



**DREAM DINNERS.**  
HOMEMADE, MADE EASY

# Your Family Dinner **PLAYBOOK**

How real families gather around the dinner table



Helpful tips and  
the inside scoop  
to make life  
easier with  
Dream Dinners!



# Making Dinnertime a Priority

A Message From Our President  
Stephanie Allen, Founder

I remember well, my years spent at soccer fields when my kids played and their staggered practice times not only cut into our family dinnertime, but bulldozed right over them. Even the weekends were affected since my son's games were on Saturdays and daughter's on Sundays. Eventually, I realized, "This isn't working!" Sometimes it takes a while to catch up to the reality of our circumstances.

We all wake up in moments like this to realize we've somehow slipped from our priorities; the casual exception has unintentionally become the rule. This is the learning curve of life when we get an opportunity to do a little realigning.

## ***Is it worth the effort to gather everyone around the table?***

We know that families are positively influenced by the time shared conversing and relaxing over a meal. Research proves what we intuitively know; kids become better conversationalists, have a higher vocabulary, get better grades, and have higher self-esteem in families who share regular dinners together. They tend to eat more fruits and vegetables and have a lower incidence of obesity. They're also less likely to abuse drugs, alcohol, experience eating disorders, and teen pregnancy.

Wow! Of course, there are no guarantees, but, we have an opportunity to help our kids in multiple ways simply by spending time with them around a meal. Our priorities here will have a positive effect now and in their future.

## ***How often do you want to have family meals?***

To experience the benefits, you don't have to gather around the table every single night; positive outcomes occur in families who spend 3 or more meals together a week.

What do your family meals look like? What do you want them to be? Every challenging situation makes room for an ingenious solution. What will yours be?

It's never too late for a little course correction.  
Because moments matter,

*Stephanie*

*Stephanie Allen is Co-founder and President of Dream Dinners and a New York Times best-selling co-author of The Hour that Matters Most. Naturally a visionary and optimist, Stephanie hopes to inspire America through her nurturing voice of encouragement, assuring families... "You're doing a great job!"*





COOKING TIPS & TRICKS, DREAM DINNERS, FAMILY WELLNESS,

# How to Save Money on Family Groceries

According to the USDA's most recent Food Price Outlook report (updated January 2025), food prices increased by 9.4% over the past year, and they are projected to rise by an additional 7.0% to 8.0% over the next year. Getting dinner on the table every night can be stressful, and rising food costs only add to that challenge. Thankfully, we're here to help. Our mission is to make gathering around the family table a cornerstone of daily life. With rising food prices, we remain committed to making dinnertime as easy and affordable as possible for our customers. That's why we've created a complete guide on how to save money on groceries during these trying times



## Reduce Waste

A study by the U.S. Department of Agriculture's National Household Food Acquisition and Purchase Survey found that the average U.S. household wastes 31.9% of the food its members obtain. One way to save money on groceries is to reduce food waste in your household. There are various ways your family can reduce food waste in your home.

- Keep track of the ingredients you already have in your household and use them to prepare family meals.
- Plan your meals before you go grocery shopping to avoid buying ingredients you already have or items that you don't really need.
- Include quantities in your shopping list to avoid overbuying ingredients for recipes that ultimately go to waste.
- Freeze grocery items that you know won't be eaten in time.
- Properly store fruits and vegetables for maximum freshness.
- Stock your freezer with prepped meals from Dream Dinners so that your meals for the month and their exact quantities are planned and ready to be eaten.

Creating a habit of reducing food waste can save the average household up to \$370 per person annually. A family of five could save up to \$1850 a year by being more conscientious about wasting food. If you're looking to save money on groceries, reducing food waste is a wonderful place to start!





## Freeze and Store your Meals

Befriending your freezer is an excellent way to save money on groceries. Freeze all of the food you can to maximize the shelf life of your groceries! Dairy products, meat, poultry, seafood, produce, grains, and baked goods can all be frozen to remain fresh as long as possible. Freezing food prevents items from going bad before you can even use them. Ultimately, when we freeze food, we save ourselves from an unnecessary trip to the grocery store with another hefty bill. Prep meals in large quantities ahead of time and place what you aren't immediately eating in the freezer. When ready for your next dinner, take it out to thaw. Place an order with Dream Dinners to prepare pre-made meals in your freezer for dinner every night. Not only will this help your family cope with food shortages, but it will also make feeding the family much more effortless. Instead of cooking a new meal every night, you can easily take one pre-made out of the freezer. The best way for your family is to fill your freezer with Dream Dinners. Dream Dinners does all the shopping, chopping, and prepping, so you can avoid hefty grocery store bills altogether.



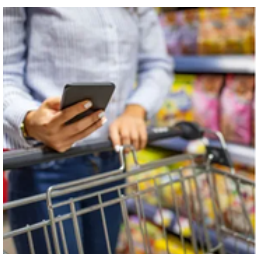
## Meal Prep and Plan

When you plan your meals ahead of time, you save yourself time, money, and stress. You know precisely what you need when you head to the grocery store. Therefore, you avoid buying unnecessary items and increasing your grocery bill. It's as equally crucial to prep your meals as it is to plan them. Planning your meals will save you from expensive last-minute trips to the grocery store to grab the ingredients you need to make dinner. Prepping your meals will keep you from eating out last minute on the days you are far too tired to cook. Planning and preparing your meals for the week will help your family save significant money on groceries.



## Shop with a Plan

Create a solid plan for dinner and stick to it while grocery shopping. Plan exactly what you will buy and in what quantity. Avoid grocery shopping while you are hungry so you don't get distracted by the eye-level treats on the shelf. Call your local grocery store before heading out to see if any of the items on your list are out of stock. Knowing this ahead of time will help you properly prepare. Research any sales that may be happening. If you find a great deal, plan some meals around it. Shopping with a plan will prevent you from aimlessly shopping and purchasing items you don't actually need.



