinner menu, A-E refers to school lunch menu

Meal	☑ Grocery Item
<b>Fresh Produce</b>	
1, B	<input type="checkbox"/> 2 red bell peppers
1	<input type="checkbox"/> 1 green bell pepper
1, 2	<input type="checkbox"/> 1 onion
1	<input type="checkbox"/> 1 head romaine lettuce
1	<input type="checkbox"/> 1 roma tomato
1	<input type="checkbox"/> 1 red onion
2	<input type="checkbox"/> 1 tomato
2	<input type="checkbox"/> 1 head lettuce
4	<input type="checkbox"/> 1 lemon
4	<input type="checkbox"/> 2 cups fresh green beans
5	<input type="checkbox"/> 4 large baking potatoes
5, C, E	<input type="checkbox"/> 1 head of broccoli
A, E	<input type="checkbox"/> 1 bag baby carrots
A, B	<input type="checkbox"/> 1 apple
C	<input type="checkbox"/> 1 kiwi
D	<input type="checkbox"/> 1 celery
D	<input type="checkbox"/> 1 plum
E	<input type="checkbox"/> 1 orange
<b>Meat &amp; Seafood</b>	
1	<input type="checkbox"/> 1 lb. italian sausage links
2	<input type="checkbox"/> 1 lb. lean ground beef
3, 5	<input type="checkbox"/> 6 boneless, skinless chicken breasts
4	<input type="checkbox"/> 4 salmon fillets
B, E	<input type="checkbox"/> 1 container ham deli meat
C, E	<input type="checkbox"/> 1 container turkey deli meat
<b>Refrigerated Products</b>	
1	<input type="checkbox"/> 1 bag shredded mozzarella cheese
2, 3, 5, C	<input type="checkbox"/> 1 bag shredded cheddar cheese
2, 5	<input type="checkbox"/> 1 small container sour cream
A	<input type="checkbox"/> 1 bag string cheese
B, E	<input type="checkbox"/> 1 block cheddar cheese
<b>Canned &amp; Boxed Goods</b>	
1	<input type="checkbox"/> 1 jar spaghetti sauce
1	<input type="checkbox"/> 1 lb. penne pasta
1	<input type="checkbox"/> 1 jar pepperoncini (optional)
2	<input type="checkbox"/> 1 package taco seasoning
2, C	<input type="checkbox"/> 1 package soft taco shells
2, 5	<input type="checkbox"/> 1 jar chunky salsa
2	<input type="checkbox"/> 1 box instant brown rice
3	<input type="checkbox"/> 1 box chicken flavored stuffing
3	<input type="checkbox"/> 1 can cream of chicken soup
4	<input type="checkbox"/> 1 small jar prepared pesto
4	<input type="checkbox"/> 1 small bag slivered almonds
B, D	<input type="checkbox"/> 1 box whole grain crackers

Pantry / Refrigerator Staples
fresh minced garlic
olive oil
italian dressing
taco sauce
cumin
milk
salt
pepper
wheat bread (or bread of choice)
peanut butter
jelly
eggs
raisins

Other Items I Need

# Cleaning Plan

September 20, 2014 - September 26, 2014



<input checked="" type="checkbox"/> Organizational Task	Room
<input type="checkbox"/> <b>Fall is coming! Get that closet ready!</b> Organize coats, hats, mittens, scarves, and other items in entryway closet. It's a great idea to have baskets or plastic drawers for organizing. Label each basket or drawer using a system. One option would be to have a basket or drawer for each of the following: hats, mittens, scarves. Or, have a basket or drawer for each individual member of the family.	Entryway

<input checked="" type="checkbox"/> Saturday	Room
<input type="checkbox"/> Load/unload dishwasher	Kitchen
<input type="checkbox"/> Wipe down tables, counters, sink and stovetop	Kitchen
<input type="checkbox"/> Sweep and mop floors in kitchen	Kitchen
<input type="checkbox"/> Clean up spills/crumbs in fridge	Kitchen
<input type="checkbox"/> Clean out old food in fridge	Kitchen
<input type="checkbox"/> Sweep and mop floors in bathrooms	Bathrooms
<input type="checkbox"/> Wash, dry and put away clothes	Laundry
<input type="checkbox"/> Wash/change all bedding	Bedrooms
<input type="checkbox"/> Run cleaning cycle on oven	Kitchen
<input type="checkbox"/> Change filter on AC/furnace	Utility
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

