



Issue 7, July 2023

# MY LIFE AS A Love Life As It Is, Enjoy What You Do MOM

[mylifehobbiesasamom.com](http://mylifehobbiesasamom.com)

GREENHOUSE  
GARDEN  
UPDATES

NEW  
RECIPES

Summer Food and  
Delights

AFFILIATES

Check out some great  
deals and steals

OF THE  
MONTH

Book, Essential Oil of  
the Month and more...

# EDITOR'S NOTES

Affiliates  
Cricut  
Cents of Style  
The California Wine Club  
Kiyonna Clothing  
Seven Sister Scones  
EasyCloset  
ShareaSale  
Minted  
Monday.com  
Basic Invites  
BeeBeeCraft  
Brytn Smile  
AccuQuilt  
Art of Tea  
momAgenda  
1st in Coffee  
Barkev  
Natalie Mills  
Amazon  
Tea Collection  
Grove Collaborative  
Bumpin Blends  
Wickbox  
Garden in Minutes  
Decor Steals  
and more..

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Hey Friends,

July is here and that means summer weather and beach trips out of town. Stay cool this month with cool refreshing recipes for the cookbook of the month, while reading the July Book of the Month in your favorite corner or patio. Looking to start a garden, but don't know where to start come join me on my blog for tips and tricks that can help you start whether it's a small garden or a large garden. Want to learn more about essential oils and their benefits and what they can do for you, your health, and how to make DIYs home cleaning products with them stay updated with My Life As A Mom Blog for all the great tips and recipes. Stay connected with My Life As A Mom Blog by scanning the QR code on the left. It's that time to get the children ready for Back To School shopping come with me while I'll go shopping for clothes, supplies and so much more. Lastly, give back to a great cause by shopping with Quela's Sip & Party where 10% of your profit will go to a special cause. What's better than shopping for a great cause while getting wine at the same time?

*Quela Hudson*  
Blogger & Editor

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- August

## Back to School Shopping

- School Supplies
- Clothes Shopping

## Prime Day

- Check out some great deals for Prime Day on July 11th and 12th

# Sip & Slice

## Wine Tasting

Sip your favorite wine with your favorite slice of pizza.



**Low Sugar Red**  
**\$143.10**

**Low Sugar White**  
**\$184.50**



Scan QR code shop

**Pizza Night  
Gift Set  
(Choose your wine)  
Starting at \$65**



# SOCIAL MEDIA

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FIND MY LIFE AS A MOM ON SOCIAL MEDIA AND KEEP UP-TO-DATE WITH OUR WEEKLY NEWSLETTER AND SO MUCH MORE.

## SUBSCRIBE ONLINE

### ***Social Media***

Facebook: [@mylifehobbiesasamom](https://www.facebook.com/mylifehobbiesasamom) / [@quelasdesign](https://www.facebook.com/quelasdesign)

Facebook Group: [Quela's Sip & Party](https://www.facebook.com/groups/100000000000000)

Instagram: [@mylifeasamomblog](https://www.instagram.com/mylifeasamomblog) / [@quelasdesign](https://www.instagram.com/quelasdesign)  
[@quelassipnparty](https://www.instagram.com/quelassipnparty)

### ***Website***

Blog: [www.mylifehobbiesasamom.com](http://www.mylifehobbiesasamom.com)

One Hope Wine:

<https://www.onehopewine.com/myshop/taquela-hudson>

doTerra: [my.doterra.com/quelascents](https://my.doterra.com/quelascents)

Etsy Shop: [www.etsy.com/shop/quelasdesign](https://www.etsy.com/shop/quelasdesign)

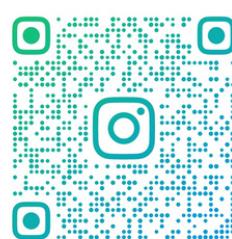
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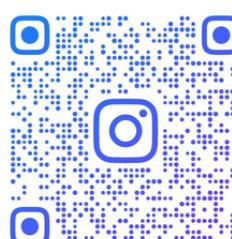
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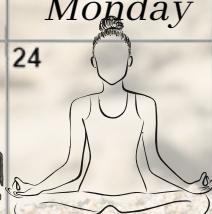
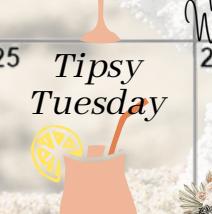
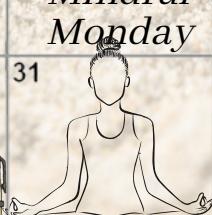