## Compare Prices

Before grocery shopping, weigh out your options. Compare prices on items you have to buy and purchase them at the lowest price. We understand how expensive grocery shopping can be, which is why we are committed to saving customers from the hassles of the grocery store. Purchasing meals from Dream Dinners is more cost-efficient than if you were purchasing the same meals from the grocery store. Combined, the items on our June menu are \$200 less than if you were to buy those same meals from the store. In addition, you save time, and saving time ultimately will save you money.





## Utilize Your Leftovers

Leftovers are a wonderful, money-saving thing! If you're looking for ways to save money on groceries, utilize your leftovers the right way. Do you ever put leftovers in the fridge and wonder if they are still good a few days later? Stick them in the freezer and LABEL them so you know precisely when the leftovers were prepared. Labeling leftovers with their prep date will make it easy to understand how long you have to use them.

Getting creative with your leftovers is another way to save money on groceries. Leftovers tend to get ignored in the fridge because they feel dull, and we've already eaten that meal once this week. You can use your leftovers and give yourself a night off from cooking by rebranding them. If you cooked steak for dinner, turn the leftovers into delicious steak sandwiches for lunch. Pack them up for school and work so you don't spend unnecessary money on-to-go lunch!



## Go Meatless Once a Week

Participate in Meatless Monday to save money on groceries for your family. Meat prices are rising, and going meatless once a week can save your family around \$500 a year. Vow to participate in Meatless Mondays as a family to help save money on groceries in your household. Replace meat with less expensive, in-season produce that you can purchase at a much better price. Not only will you save money, but you will also experience significant health benefits from eating healthier options at dinnertime!



## Shop Less

The more we grocery shop, the more we spend. Minimize trips to the grocery store to save money for your family. There are plenty of ways to minimize your trips to the grocery store. First, get creative with what you have. Before heading to the store, take inventory of what you already have in your pantry, fridge, and freezer. There is likely a tasty recipe you can make with what you already have! When going to the grocery store, shop with shelf life in mind. Buy products that will last longer so you don't have to head back to the store often. If you want to avoid the grocery store altogether, place an order with Dream Dinners and have delicious, prepped family meals delivered straight to your door.



## Budget

Break out Excel and budget your family's monthly spending to save money on groceries. Lay out your finances and create a monthly budget for food. Stick to the budget as best as you can! Having this number in mind will stop you from reckless spending on food. When you have a monthly budget you must adhere to, you will be less likely to splurge on expensive grocery store items and dining out.



## Fill Your Freezer with Dream Dinners

The best way to save money on groceries for your family is to fill your freezer with Dream Dinners. Dream Dinners does all the shopping, chopping, and prepping, so you can avoid hefty grocery store bills altogether.

# Save Time, Money... *and your Sanity!*

As you can see, ordering from Dream Dinners will save you a lot of money on groceries. In addition, our fully prepped meals will save you hours. Most of these dishes go from fridge to table in under 30 minutes. If you were to prepare them yourself, you would add hours to that time between going to the grocery store and prepping your ingredients.

## Fill in the Blanks Below



“ I spend  hours planning, shopping, chopping, prepping, measuring, running back to the store for forgotten ingredients, and cleaning up! “

We estimate that Dream Dinners can save busy families close to 20 hours per month.

I spend \$  on grocery shopping each week.

I spend \$  on impulse purchases each week at the grocery store.

I spend \$  tossing out unused ingredients or spoiled food items.

I spend \$  on eating out or take-out meals.

With Dream Dinners, you have a meal plan each week made specifically for your family's tastes, so less waste! Our guests save an average of \$200 per month.

## Come and Get It!

The benefits of Dream Dinners are numerous!

- Less grocery shopping**
- Less money spent on groceries**
- Less food waste**
- More time with my family**
- Always having the right ingredients**
- More variety**
- Easy, healthy options**
- Relaxing evenings with less stress**
- Customizable to my family's tastes**
- Easy meal planning**
- Easy meal prep**
- Enjoyable family meals together**




If I had 20 more hours in a month and \$200 in my pocket, what would I do with my family?

# Chillout: How to Master the Thaw!

Always be ready for dinner with these easy ways to remember to thaw your meals.


## ONCE A WEEK



Every Sunday, put a week's worth of dinners (3-4) in the refrigerator to defrost.

OR

## COOK ONE, THAW ONE.



Start by putting 2-3 meals in your refrigerator to thaw. Then every time you pull out a meal to cook, replace it with a meal from the freezer.

## More Cool Tips

### Last Minute Defrost Tip!

To thaw a frozen dinner, submerge the bag in cold (not hot) water. Change the water every 15 minutes, and your dinner should thaw in an hour. Also, double-check your cooking instructions; some meals can cook from frozen!

*It's 5:00pm, and you just realized that no meals are thawed for dinner.*

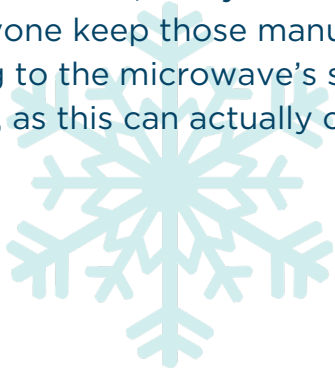
Don't panic; it's happened to all of us, and we have some great tips for safely and quickly thawing frozen food! Once tonight's dinner is taken care of, keep scrolling in this blog post for tips to help you in the future, like cook-from-frozen meals, thaw reminder text alerts, and guidelines for how long your food will last once thawed.