<input checked="" type="checkbox"/> Sunday	Room
<input type="checkbox"/> Load/unload dishwasher	Kitchen
<input type="checkbox"/> Wipe down tables, counters, sink and stovetop	Kitchen
<input type="checkbox"/> Empty all garbage cans in house and take out trash	All
<input type="checkbox"/> Scrub counter, sink and mirror	Bathrooms
<input type="checkbox"/> Clean toilets	Bathrooms
<input type="checkbox"/> Wash, dry and put away clothes	Laundry
<input type="checkbox"/> Dust furniture	All
<input type="checkbox"/> Pick up toys, pillows and clutter	Living Room
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

<input checked="" type="checkbox"/> Monday	Room
<input type="checkbox"/> Load/unload dishwasher	Kitchen
<input type="checkbox"/> Wipe down tables, counters, sink and stovetop	Kitchen
<input type="checkbox"/> Sweep floors	Kitchen
<input type="checkbox"/> Wash windows	All
<input type="checkbox"/> Put away shoes, coats and clean up clutter	Entryway
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input checked="" type="checkbox"/> Tuesday	Room
<input type="checkbox"/> Load/unload dishwasher	Kitchen
<input type="checkbox"/> Wipe down tables, counters, sink and stovetop	Kitchen
<input type="checkbox"/> Wipe down outside of appliances	Kitchen
<input type="checkbox"/> Do 1-2 loads of laundry	Laundry
<input type="checkbox"/> Pick up toys, pillows and clutter	Living Room
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input checked="" type="checkbox"/> Wednesday	Room
<input type="checkbox"/> Load/unload dishwasher	Kitchen
<input type="checkbox"/> Wipe down tables, counters, sink and stovetop	Kitchen
<input type="checkbox"/> Sweep floors	Kitchen
<input type="checkbox"/> Vacuum carpeted areas and rugs	All
<input type="checkbox"/> Put away shoes, coats and clean up clutter	Entryway
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input checked="" type="checkbox"/> Thursday	Room
<input type="checkbox"/> Load/unload dishwasher	Kitchen
<input type="checkbox"/> Wipe down tables, counters, sink and stovetop	Kitchen
<input type="checkbox"/> Clean showers/bath tubs	Bathrooms
<input type="checkbox"/> Do 1-2 loads of laundry	Laundry
<input type="checkbox"/> Clean tops of washer and dryer	Laundry
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input checked="" type="checkbox"/> Friday	Room
<input type="checkbox"/> Load/unload dishwasher	Kitchen
<input type="checkbox"/> Wipe down tables, counters, sink and stovetop	Kitchen
<input type="checkbox"/> Sweep floors	Kitchen
<input type="checkbox"/> Pick up toys, pillows and clutter	Living Room
<input type="checkbox"/> Put away shoes, coats and clean up clutter	Entryway
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	



# Chore Chart

S S M T W R F

Make bed  
\_\_\_ points



Brush teeth and hair  
\_\_\_ points



Pick up dirty clothes  
\_\_\_ points



Pick up toys  
\_\_\_ points



Put away laundry  
\_\_\_ points



Set the table  
\_\_\_ points



Do Homework  
\_\_\_ points



\_\_\_\_\_  
\_\_\_ points



\_\_\_\_\_  
\_\_\_ points



Points carried over  
from last week: \_\_\_\_\_

Points this  
week: \_\_\_\_\_

TOTAL  
POINTS: \_\_\_\_\_

\*\* Assign points values to each chore. At the end of the week, tally up child's points. Assign rewards to points (for example: 10 points = \$1, 25 points = rent a movie or video game, 50 points = play date, 100 points = have a friend sleepover)

# Fitness Plan

September 20, 2014 - September 26, 2014



<input checked="" type="checkbox"/>	Saturday	Instructions
<input type="checkbox"/>	30 minute walk/run	Go for a 30 minute walk or run or combination of both. Do what is most comfortable for your fitness level and work up to incorporating more time running than walking.

