



BEST GIFT EVER

kitchen takeover by dad

Mother's Day is this Sunday. And we know what moms **REALLY** want.

Mommin' ain't easy. And we're pretty sure you know that. But did you know that what a lot of mothers want for Mother's Day is a day when she can relax and not cook for anyone all day long? One mom even said, "I'll eat PB&J for all three meals if it means that I can have just one day where I don't have to cook."

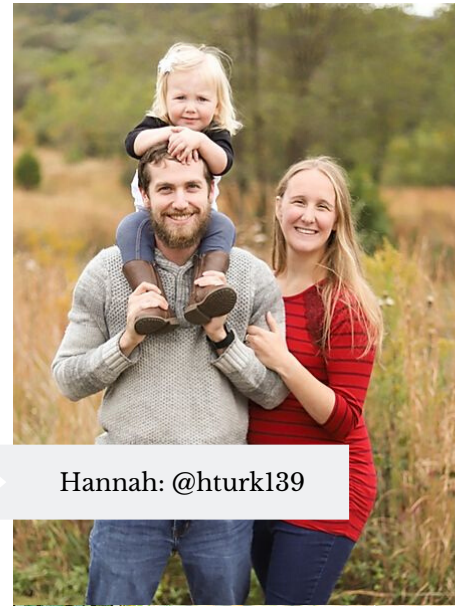
Men, we've made it easy for you to give your wife the gift of relaxation this Mother's Day (or you can give this to her on Mother's Day and let her use "A Kitchen-Free Day" whenever she'd like).

We've included a menu with two different levels of kitchen know-how , your grocery shopping list, three recipes, a printable for your young children to fill out for a laugh, and a gift certificate you can print out for a Kitchen-Free Day.

You got this! She's amazing! We loved making you this SIMPLE way you can show her your appreciation.

Love,

Hannah Turk // ADAYATATIMEPODCAST.COM/HOME
& Indiana Adams // TODAYBYTHEWAY.COM



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Indiana: [@IndianaAdams](https://twitter.com/IndianaAdams)

Mother's Day Meal Plan

Choose your level:

	EASY	MEDIUM
BREAKFAST	Cereal and fruit	Baked oatmeal* 50 minutes Oven
LUNCH	PB & J and fruit	Greek yogurt with granola, fruit, and honey
DINNER	Taco rice bowls* 30 minutes Stovetop	One pot spaghetti* 30 minutes Stovetop
DESSERT (OPTIONAL)	Ice cream & bakery cookies	Brownies (box mix) 45 minutes Oven

**recipe included*

Extra points:

- Let her sleep in as long as she'd like.
- Set the table and plate her food.
- Enlist the kids and clean up after each meal.
- Have the children make her a card (little kids can do the included fill-in-the-blank with your help).
- Pick up flowers or a special beverage or treat from the grocery store.
- Tell her she looks beautiful, even if she's in sweats and a messy bun.

Grocery Shopping List

EASY BREAKFAST

Cereal and fruit

- 1 box of cereal
- milk
- fruit

EASY LUNCH

PB & J and fruit

- sandwich bread
- peanutbutter
- jelly
- fruit

EASY DINNER

Taco rice bowls

- 1 lb ground beef
- 1 cup dried rice
- 1 cup shredded cheese

OPTIONAL:

- + cilantro + lime
- + black beans + tomatoes
- + avocado + jalapenos
- + salsa

MEDIUM BREAKFAST

Baked oatmeal

- 3 cups rolled oats
- 1 cup brown sugar
- 2 tsp ground cinnamon
- 2 tsp baking powder
- 1 tsp salt
- 1 cup milk
- 2 eggs
- 1/2 cup butter
- 2 tsp vanilla extract
- 3/4 cup dried cranberries
(can sub raisins)

MEDIUM LUNCH

Greek yogurt with granola, fruit, and honey

- Greek yogurt
(vanilla or plain)
- granola
- fruit
- honey

MEDIUM DINNER

Spaghetti

- 1 lb 90% ground beef
- 3/4 tsp salt
- 1/4 diced onion (frozen okay)
- 3 cloves minced garlic
- 1 can, 28 oz. crushed tomatoes
- 8 oz. wheat spaghetti
- 4 basil leaves (fresh)
- grated parmesan

OPTIONAL:

- + bag of green salad
- + loaf of garlic bread

DESSERT

Cookies or brownies with ice cream

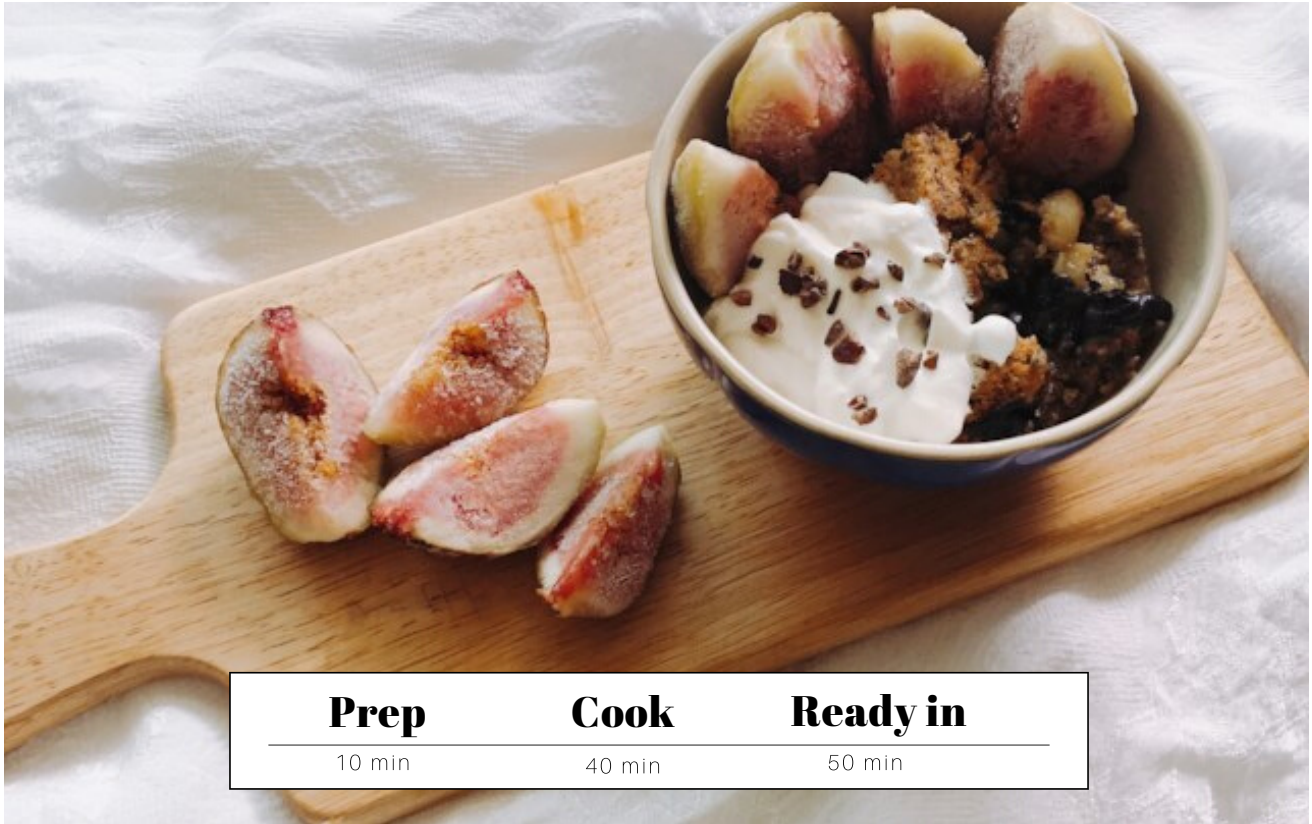
- 6-12 cookies from the bakery - OR -
 - 1 box of brownie mix (& whatever it says it needs on the back)
- PLUS
- premium vanilla ice cream (no matter which dessert)

BONUS ITEMS

- flowers
- special beverage
- a card
- candy

Baked Oatmeal

Medium Breakfast



Prep

10 min

Cook

40 min

Ready in

50 min

Ingredients

- 3 cups rolled oats
- 1 cup brown sugar
- 2 tsp ground cinnamon
- 2 tsp baking powder
- 1 tsp salt
- 1 cup milk
- 2 eggs
- 1/2 cup butter
- 2 tsp vanilla extract
- 3/4 cup dried cranberries
(can sub raisins)

OPTIONAL:

- any fruit for the side
- whipped cream or yogurt
for the top

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, mix together oats, brown sugar, cinnamon, baking powder, and salt. Beat in milk, eggs, melted butter, and vanilla extract. Stir in dried cranberries. Spread into a 9x13 inch baking dish.
3. Bake in preheated oven for 40 minutes.
4. Serve warm. Optional: add fruit or toppings.

[Credit: The recipe & photo is from AllRecipes.com]

Taco Rice Bowls

Easy Dinner



Prep

10 min

Cook

20 min

Ready in

30 min

Ingredients

- 1 lb. ground beef
- 1 cup dried rice
- 1 cup shredded cheese

OPTIONAL:

- sour cream
- cilantro
- avocado
- black beans
- lime
- salsa
- tomatoes

Directions

1. Prepare ground beef, rice, and beans
2. Cut optional ingredients.
3. Assemble bowls with ingredients.

This is a flexible recipe. Add or omit however you'd like. Use what's on hand and freestyle!