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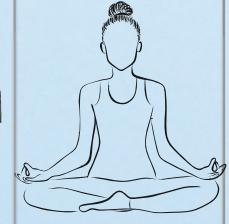
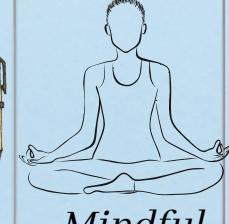
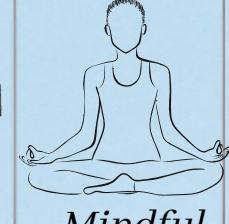
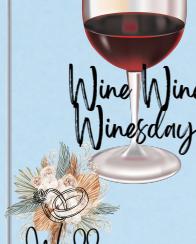
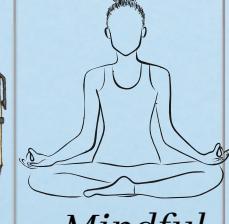


@QUELASSIPNPARTY

# July 2023

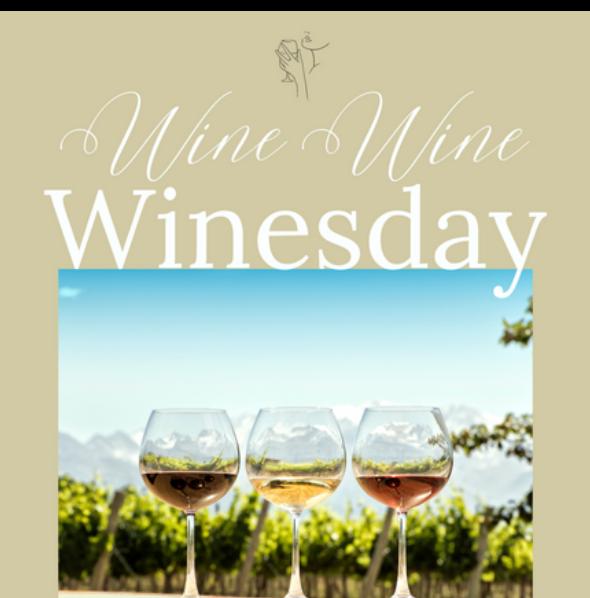
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|   |  |  |  |   |  | 1  |
| 2   | 3  | 4  | 5  | 6   | 7  | 8  |
|                           |                    |                    |                    |                     |                      |                      |
|  Plan Your Week With Me  |  Mindful Monday  |  Mindful Monday  |  Mindful Monday  |  Mindful Monday  |  Mindful Monday  |  Mindful Monday  |
|  Plan Your Week With Me |  Mindful Monday |  Mindful Monday |  Mindful Monday |  Mindful Monday |  Mindful Monday |  Mindful Monday |
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|  Plan Your Week With Me |  Mindful Monday |  |  |   |  |  |
|   |  |  |  |   |  |  |

# August 2023

| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|---|--|---|--|---|--|--|
|   |  | 1<br><i>Tipsy Tuesday</i><br>    | 2<br><i>Wine Wine Winesday</i><br><br><i>Wedding Wednesday</i>    | 3<br><i>But First Skin care Thursday</i><br>    | 4<br><i>OF THE MONTH</i><br>    | 5<br><i>GARDEN</i><br>    |
| 6<br>    | 7<br><br><i>Mindful Monday</i>    | 8<br><i>Tipsy Tuesday</i><br>    | 9<br><i>Wine Wine Winesday</i><br><br><i>Wedding Wednesday</i>    | 10<br><i>But First Skin care Thursday</i><br>   | 11<br><i>OF THE MONTH</i><br>   | 12<br><i>GARDEN</i><br>   |
| 13<br> | 14<br><br><i>Mindful Monday</i> | 15<br><i>Tipsy Tuesday</i><br> | 16<br><i>Wine Wine Winesday</i><br><br><i>Wedding Wednesday</i> | 17<br><i>But First Skin care Thursday</i><br> | 18<br><i>OF THE MONTH</i><br> | 19<br><i>GARDEN</i><br> |
| 20<br> | 21<br><br><i>Mindful Monday</i> | 22<br><i>Tipsy Tuesday</i><br> | 23<br><i>Wine Wine Winesday</i><br><br><i>Wedding Wednesday</i> | 24<br><i>But First Skin care Thursday</i><br> | 25<br><i>OF THE MONTH</i><br> | 26<br><i>GARDEN</i><br> |
| 27<br> | 28<br><br><i>Mindful Monday</i> | 29<br><i>Tipsy Tuesday</i><br> | 30<br><i>Wine Wine Winesday</i><br><br><i>Wedding Wednesday</i> | 31<br>                                       |  |                         |