**Cold Water Thaw** - Use the cold water thawing method to safely thaw a Dream Dinners meal in about one hour. It's important to do this right, so you don't introduce bacteria to the food while you defrost it.

**Microwave Thaw** - Another slightly faster option is to use the defrost mode on your microwave to thaw frozen food. This method takes about ten minutes, and you should review your microwave's manual (or just Google it - does anyone keep those manuals?) to learn the best way to defrost a specific cut of meat according to the microwave's settings. Be careful to avoid cooking at too high a heat or for too long, as this can actually cook the meat instead of defrosting it.

## PRO-TIP

Clear out unprepared ingredients in your freezer to make room for your full ready-to-go dinners.





## TASTY TIDBIT

Make grocery shopping a pleasure again!

**With fewer items on your shopping list, you can be more adventurous by shopping farmer's markets for fresh produce or specialty shops and your local deli for fun snacks, cheeses, or baked goods!**

**Or, just save time shopping at the grocery store and spend more time doing what you love!**

## FLAVORFUL INSIGHTS

**Stick to a List: Make a list based on your meal plan and stick to it. Avoid unnecessary detours in the store by only grabbing what you need.**

***Opt for Online Shopping:* Many grocery stores offer online shopping with home delivery or curbside pickup options. Take advantage of these services to save time on physically navigating the store aisles.**

***Use Grocery Store Apps:* Some grocery stores have apps that allow you to create shopping lists, browse weekly specials, and even order groceries for pickup or delivery. Using these apps can streamline your shopping experience.**

By implementing these tips, you can streamline your grocery shopping experience, saving valuable time that can be spent on activities you enjoy with your family and friends.



## GOOD TO KNOW

Setting the table can set the tone for your family.

There have been myriad studies about the importance of nightly – or as close to nightly as possible – family dinners. Not only are they a way to unwind, relax and share stories, they have some substantial effects on the social and emotional development of children and lasting positive effects on adult relationships, as well.

Research has shown that sharing a family meal is good for families—mind, body, and soul. Studies link regular family meals with higher grades, greater resilience, and better self-esteem. And further, family meals are linked to lower rates of substance abuse, eating disorders, teen pregnancy, and depression.

**Sources:** National Center on Addiction and Substance Abuse (CASA) at Columbia University, 2010, *The Journal of Pediatrics and Child Health*, October 2013, *Pediatrics*, The Official Journal of the American Academy of Pediatrics, 2011.



*Week 1*

# weekly PLANNER

Family dinner around the table is possible!

**STEP 1:**

Put 3-4 meals in the fridge and the rest in the freezer.

**STEP 2:**

Mark the calendar with your meal plan for the week.

**STEP 3:**

Follow the easy cooking instructions for your meals.

**STEP 4:**

Enjoy Time and Peace of Mind

**YOU'VE GOT THIS!**

You are prepared, organized, and ready with meals for the week. Start your week with a clean kitchen, organized freezer, & meals in your refrigerator .

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

YAY!

**Saturday**

**Sunday**

**Notes**

My favorite meal this week

My family's favorite meal

*Week 2*

# weekly PLANNER

After only one week, see the benefits already!

**STEP 1:**

Put 3-4 meals in the fridge and the rest in the freezer.

**STEP 2:**

Mark the calendar with your meal plan for the week.

**STEP 3:**

Follow the easy cooking instructions for your meals.

**STEP 4:**

Enjoy Time and Peace of Mind

**NEVER BE BORED WITH DINNER!**

Check out Dream Dinners rotating monthly menus online. We only bring back tried-and-true favorites along with new seasonal recipes.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

**Notes**

**DID YOU REMEMBER TO THAW?**

If not, no biggie. Place 3-4 meals in your refrigerator to get back on track! Your family will thank you for it.



Week 3

# weekly PLANNER

This was so much fun you should start thinking about a plan for next month!

## STEP 1:

Put 3-4 meals in the fridge and the rest in the freezer.

## STEP 2:

Mark the calendar with your meal plan for the week.

## STEP 3:

Follow the easy cooking instructions for your meals.

## STEP 4:

Enjoy Time and Peace of Mind

## MARK YOUR CALENDAR!

It is time to place an order so you can fill your freezer for next week. Go To [Dreamdinners.com](http://Dreamdinners.com) to start your order!

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes

*Week 4*

# weekly PLANNER

You did it.  
You've mastered a month of dinners!

## STEP 1:

Put 3-4 meals in the fridge and the rest in the freezer.

## STEP 2:

Mark the calendar with your meal plan for the week.

## STEP 3:

Follow the easy cooking instructions for your meals.

## STEP 4:

Enjoy Time and Peace of Mind

## YOU'RE CRUSHIN' IT!

Over the last month, you and your family have shared wonderful meals together around the dinner table. Success! After three months, it will be your new normal to no longer dread the question:

What's For Dinner?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes

## COOK FOR A CROWD!

Dream Dinners makes cooking for friends and family a breeze.



# Embracing Your Free Time: 10 Ways to Prioritize Self-Care and Connection

Are you craving some extra time to focus on yourself and your passions? Are you dreaming of leisurely afternoons and quality moments with friends? If so, you're not alone. In a recent survey conducted among women aged 30-50, we asked what they would do with extra free time if they didn't have to cook and clean for their families. The responses were inspiring, reflecting a deep desire for self-care and meaningful connections beyond household duties. Here are 10 ways you can make the most of your precious free time:



## Spend Quality Time with Friends and Family

While it may seem counterintuitive to spend your newfound free time with family, dedicating quality moments together can be incredibly rewarding. Whether it's a game night, a movie marathon, or a picnic in the park, cherish these moments with your loved ones.