One Pot Spaghetti

Medium Dinner



Ingredients

- 1 lb 90% ground beef
- 3/4 tsp salt
- 1/4 diced onion (frozen okay)
- 3 cloves minced garlic
- 1 can, 28 oz. crushed tomatoes
- 8 oz. spaghetti
- 4 basil leaves (fresh)
- grated parmesan

Directions

1. Heat a large heavy pot or Dutch oven over high heat. (If your pot is not heavy, the sauce may burn.)
2. When hot add the beef and salt and cook, breaking up about 3 minutes.
3. Add the onions, and garlic and cook until softened, 3 to 4 minutes.
4. Add the crushed tomatoes, black pepper, water and basil and stir, add the spaghetti, making sure the liquid covers everything without stirring.
5. Cover and cook medium-low heat (do not open) until the water is absorbed and the pasta is cooked, about 17 to 20 minutes.
6. Serve topped with grated cheese if desired. Bonus: serve with a green salad & garlic bread.

[Credit: The recipe & photo is from SkinnyTaste.com]

A little about the

Best Mom

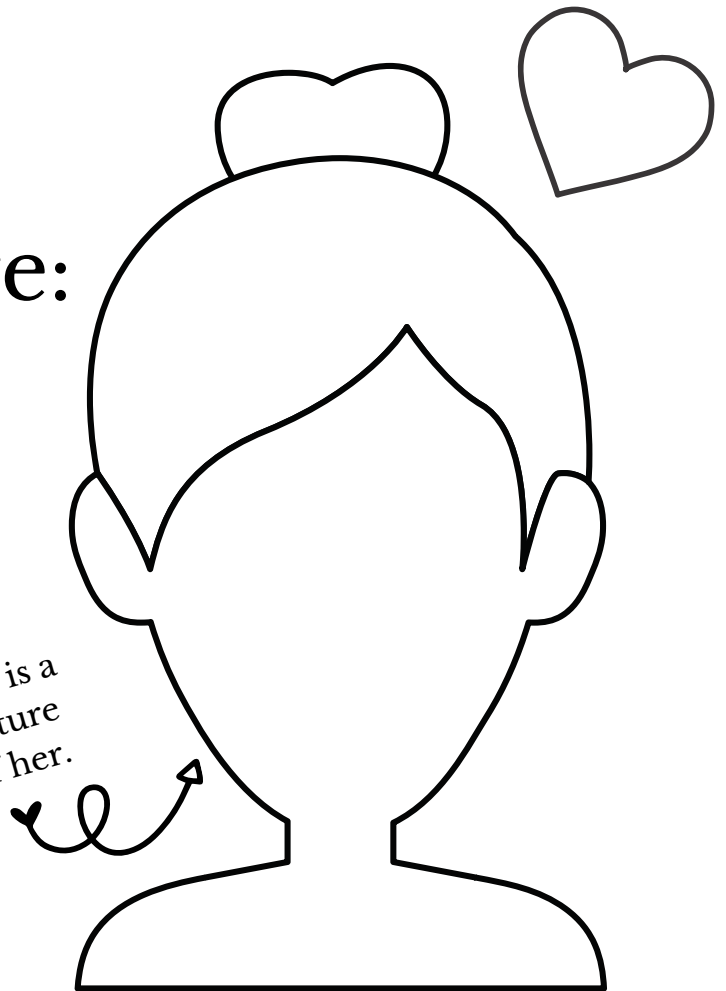
My mom is _____ years old.

She laughs when _____.

I love when she _____.

Some of the most beautiful things about my mom are:

This is a picture of her.



HAPPY
Mother's
DAY



♥ **GOOD FOR** ♥

1 **KITCHEN-FREE DAY**
(DON'T WORRY. I'VE GOT THIS.)

DETAILS:

With love.

Meet Hannah & Indiana

Podcasters serving mothers



A Day At A Time with Hannah Turk is a new podcast where Hannah shares her everyday life with little ones. She shares the sweet... and not so sweet... moments of her day. She wants to be able to reflect and grow through these years, and help other moms do the same. She hopes others will join her as we do this mom thing together, a day at a time.

ADayAtATimePodcast.com/home

 [@HTurk139](https://www.instagram.com/HTurk139)



Today By The Way is the short and sweet podcast for busy moms. Indiana is your internet bestie sharing recommendations, chatting about the ridiculous things she finds online, and encouraging you as you start the day. If you've ever wanted a podcast that felt like a quick chat with an upbeat friend, Today By The Way is the show for you.

TodayByTheWay.com

 [@IndianaAdams](https://www.instagram.com/IndianaAdams)