

Real Food

# SURVIVAL GUIDE

FOR  
BUSY  
MOMS



by Lindsey Gremont

HOMEMADE *mommy*.net  
Keeping it REAL in a FAKE food world





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If you find an error or have a suggestion for improvement, or if you have a question about a recipe, please contact Lindsey at [lindsey@homemademommy.net](mailto:lindsey@homemademommy.net).

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## ABOUT THE AUTHOR

I'm Lindsey, the Homemade Mommy. I work a full time corporate job on top of being a wife to an amazingly supportive husband and mother to a 4-year old daughter. Oh, and I blog about food!

**Real Food.**  
**Healthy Food.**  
**Great food.**

I find the time and make a commitment to homemade cooking because eating this way has truly changed mine and my family's life. Ditching processed food has helped us heal from a number of ailments including asthma, allergies, recurrent sinus infections and ADHD. I buy organic, from family farms, local and grass-fed. I am passionate about achieving vibrant health and am happy to share my tips, techniques and recipes with you in the hopes that it will help you create your own path.



## INTRODUCTION

Think it is impossible to be a working mom and cook real food? Think again! If you are a regular reader of my blog then you know I am not a ‘stay at home mom’ – I work a full-time corporate job. However, I do work from home which has allowed me the flexibility to develop a real food cooking strategy that is efficient, simple and will work for others. So how do I find the time to cook real food from scratch without collapsing at the end of the day? In this eBook, I am going to share all my secrets for how I survive a full-time job while cooking real food for my family. This includes:

- How not to feel overwhelmed by cooking
- The secret to making food your family will eat
- Making life more convenient (and tastier) without a microwave
- How to leave meal planning to someone else
- How to save time and money on real food and reduce shopping trips
- Helping you understand the basics of restocking your pantry with real food alternatives
- Saving time on prep: understand which recipes to make on a regular basis
- How to travel with real food
- How to pack smart with homemade beauty products
- Lunch ideas for kids in school
- Some staple recipes to get you started
- What to do when you go out to eat