## Indulge In Personal Hobbies

Reconnect with activities that bring you joy and fulfillment. Whether it's painting, gardening, knitting, or playing a musical instrument, carving out time for your hobbies can nourish your soul and rejuvenate your spirit.



## Prioritize Self Care

Make self-care a non-negotiable part of your routine. Whether it's practicing yoga, going for a run, or simply taking a long bath, prioritize activities that recharge your batteries and nurture your well-being.



## Connect with Friends

Schedule regular catch-ups with friends to laugh, unwind, and share stories. Whether it's a coffee date, a leisurely walk, or a girls' night out, prioritize meaningful connections with those who lift your spirits and bring joy to your life.





### Invest in Further Education

Invest in Further Education: Use your free time to invest in yourself through further education or professional development. Whether it's taking an online course, attending a workshop, or pursuing a certification, prioritize opportunities for growth and learning.

### Nurture Entrepreneurial Dreams

If you've been harboring entrepreneurial aspirations, now is the time to pursue them. Whether it's starting a side hustle, launching a passion project, or turning your hobby into a business, seize the opportunity to pursue your dreams and carve out your own path.



### Volunteer and Give Back

Dedicate your time to causes you're passionate about by volunteering or getting involved in your community. Whether it's serving meals at a local shelter, tutoring children, or participating in environmental clean-up efforts, find ways to make a positive impact beyond yourself.



### Embark on Adventures

Break free from your routine and embark on adventures near and far. Whether it's a spontaneous road trip, a weekend getaway, or a solo excursion, embrace the thrill of exploration and discovery.

### Explore Cultural Experiences

Immerse yourself in cultural activities that ignite your curiosity and inspire your creativity. Whether it's visiting museums, attending concerts, or exploring new cuisines, indulge in experiences that broaden your horizons and enrich your life.



### Prioritize Relaxation

Finally, don't underestimate the power of simply relaxing and doing nothing. Embrace moments of stillness and solitude, whether it's curling up with a good book, enjoying a cup of tea, or simply basking in the beauty of the present moment.

*Your time is a precious gift that deserves to be cherished and utilized wisely. Whether you choose to prioritize self-care, spend time with loved ones, or pursue your passions, remember to honor your needs and desires. Embrace each moment with gratitude and intention, knowing that you deserve to live a life filled with joy, fulfillment, and connection.*

# TABLE TALK

Ideas to keep the conversation going at dinner!



DREAM DINNERS.  
HOMEMADE, MADE EASY

Would you rather hug a snake or kiss a snapping turtle?



If you could have three wishes granted, what would they be?

What are you most thankful for?

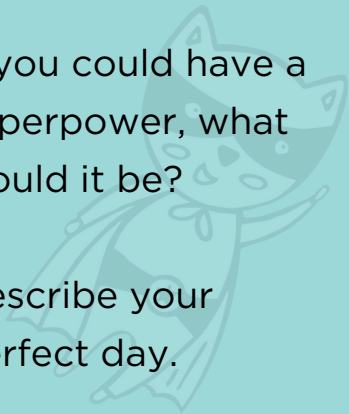
What is one thing that you want to learn to do?

What are you looking forward to tomorrow?

If you had wings, where would you fly?

If you could have a superpower, what would it be?

Describe your perfect day.



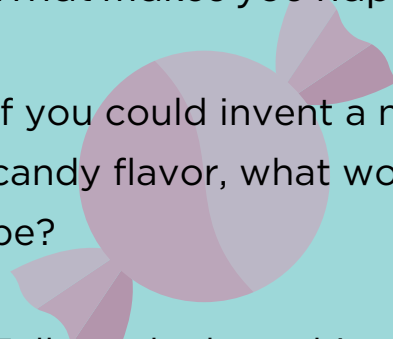
Would you rather go to the beach or play in the snow?

What makes you happy?

If you could invent a new candy flavor, what would it be?

Tell me the best thing about your day today!

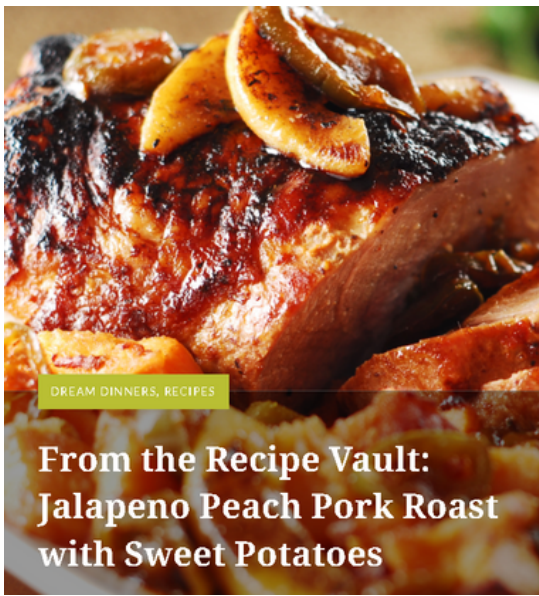
If you could be an animal, what would you be?



## Try These Tongue Twisters

(and try not to spit on your sister)

1. Family feasts on fried fish Friday.
2. Dad deftly dices delicious dates.
3. Mom makes marvelous meatloaf for Monday meals.
4. Siblings share spaghetti, slurping swiftly.
5. Granny garnishes the gravy gracefully.
6. Uncle serves saucy sausages with a smile.
7. Brothers butter bread beautifully.
8. Aunt Annie's apple pie always amazes.
9. Sisters savor sweet corn on Sundays.
10. Grandpa grills great burgers with gusto.