# Check Out!

THIS MONTH



## Skin Care Thursday





**Check Out  
Some My  
Affiliates  
on Great Deals  
for This Summer**

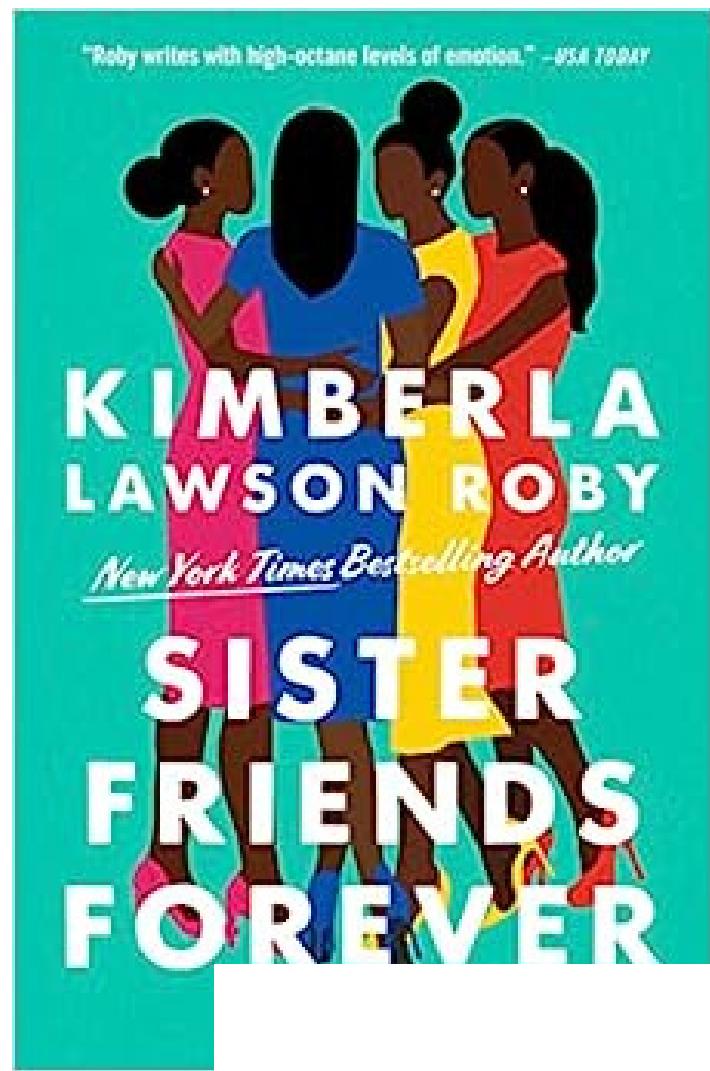
# AMAZON PRIME DAY

July 11 - 12



# BOOK OF THE MONTH

Serena, Michelle, Kenya, and Lynette have been best friends since they were small children. And as sister-friends forever, they have always been there for one another, through good times and bad, no matter what.



# COOKBOOK OF THE MONTH

<sup>a</sup>summer  
Simple Summer Cooking **COOKBOOK**  
with All Types of Delicious Summer Recipes





# SAUTÉED CABBAGE

WITH SAUSAGE

## Ingredients

- 1/2 cabbage
- 3 cups of sausage peel (Regular, spices, mild, or hot)
- 1 medium onion
- 1 teaspoon Salt
- 1 green pepper
- 1 tablespoon of minced garlic
- 1 teaspoon black pepper
- 1 1/2 cup water
- 1/2 garlic powder
- 1/2 onion powder

## Direction

Sauté onions, green pepper, minced garlic, salt, black pepper, cabbage onion powder, and garlic powder for 15 minutes. After 15 minutes add your chopped cabbage, stir, and cook it for 45 minutes to an hour until the cabbage is tender to eat. After the cabbage is done cooking serve it with a side of cornbread and enjoy!!!

