

# \*Freebies!\*

## 2017 New Year CHALLENGE

Through Christ in me, this year I commit myself to a more **engaged** and **powerful** way of life.



- #1. I choose a more **positive attitude**, focusing on the good things around me, for God is in the good.
- #2. I choose to spend 1 hour each day connecting with God **in prayer**.
- #3. I choose to **exercise** my body at least 3 days a week.
- #4. I choose **food** that promote healing and provide the energy I need to endure the day.
- #5. I choose to **give myself grace** every day and **speak** of ways God is showing His care for me.
- #6. I choose to **give others more grace** than I give myself, **choosing love**, because love is more powerful than anger or hurt.
- #7. I choose to find **ways to have fun and laugh** every day, because joy is in the grace all around me.
- #8. I choose to **pursue the godly desires** of my heart, trusting that God can do something amazing in and through me.
- #9. I choose to **feel** my emotions, but I will not allow them to control me.

If you are wise and understand God's ways, prove it by living an honorable life, showing good conduct with the gentleness and humility that comes from wisdom. But the wisdom from above is first of all pure (morally and spiritually undefiled). It is also peace loving, courteous, considerate, gentle at all times, reasonable and willing to listen. It is full of mercy, compassion and the fruit of good deeds. It is unwavering, without self-righteous hypocrisy, self-serving guile, and is always sincere. Now the fruit of righteousness (spiritual maturity) is sown in peace by those who actively encourage goodwill between others. James 3:13, 17-18

## New Year Challenge

[Read more](#)

Trader Joes						
Produce	Milk / Cream	Dairy	Frozen Foods	Breads / Pasta	Canned Goods	Breakfast
canned	sliced goat cheese	5 eggs	salmon	sour dough loaf	macaroni	
baby spinach	hotdogs		green beans	bagels		
sweet potatoes	2 sliced turkey		Peas			
celery			blueberries			
2 fruit			meatballs			
organic romaine			graham crackers			
potatoes						
kale						
beans						
barbeco						
peeled veg						
Snacks	Dessert / Childrens	Beverages	Paper / Plastic	Cleaning Prods.	Toiletries	Misc
Fancy Crackers	waffle mix					
2 chips	jelly					
almonds						

## Excel Grocery List

Rated **3.00** out of 5

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Extra Ingredients to Use Up

Day	Meal	Source
Mon 2/6	Egg Salad Sandwich w/ Chips, Carrot and Celery Sticks	Better Homes pg. 84
Tue		
Wed		
Thurs		
Fri		
Sat		
Sun		
Mon 2/13		
Tue		
Wed		
Thurs		
Fri		
Sat		
Sun		



**Breakfast Ideas**

- Waffles
- Cereal
- Yogurt & Grahams
- Eggs & Toast
- Pancakes



**Lunch Ideas**

- Pizza
- PB & J
- Tartarlet
- Bagel & Cream Cheese
- Turkey Sandwich



**Groceries for Later**

- Kale
- Spinach
- Beets
- Bananas
- Pita Bread
- Fruit Snacks
- Juice
- Paper Towels
- Dish Soap
- Napkins

For the Next List, Don't Forget...



# Family Menu Organizer

[Read more](#)