## We've got another delicious recipe to share with you from the Dream Dinners vault!

Enjoy a savory, sweet, and spicy combination of flavors with our Jalapeno Peach Pork Roast with Sweet Potatoes. Do you want to savor more meals with your family, without the stress and mess of cooking from scratch at home? Check out our current menu of pre-prepped freezer meals at [www.dreamdinners.com](http://www.dreamdinners.com)!

PREP TIME: 15 minutes    COOK TIME: 1 hour 30 minutes  
TOTAL TIME: 1 hour 45 minutes

### From the Recipe Vault: Jalapeno Peach Pork Roast with Sweet Potatoes

#### Ingredients

- 1 pork roast
- 3 cups diced sweet potatoes (approx. 1 inch cubed)
- 1 cup sliced peaches
- 1/2 cup peach puree
- 1/3 cup BBQ sauce
- 1 Tbsp brown sugar
- 2 tsp chili powder
- 1 tsp cumin
- 1 Tbsp lime juice
- 1/2 Tbsp natural hickory smoke
- 1 Tbsp apple cider vinegar
- 1/4 cup apple juice concentrate
- 1/4 cup sliced jalapeno peppers

Instructions: Preheat the oven to 350 F.

1. Place pork roast on a sprayed baking pan and cut a 1/2 inch deep X into the top of the roast. Season with salt and pepper.
2. Spray a separate 8x8 baking dish with oil, add diced sweet potatoes and sliced peaches, then cover in foil. Place the baking pan with the pork roast and the 8x8 dish with the potatoes and peaches into the oven on the same shelf. Bake for 45 minutes.
3. Meanwhile, put all remaining ingredients (peach puree through jalapeno peppers) in a small saucepan and stir to combine. Heat on low for 10-15 minutes, stirring occasionally.
4. When the 45-minute timer goes off for the pork roast and sweet potatoes, carefully remove them from the oven. Drizzle 1/4 cup of the sauce over the sweet potatoes and cover again with foil. Pour the remaining sauce over the pork roast, then return the potatoes and pork roast to the oven and bake for an additional 30-40 minutes (internal temperature of the pork roast should be 145\* F).
5. Let the pork roast rest for 5-10 minutes, then cut it into 1/4-inch slices. Serve with the sweet potato and peach blend and a tossed green salad. Enjoy!



# Citrus Marinated Fish Tacos

Tender white cod fillets are marinated in a light, colorful citrus sauce, then grilled and served in tortillas with pico de gallo and zesty sour cream. This meal pairs well with a citrusy white wine like Sauvignon Blanc or white sangria.

PREP TIME: 20 minutes   MARINADE TIME: 1 hour   COOK TIME: 15 minutes  
TOTAL TIME: 1 hour 35 minutes

## Ingredients

- 6 cod filets
- 6 flour tortillas
- MARINADE MIXTURE -
- Zest of 1 lemon
- 1 Tbsp chopped garlic
- 1 Tbsp chopped parsley
- 1 Tbsp olive oil
- 1/4 cup lime juice

## PICO DE GALLO MIXTURE -

- 1/2 cup diced tomatoes in juice
- 1/4 cup diced red onion
- 1 Tbsp chopped cilantro
- 1 Tbsp chopped garlic
- 1 Tbsp lime juice

## SOUR CREAM SAUCE -

- 1/2 cup nonfat sour cream
- 1/2 cup nonfat mayonnaise
- 1/4 tsp cumin
- 1/4 tsp paprika
- 1/4 tsp kosher salt (optional)
- 1/4 tsp black pepper
- 1 tsp lemon juice

## Instructions

1. Combine the marinade mixture (lemon zest, garlic, parsley, olive oil, and lime juice) in a large zip-top bag or baking dish, and add the cod filets to the marinade. Place the marinating cod in the fridge for an hour.
2. While the fish is marinating, preheat the grill or broiler and prep your ingredients for the Pico de Gallo mixture and sour cream sauce.
3. Combine all ingredients for the Pico de Gallo mixture (diced tomatoes, diced red onion, chopped cilantro and garlic, and lime juice) in a small bowl.
4. In a different small bowl, mix the sour cream, mayonnaise, cumin, paprika, salt, black pepper, and lemon juice to make your sour cream sauce.
5. When the cod is done marinating and the grill or broiler is preheated, remove the cod from the marinade and set the marinade aside. Grill or broil the cod filets for 5-7 minutes per side, brushing occasionally with the excess marinade (the internal temperature of the cod filets should be 145\* F).
6. Place one cod filet in each tortilla and top with Pico de Gallo and sour cream sauce.
7. Serve with Dream Dinners Key Lime Corn and a citrusy white wine, like Sauvignon Blanc or white sangria. Enjoy!





# Gnocchi Vegetable Primavera and Sparkling Rosé

Enjoy our Gnocchi Vegetable Primavera any time you want with this tasty recipe from our collection. Do you want to savor more meals with your family, without the stress and mess of cooking from scratch at home? Check out our current menu of pre-prepped freezer meals at [www.dreamdinners.com](http://www.dreamdinners.com)!

PREP TIME: 15 minutes COOK TIME: 45 minutes  
TOTAL TIME: 1 hour 5 minutes

## Ingredients

- 2 cups Alfredo sauce
- 1 cup white cooking wine
- 1 Tbsp lemon juice
- 2/3 cup shredded Parmesan cheese
- 1 tsp black pepper
- Zest of 1/2 lemon
- 1 cup sliced zucchini
- 1/2 cup diced carrots
- 1/2 cup peas
- 1/2 cup diced white onion
- 2 Tbsp chopped garlic
- 3 cups gnocchi (ready to bake)

Instructions: Preheat the oven to 375 F.