# BUFFALO CHICKEN

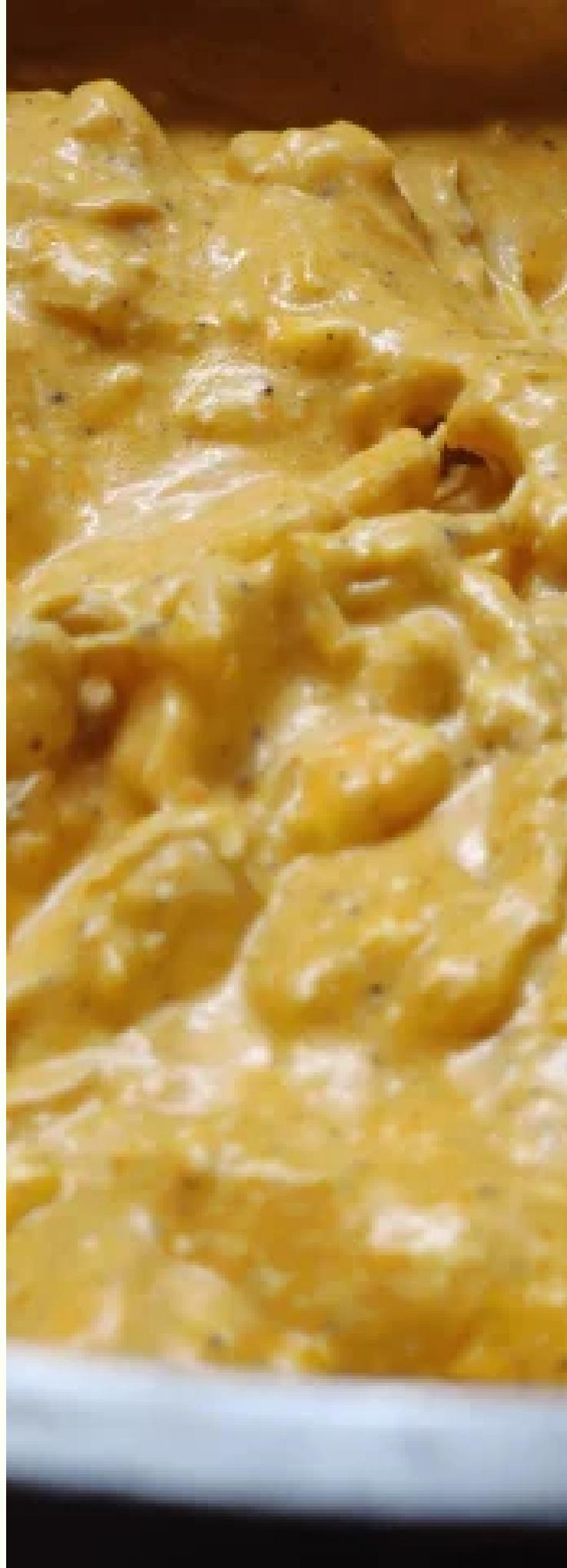
D I P

## Ingredients

3 Skinless Boneless Chicken Breast  
(3) 8 oz of Cream Cheese  
1/2 Packet of Ranch Season  
1 1/2 18 oz bottle of Buffalo Mild Sauce  
(1) 16 oz Bag of Shredded Cheese

## Directions

1. Boil your chicken breast or whole chicken until it is really tender for about 45 minutes to an hour until fully cooked. Add salt and pepper for the season (Not too much thought)
2. After the chicken is fully cooked and tender, drain the liquid (You can save the chicken stoke for another time) and put the chicken back on the stove.
3. Third shredded the chicken really fine
4. After the chicken is all shredded up and the cream cheese and buffalo sauce are in the pot. Stir it up and let it comes to a small boil until all of the cream cheese is melted. When you see all of the cream cheese is melted add the ranch season packet into the mixture. Stir it up well and let it cook for another 5 minutes.
5. Last serve with your favorite chips