<input checked="" type="checkbox"/>	Sunday	Instructions
<input type="checkbox"/>	Leg Raises	Lie on the floor and stabilize your body by pressing your palms firmly against the ground; extend your legs out. With your legs in a fixed, slightly bent position throughout the movement, raise them up in a semicircular arc until they are about 75 degrees above the level of the floor. Reverse the movement and return to the starting point. The entire motion should be done in a smooth, controlled manner that lasts about 4 seconds, with the downward movement no faster than the upward. Do 5 sets of 10 repetitions.

<input checked="" type="checkbox"/>	Monday	Instructions
<input type="checkbox"/>	Kneeling Pushups	With your hands and feet on the floor get yourself into a push-up position. Keep your hands slightly wider than shoulder-width apart. Lower your knees to the floor. Without arching your back, bend your elbows and lower your torso to just above the floor, keeping your stomach muscles tightened. Slowly return to the starting position. Do 5 sets of 10 repetitions.

<input checked="" type="checkbox"/>	Tuesday	Instructions
<input type="checkbox"/>	30 minute walk/run	Go for a 30 minute walk or run or combination of both. Do what is most comfortable for your fitness level and work up to incorporating more time running than walking.

<input checked="" type="checkbox"/>	Wednesday	Instructions
<input type="checkbox"/>	Bridge	Lie on your back, feet flat on the floor, knees bent, hands at your sides. (If you feel any tension in your neck, tuck a towel under your head for support.) Inhale, then raise your bottom and your lower back off the floor as you exhale. Hold for one count. Slowly release, but don't let your bottom touch the floor until you have completed all 12 repetitions. Focus on squeezing your glutes at the top of each rep.

<input checked="" type="checkbox"/>	Thursday	Instructions
<input type="checkbox"/>	30 minute walk/run	Go for a 30 minute walk or run or combination of both. Do what is most comfortable for your fitness level and work up to incorporating more time running than walking.


<input checked="" type="checkbox"/>	Friday	Instructions
<input type="checkbox"/>	Rest	Enjoy a day of rest! You deserve it!

## Medical Disclaimer:

Please consult your physician before beginning this or any exercise program. This is especially important for persons over age 35 or persons with pre-existing health conditions. Project Real Mom assumes no responsibility for personal injury or property damage sustained by or through the use of these exercises. The advice given on ProjectRealMom.com is in no way intended to be a substitute for professional medical advice. Discontinue any exercise that causes you pain, severe discomfort, nausea, dizziness, or shortness of breath and consult a medical expert. Start slowly and at the level that is appropriate for you. Not all exercise plans are suitable for everyone.

# Craft / Activity

September 20, 2014 - September 26, 2014

<input checked="" type="checkbox"/> Craft / Activity	Instructions
<input type="checkbox"/> Bird Seed Hangers 	<p>In a large bowl, mix together 1/2 cup flour, 1 packet unflavored gelatin, 3 tbsp. corn syrup and 1/2 cup water. Add 4 cups of birdseed and stir to coat evenly.</p> <p>Lightly spray cookie cutters or other molds with cooking spray. Place a piece of a drinking straw all the way through bird seed (this is where you will insert a ribbon to hang it).</p> <p>Let dry for several hours. After 2-3 hours remove from molds and flip over on a piece of wax paper. Let harden for another 2-3 hours.</p> <p>When hardened, remove straw and string a ribbon through the hole.</p>

# Pamper Yourself!

<input checked="" type="checkbox"/> Pamper	Instructions
<input type="checkbox"/> Honey & Coconut Oil Hair Mask 	<p>A perfect treat for your hair! Repair and moisturize damaged hair with all natural ingredients. In a small bowl, mix together 2 tablespoons of raw honey and 2 tablespoons of coconut oil. Heat in the microwave in 30 second increments until just melted.</p> <p>Wrap a towel around your shoulders and apply mask to wet hair (it's much easier to work it through wet hair). Make sure you work plenty into the ends of your hair where it tends to be most damaged. Twist your hair into a bun. Place a shower cap over your head or wrap with saran wrap.</p> <p>Let the mask work its magic for 30-40 minutes. Rinse the mask out in the shower with your regular shampoo and conditioner.</p> <p>Pick up a good book or paint your toenails while you wait!</p>