1. Mix the Alfredo sauce, white wine, lemon juice, Parmesan cheese, black pepper, and lemon zest in a large mixing bowl to make the primavera sauce.
  2. Once the sauce is thoroughly mixed, add the zucchini, carrots, peas, onion, garlic, and gnocchi, stirring to combine.
  3. Spray a 9x13" baking dish with nonstick spray and spread the gnocchi mixture evenly in the pan.
  4. Cover the pan with foil and cook on the middle rack of the oven for 30-40 minutes.
  5. Remove the foil and place the pan on the top rack of the oven, cooking for an additional 7-10 minutes until the top is golden and bubbly.
  6. Serve with Dream Dinners garlic bread, a fresh salad, and an off-dry sparkling rosé.
- Enjoy!

[For more great Retired Recipe ideas visit the Dream Dinners Blog at https://blog.dreamdinners.com/](https://blog.dreamdinners.com/)

# LIFE IS SWEET!

Don't hurry.  
Be happy.



## Pucker Up!

### Flavored Lemonade Bar

For a special summer BBQ or party, create a self-serve lemonade bar with all the fixings to craft a specialty beverage of your very own!

Choose your  
squeeze of  
the day!

Lemonade  
Pink  
Lemonade  
Limeade



Add ice.



Mix in a  
flavored  
syrup.

Watermelon  
Vanilla  
Strawberry  
Peach  
Coconut



Garnish with  
abandon!

Lemon slices  
Mint sprigs  
Blackberries  
Strawberries  
Kiwi slices  
Peach slices  
Honey



### Host a Teddy Bear Picnic!

First, invite all your favorite stuffies! Spread a checkered tablecloth out in the grass. Pack a picnic basket with lemonade, cookies, gummi bears, Teddy Grahams, honey packets, teacups, saucers, and colorful napkins. Or pick up bear claw pastries from your local bakery.

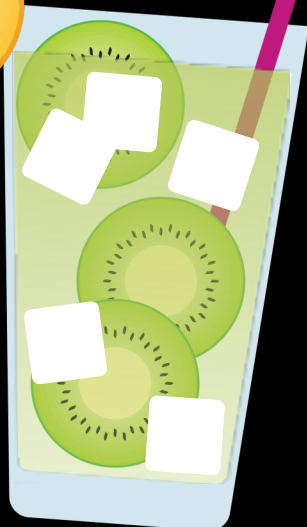


## Chill out with these tasty combinations!

You're a Peach!



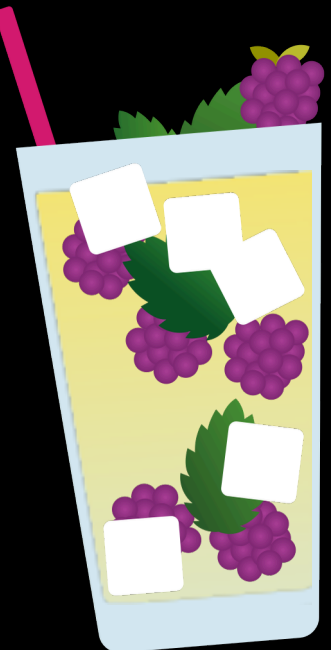
Put the Lime  
in the Coconut



Too Cool  
for School



Adults-Only  
Lemonade!



# FLIP FLOP FUN!



## Mess-Free, Stress-Free Day at the Beach!

Handy clean-up hacks for your next beach trip!

Cover your car seats in sheets for a quick clean-up.

Store beach toys in a mesh laundry bag to shake out.

Baby powder is an easy way to brush sand off hands and toes.

Keep a lint roller in your car to pick up sand.

Let large water jugs warm in your car for rinsing off.

Roll a fresh change of clothing into a plastic bag and store it behind their car seat.



Let large water jugs warm in your car for rinsing off.

Roll a fresh change of clothing into a plastic bag and store it behind their car seat.

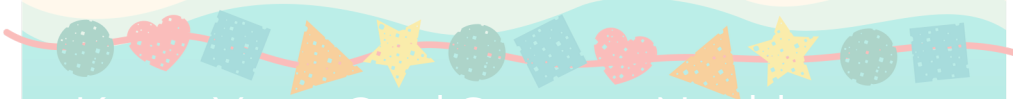


## Rainbow-Colored Sandcastles

Dye beach sand using natural vegan food coloring that won't hurt animals or the water supply. Shovel sand into gallon-sized Ziploc bags. Add 5-8 drops of natural food dye into each bag. Zip the bag and shake to mix the color evenly. If needed, add more food coloring to make the colors more intense.

## Keep-Your-Cool Sponge Necklace

Cut small squares or triangles out of new sponges in a variety of colors. String small sponge pieces with a knitting needle onto yarn to create a long necklace. Soak in water and then wring out excess. Drape around your neck to beat the heat!



## Celebrate Summer National Days

### June Holidays

- Go Fishing Day
- Onion Ring Day
- Sunglasses Day
- Camera Day



Take a family funny-face photo.

### July Holidays

- Independence Day
- Teddy Bear Picnic Day
- Eat Jello Day
- Gummy Worm Day



To celebrate, add gummy worms to your favorite homemade popsicles!

- Hammock Day
- Hot Fudge Sundae Day
- Avocado Day

### August Holidays

- Watermelon Day



See who can spit a watermelon seed the furthest.

- Honeybee Day

Create a watering station for your local honeybees.



# HAPPY CAMPERS

Hip  
Hippo  
Hooray!



## Water Balloons:

### More Than One Way to Play!

Hot Potato. Ready to Launch. Sit & Pop It.