# ***BREAKFAST POTATO HASH***

**WITH EGG & SAUSAGE**  
**Ingredient**

- 6 Potatoes (chopped)
- 1 tbsp of minced onion
- 1 tbsp of season salt
- 3 eggs
- 4 cooked sausage patties (chopped)
- A lot of cheese
- 1/2 cup of parmesan cheese

## **Direction**

1. Rinse and chop potatoes into cubes
2. Rinse them off again and boil them until the potatoes are tender
3. When potatoes are tender drain water and add your seasonings and parmesan cheese and fold them
4. Grease your pan and pour your seasoned potatoes
5. Scramble your eggs and pour them over the potatoes
6. Put your chopped sausage on top of the potato and egg mixture, sprinkle your cheese on top and cover it with aluminum foil and let it cook for 20 to 25 minutes in a 350-degree oven.
7. Take it out after 25 minutes add a few slices of cheese on top and put it back in for 5 more minutes. Take out and enjoy with your favorite dipping sauce on the side



# *BANANA PANCAKES*

## **Ingredients**

2 cups of pancake mix

1 cup of milk

1 tsp of vanilla extract

1 tbsp of cinnamon

2 ripe bananas mashed

2 tbsp of butter melted

## **Directions**

1. Pour your pancake mix into a bowl, with your milk, vanilla extract, cinnamon, and butter.
2. Peel and mash your banana in a bowl and combine it with your pancake mix. Fold your pancake and mash the banana.
3. Grease your pan and fry your pancakes until golden brown on both sides and enjoy with syrup or by themselves.





# FRIED CHICKEN TENDERS

## Ingredient

- 1 pack of chicken tenders
- 2 cups of flour
- 1 tbsp of salt
- 1 tbsp of black pepper
- 1 tbsp of garlic powder
- 1 tbsp of onion powder
- 1 tsp of cayenne pepper
- 1 tbsp of paprika
- 1/2 tsp of slap your mama seasoning
- 3 eggs (beaten)
- Oil for frying

## Direction

### Pre-heat oil to 350 degrees

1. Rinse your chicken and pack it dry and put it on the side
2. Mix all of your seasonings together and sprinkle some that season on your chicken. Make sure your chicken is fully covered. Put your seasoned chicken to the side.
3. Mix the rest of your seasonings with your two cups of flour until fully incorporated.
4. Crack your 3 eggs and beat them together and line all of your items together
5. Add your seasoned chicken to your egg, flour and deep fry them until golden brown
6. Serve with your favorite dipping sauce

# July Promo

DOTERRA

## Turmeric

Turmeric essential oil is beneficial however you use it—internally, topically, or aromatically. Advantageous to the immune system, ingested Turmeric may have soothing benefits that promote a positive immune response and healthy circulation.

## TerraShield

Calling all outdoor enthusiasts! TerraShield—the Repellent Blend—is about to be your new adventure buddy. From hiking to camping to just sitting out on the back porch, TerraShield is a great outdoor companion.

## Learn More

About our essential oils by scanning the QR code below.



