



# Preserving *My Sanity*

## HOMEMADE VS. PREMADA


10 Things to Easily Make Yourself

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1. **Frozen Waffles**
2. **"Hamburger Helper"**
3. **Instant Oatmeal Packets**
4. **Pizza Dough/Crust**
5. **Macaroni and Cheese**
6. **Smoothies/Protein Shakes**
7. **Deli Meat**
8. **French Fries**
9. **Popsicles**
10. **Condiments**

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**1. Frozen Waffles.** Mornings are busy, I get it. But, instead of spending the \$\$ on the box in the freezer section, snag some pancake mix from the baking aisle and make a batch or two of your own for the freezer. One step further? Make a from-scratch mix with flour, sugar, baking powder, etc.

**2. "Hamburger Helper".** This makes a fast and easy weeknight meal, but take a look at the sodium content! And how about all those ingredients you can't pronounce? Instead, grab a box of noodles, a can of petite diced tomatoes, cheddar cheese, and your meat. Add some seasonings and you have cheeseburger mac! What about the cheese sauce? Butter + flour + milk + cheese will get you there.

**3. Instant Oatmeal Packets.** Holy sugar content in these babies! Instead, buy a box of quick cooking oatmeal, some dried fruit, and brown sugar. Prepare servings in small sandwich bags, or if you have a large family who eat oatmeal often, you could even do in a large jar.

**4. Pizza Dough/Crust.** We use the [Skinnytaste.com](https://www.skinnytaste.com) bagel dough recipe, and it makes amazing pizza! Greek yogurt + flour + baking powder + salt. No kneading or rising required. We prefer this recipe over many other homemade recipes we have tried. It's so easy!

**5. Macaroni and Cheese.** Shells & Cheese is so expensive! And let's not talk about how gross the texture of that microwaveable kind is. Instead, snag a big box of elbow macaroni and some cheese, and you can easily make your own. I like to make my own cheese sauce like I mentioned in #2, but buy a box of Velveeta instead if you want. Velveeta + milk = cheese sauce.

**6. Smoothies/Protein Shakes.** The grab and go options of these are so easy and convenient. But, they are an unnecessary waste of single-use plastic, and they are expensive! We buy various fruits when they are in season and freeze them, which makes smoothies is so easy. Frozen fruit + yogurt + milk + juice in the blender and that's it! For protein shake versions, add your protein powder, cacao powder, matcha, kale, acai berry powder ... whatever you want. Have fun finding your perfect combo!

**7. Deli Meat.** Deli meat has so many nitrates in it, and it's questionable what parts of the animal might be included. Sorry to be gross, but it's true! We like to bake a whole ham, roast beef, pork loin, or turkey breast and freeze in chunks. Slice as needed when you remove from the freezer, and you have your lunch meat! This saves money and is much healthier for you.

**8. Frozen French Fries.** What's easier than tossing some frozen fries in your deep fryer or oven? But, they are also loaded with sodium and preservatives. Fresh potatoes are usually pretty cheap, and if you have an air fryer you can make really delicious fries that way. Hint: Cutting and soaking the cut potatoes in water for at least 30 minutes, and fully draining before coating with oil and seasoning to put in the air fryer makes them the best. Find my blog post on [PreservingMySanity.com](https://www.preservingmysanity.com) about them!

**9. Popsicles.** Many popsicles from the store are basically frozen sugar water (and contain corn syrup, ick!) And, the healthier whole fruit versions can get expensive. Instead, you can find popsicle molds at your local store or online. Make your own with either 100% fruit juice, or blended fruit. When I was a kid, my mom used to make pudding and put it in the molds for me - frozen pudding pops! No matter what kind you choose, your kids will love them!

**10. Condiments.** Think ketchup, mustard, mayonnaise, salad dressing, tartar sauce, cocktail sauce. Basic ingredients that can be used to make most of these include tomato sauce, vinegar, sugar, olive oil, horseradish, pickle relish, eggs, spices. I have recipes for ketchup and mustard up at [PreservingMySanity.com](https://www.preservingmysanity.com), but the rest of these can easily be found on Google!