Sitting in a circle, pass the water balloon from person to person. The last person holding the balloon when the timer stops is out. If the balloon pops during the round, the person holding it is out. The last person wins! To make this more challenging for older kids, sit further apart in the circle!

#### Toss It Over.

Partners stand arm's length apart. One person tosses a water balloon to the other. If the water balloon doesn't pop, each takes one step backward. If the balloon pops, the team is out. The pair that are furthest apart wins!

Each team of two has one bath towel. While holding each end of the towel, place a water balloon in the middle. Lower and raise the towel to launch the balloon for the other team to catch in their towel. If they successfully catch it without breaking, they can launch it back!

#### Water Balloon Pinatas.

Hang water balloons at various heights from a tree. Using a stick, kids take turns breaking a balloon.

Create two relay teams. The first person on each team runs to a designated point, where they need to sit on and pop their balloon. Once it pops, they run back and tag the next person. The first team to pop all their balloons wins.

#### Tag, You're It.

Classic game of tag with a wet twist. The person who is "it" holds the water balloons. If they hit someone with a balloon, that person becomes the new tagger.

#### Water Wars.

Split into two teams or individuals. Break out the water balloons, water guns, large sponges, cups, buckets, and a hose. Everyone wins when wet and cooled off!

#### Movies Under the Stars!

Create a backyard movie theater using a white twin bed sheet, an outdoor movie projector, plenty of blankets, and comfy oversized pillows.

Don't forget the popcorn and candy treats!



#### Create a Drive-In Movie Theater.

Your kiddos can decorate your empty large boxes to look like a car and sit in their crafty creation with pillows to watch the movie!

## Oodles and Oodles of Bubbles:

### Homemade Bubble Recipe

1 Quart warm water  
½ Cup of Dawn original dish soap  
½ Cup of sugar  
1 Tablespoon of baking soda

Combine water and sugar. Stir until dissolved. Whisk in baking soda. Add dish soap. Leave overnight for the best results! Store in an airtight container. Use pipe cleaners to make wands.

### Brilliant Idea!

Cut open glow sticks and pour the solution into your bubbles. Enjoy glow-in-the-dark bubbles on a warm summer night.



# HAVE S'MORE FUN

## Float My Boat



Try these cool combos for a new twist on the classic root beer float!

### Whipped Dream:

Cream Soda +  
Vanilla Ice Cream +  
Whipped Cream

### Purple Cow:

Grape Soda +  
Vanilla Ice Cream

### Strawberries & Cream:

Cream Soda +  
Strawberry Ice Cream

### Creamsicle:

Orange Soda +  
Vanilla Ice Cream

### Frozen Lemonade:

Sparkling Lemonade  
+ Vanilla Ice Cream

### The Zinger:

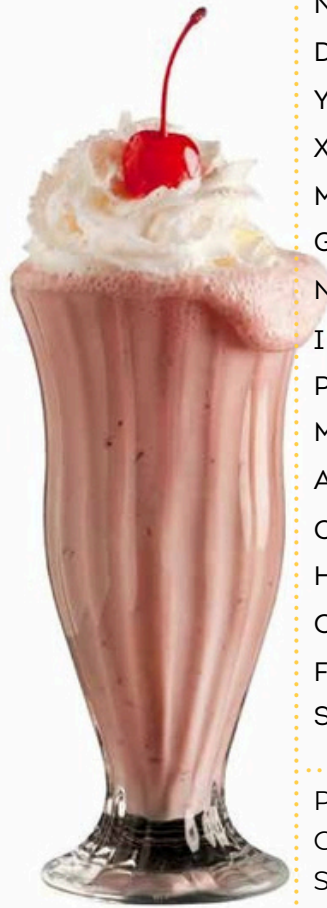
Lemon-Lime Soda + Lime Sorbet

### Check-Up:

Dr. Pepper Soda +  
Vanilla Ice Cream

### Chocolate Cow:

Cream Soda + Chocolate Ice Cream



## Word Search!

Look forward, backward, and at an angle!

N G K C H R C Z E W F U Y G J S  
 D Y A R O T C L W J L X P U T T  
 Y S A R A C P O P S I C L E I X  
 X Z U S D P O Z T L N N F E U Y  
 M S B N A E Z N R A L X O R S L  
 G T E E S N N F U X O B H I M F  
 N T N E F C D B G T Z H J F I E  
 I I E T B E R C R S N C H P W R  
 P S M O R E S E A B H A I M S I  
 M J M L E L L K E S O E W A C F  
 A S R V P K C B Q N T B L C P C  
 C U J L N O V Q M Y D L E L R O  
 H C Y I M D M T G U O X E Z S Q  
 O T R M N B P M Q L B I U W I L  
 F P A A S E S S A L G N U S B G  
 S H S Q E D A N O M E L K G H I

Popsicle	Sand	Pineapple	S'mores
Campfire	Camping	Sandcastle	Park
Sprinkler	Firefly	Swimsuit	Garden
Beach	Sunscreen	Lemonade	Hammock
Shells	Coconut	Sunglasses	Bumblebees

## The Smell of a Campfire Means Summer!

Enjoy these simple campfire hacks.

To Keep Pesky Bugs

Away: Bring sage or rosemary, natural bug repellents, to throw on the fire.

Change the Flame Color: Toss in Borax (sodium tetraborate) bug r for green flames, water softener salt for purple flames, or Epson salt for white flames.

Upgrade Your S'mores: Try adding berries or apple slices. Change up your chocolate with Peppermint Patties, Reese's, or Nutella. And sandwich between chocolate or cinnamon graham crackers.

Bored of Marshmallows? Try roasting fruit over an open flame. Pineapple chunks, apple slices, bananas, and strawberries work great! Sprinkle with a bit of cinnamon and drizzle with maple syrup.