SCAN QR CODE  
TO START  
SHOPPING

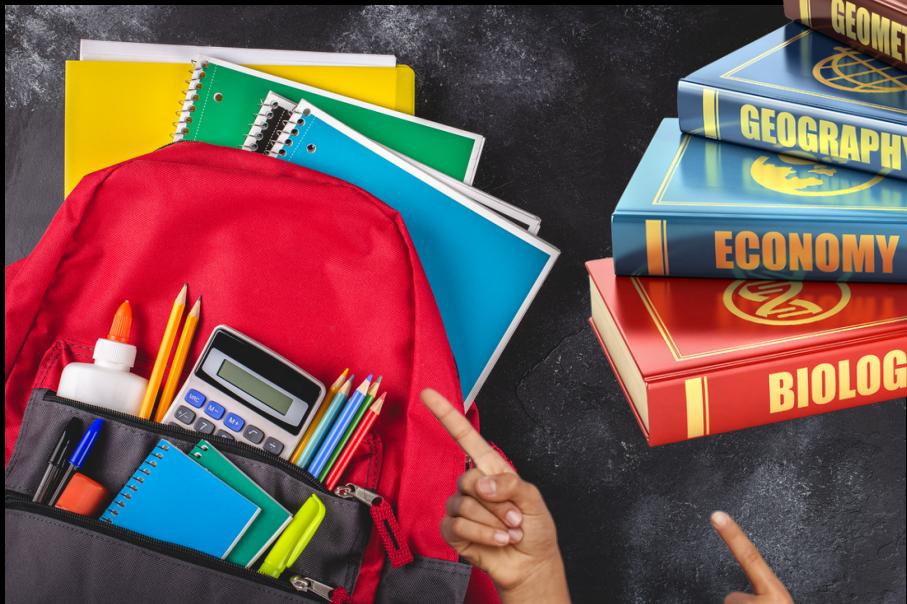




# Christmas in July

- SET UP A CHRISTMAS TREE WITH RED, WHITE, AND BLUE LIGHT AND DECORATIONS
- SERVED CHRISTMAS COOKIES AND DESSERTS
- DO CHRISTMAS ACTIVITIES AT THE POOL
- INVITE SANTA OVER FOR SOME SUMMER FUN

# Back to School Shopping





# GARDEN UPDATE



Check out what's growing in the garden on My Life As A Mom Blog

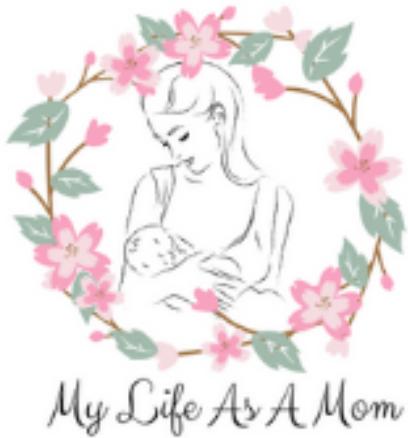
[www.mylifehobbiesasamom.com](http://www.mylifehobbiesasamom.com)

# MODERN HARVEST FLOWERS, VEGETABLES, & FRUITS



Check out all the new updates on My Life As A Mom Blog for tips and tricks on how I keep my garden flourishing during the season and all of the new things that I am growing and planting.





# Affiliates

This entire page contains affiliate banners and will be compensated by making sure that My Life As A Mom stay-up-to-date when you make a purchase by clicking on my links on the blog.



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Whether you want a subtle look or a show stopper, our rings will help you get there.

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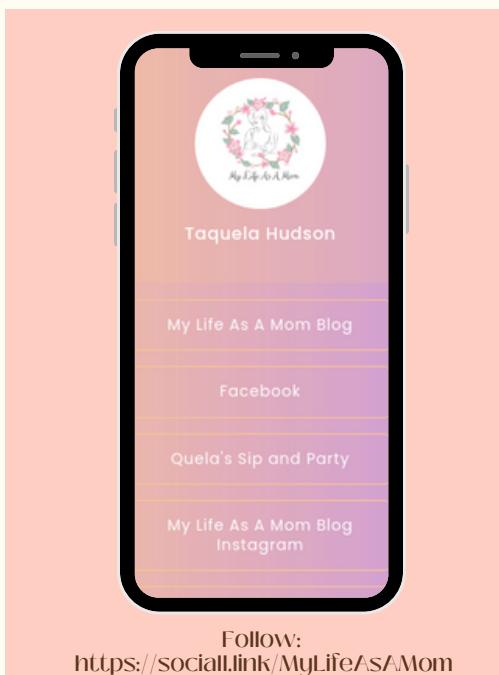
**PREMIUM FRAGRANCES.  
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**PERFUMANIA**

# My Life As A Mom Newsletter



## What to look for?

**Top Podcast** - Sharing my favorite podcast  
**Affiliate Post** - Check out some deals from some of my affiliates  
**All About Wine** - Wine Wine Winesday every Wednesday  
**Garden Saturday** - Take a Scroll in my garden

**MOMENT AS  
A MOTHER**  
LEARN THE STRENGTH  
WITHIN

**MOM**  
#Momlife

**Natural  
cleaning Recipes**

Come make homemade  
sanitizers, disinfectants,  
and more with me on  
My Life As A Mom Blog



**Design  
Coming  
Soon**



# August Digest Coming Soon



Published on July 7, 2023