# GO BAREFT

## Summer Bucket List Bingo

Check off all the squares for a fantastic summer!



 Go to a tree Climb a tree	 Drive-in movie	 Visit the beach	 Go barefoot	 Have a lemonade stand
 Make a campfire	 Lay in the grass	 Read a book	 Try mini-golf	 Watch fireworks
 Go on a road trip	 Plant flowers	<b>FREE SPACE</b>	 Eat a popsicle	 Visit the zoo
 Build a fort	 Sleep outside	 Eat corn on the cob	 Catch bugs	 Play in the dirt
 Run through a sprinkler	 Swing in a hammock	 Ride a bike	 Have a water balloon fight	 Make your bed

## Oreo Cookies Taste Test

Purchase a variety of Oreo cookies in different flavors (mint, peanut butter, lemon, golden) and/or store brands. Have each taster close their eyes and try each cookie with milk in between tastings. Rate each cookie on a scale of 1-5. Also, see if each taster can guess the flavor. At the end, have each taster pick their favorite!



## Glow Pins for the Win!

Glow sticks on a warm night can add a lot of fun for your littles! Try night bowling. Fill six empty water bottles with water and two activated glow sticks. Tighten the lids. Use a soccer ball, or you can purchase a glow-in-the-dark ball, to knock down the pins. Keep score or play for fun!

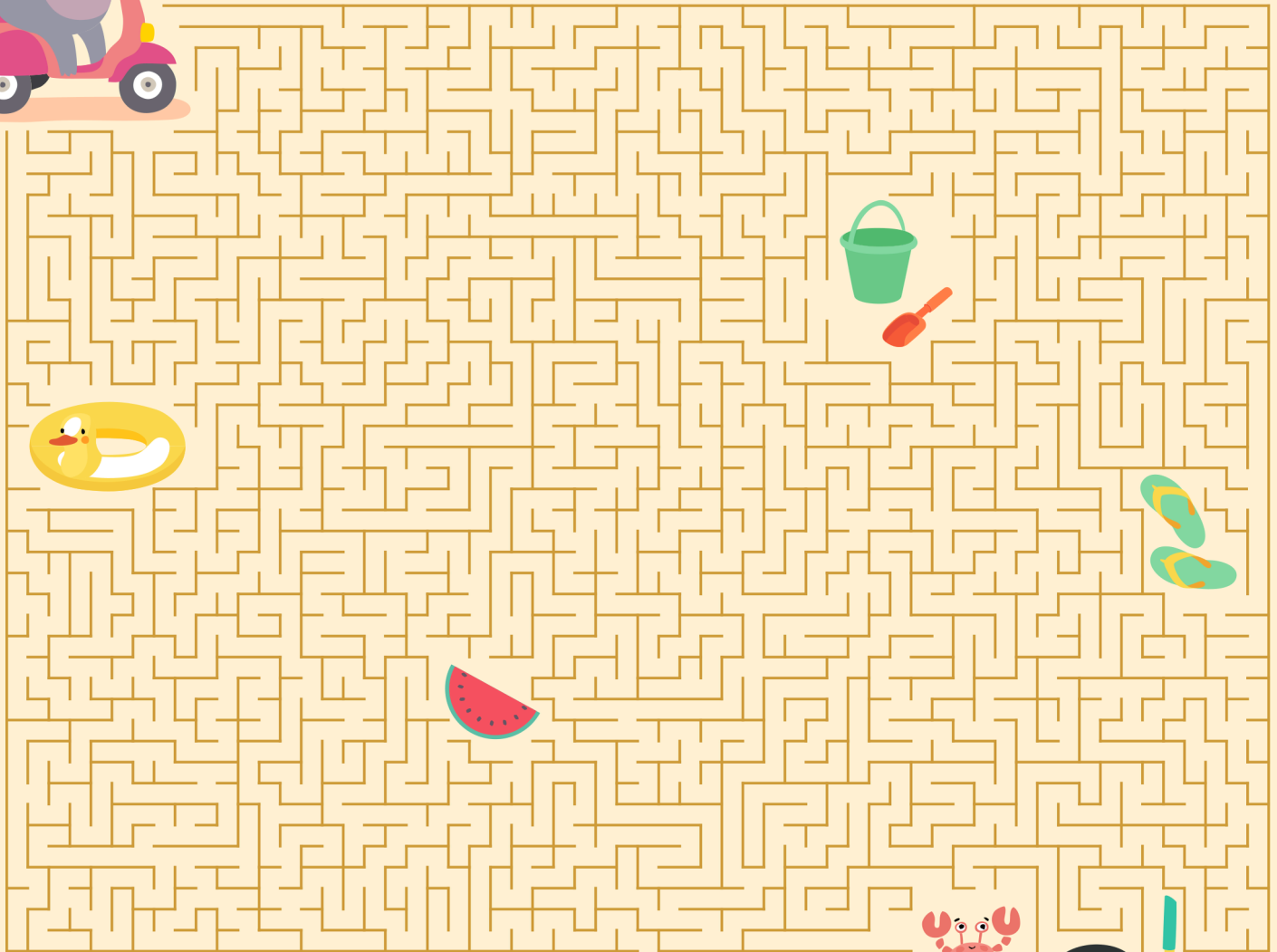


# VACAY M D

Get Henry Hippo to the beach and pick up these things along the way: pail and shovel, floatie, flip flops, and watermelon.



How do you know if the ocean is friendly? It waves!



The Beach



## Word Scramble

Can you unscramble these summer words?

Stay cool!



wutsimui

glsunsases

tlensacaeds

slocippe

hlsel

eoamndl

rkap