



## **Busy Mom Menu: Helping busy moms save money and time!**

### *Thanksgiving Dinner, November 26, 2009*

I hope you enjoy this Busy Mom Menu Thanksgiving Menu Plan. With the Busy Mom Menu, you will:

- **Save time** - we plan for you
- **Eat out less** - you'll know what's for dinner each night
- **Feel like a good cook** - our recipes are tried 'n true, have been tested and family-approved, and are fast and easy
- **Know what you are serving your family** – all recipes include nutritional data, point values, and dietary exchanges
- **Have more options** – each menu includes healthier Meal Makeover options
- **See the prepared recipe** – our meals feature beautiful full color photos
- **Grocery shop with our list** - everything is already included for dinners for the week
- **Stop throwing away food** - we plan leftovers into the menus
- **Fill your freezer** - we plan cooking for the freezer into the menus
- **Save money** - no more trips back to the store when there's nothing in the pantry for dinner despite a huge grocery bill
- **Take advantage of local sales** - because you control when you restock your pantry items, you can buy them when they are on sale

**To receive the Busy Mom Menu, [subscribe here](#). Enjoy the menu!**

## Busy Mom Menu

Thanksgiving Dinner	Thanksgiving Dessert
Roast Turkey and Gravy Cornbread or Regular Stuffing Green Bean Casserole** Creamed Spinach**	Baked Macaroni and Cheese** Baked Carrots and Potatoes with Nutmeg** Cranberry Sauce** Dinner Rolls**
	Lemon Meringue Pie Tammy's Pumpkin Roll



### Thanksgiving Dinner:

Roast Turkey and Gravy  
Cornbread or Regular Stuffing  
Green Bean Casserole\*\*  
Creamed Spinach\*\*  
Baked Macaroni and Cheese\*\*  
Baked Carrots and Potatoes with Nutmeg\*\*  
Cranberry Sauce\*\*  
Dinner Rolls\*\*

### Dinner Recipes

#### Notes:

1. This menu should serve 8-12 adults plus smaller children comfortably. If you have growing teens, big appetites, or more people, I suggest doubling several of the side dishes and cooking a larger turkey. You may wish to add some homemade mashed potatoes as well.
2. Several of these dishes can be made ahead and refrigerated until time to bake. They are marked with \*\*.
3. Be absolutely sure to give your turkey enough time in the refrigerator to thaw!! Nothing is worse than finding a frozen turkey on Thanksgiving morning. Allow at least one day of refrigerator thawing for every 4 lbs. of turkey. Source: Butterball.com.
4. The size of the turkey you buy will depend on the number of guests you are having and how many leftovers you want to have. I am including a 12-lb. turkey on the list, but adjust this according to your needs.
5. If you have a turkey dilemma, call the experts at the Butterball Turkey Talk-Line at 1-800-288-8372. Specially trained home economists will be ready and waiting to take America's calls beginning November 1 at 8 a.m. CST.
6. Next week's menu includes a couple of dishes to use your leftover turkey, so don't feel the need to polish off all of your leftovers.
7. Don't forget to open and slice your cranberry sauce and put it on the table. It is easy to forget something that takes virtually no preparation.

## Busy Mom Menu

### Roast Turkey

**Yield: 24 Servings**

12 lb. turkey, fresh or thawed  
water

1/2 cup dry sherry  
Basting Sauce (see recipe below)

Remove any packages of extra parts such as giblets and neck from inside the turkey. Rinse the turkey with cold water inside and out and pat dry. Place the turkey in a large roasting pan, placing the wings under the turkey. Pour the water and sherry into the pan and brush your turkey with the basting sauce. Cover the turkey with foil and bake at 300°F for about 4 1/2 hours. Check internal temperature and adjust bake temperature if needed. Baste occasionally with the juices from the bottom of the pan. Uncover the turkey for the last 30 minutes of baking time and baste again. The internal temperature of your turkey should be about 165°F according to the US Dept. of Agriculture. When turkey is done, remove from oven and allow to cool for about 15 minutes before carving.

*Per Serving: 348 Cal (17% from Fat, 83% from Protein, 1% from Carb); 67 g Protein; 6 g Tot Fat; 2 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 152 mg Sodium; 222 mg Cholesterol; Points = 7.5; Exchanges = 9½ Very Lean Meat*

### Roast Turkey Basting Sauce

**Yield: 24 Servings**

1 1/2 tsp brown sugar  
1 tsp garlic, minced  
1 tsp paprika  
1/4 tsp pepper

1/2 tsp salt  
1 1/2 Tbsp dry sherry\* or white cooking wine  
1/2 tsp sage  
1/2 tsp thyme

Whisk all ingredients together and use to baste your turkey.

*Per Serving: 3 Cal (6% from Fat, 6% from Protein, 88% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 49 mg Sodium; 0 mg Cholesterol; Points = 0.1; Exchanges = 0*  
*Recipe adapted from Fat Free Holiday Cooking*

### Gravy preparation

When the turkey is done, transfer the juices from the baking pan to a saucepan through a strainer. In a glass jar (with a tight-fitting lid available) put 1/2 cup warm water and 2 Tbsp. flour. Tighten the lid and shake vigorously until the flour is dissolved. If your turkey came with a gravy packet, you can use that instead of the flour and water. Heat, stirring frequently, until gravy is thickened. If you need to stretch your gravy, add all or part of a can of chicken broth. Pour the gravy through a strainer into a gravy boat to remove any lumps.



### Cornbread or Regular Stuffing

**Yield: 10 Servings**

*For easier preparation, chop and sauté your onion and celery the day before and refrigerate until needed.*

1 bag Pepperidge Farm stuffing, cornbread* or regular	1 Tbsp olive oil
1 cup onion, chopped	1 1/2 cups chicken broth
2 stalks celery, chopped	
1/2 cup (1 Stick) butter, melted	

Sauté celery and onion on stovetop in olive oil. In a saucepan, heat broth and butter to boiling. In a large bowl, combine celery, onion, stuffing mix, and heated broth and butter. Mix well, adding up to 2/3 cup water if necessary for correct consistency. Serve immediately. If you wish to stuff your turkey, follow the safety guidelines found in Butterball's Top Turkey FAQs.

\* cornbread stuffing is used in the nutritional calculations.

*Per Serving: 163 Cal (55% from Fat, 7% from Protein, 38% from Carb); 3 g Protein; 10 g Tot Fat; 6 g Sat Fat; 16 g Carb; 3 g Fiber; 2 g Sugar; 315 mg Sodium; 24 mg Cholesterol; Points = 3.5; Exchanges = 1 Starch - 1/2 Veg - 2 Fat*

## Busy Mom Menu

### Green Bean Casserole\*



**Yield: 8 Servings**

4 cans green beans  
1 1/2 cups French onions  
2 cups milk

2 tsp ground pepper (or to your liking)  
2 cans cream of mushroom soup

Mix green beans, milk, pepper, soup and 3/4 can of onions. Bake at 375°F for 35 minutes stirring frequently. Add the remainder of onions and bake 5 minutes.

*Per Serving: 244 Cal (51% from Fat, 9% from Protein, 40% from Carb); 5 g Protein; 14 g Tot Fat; 5 g Sat Fat; 24 g Carb; 4 g Fiber; 5 g Sugar; 1323 mg Sodium; 6 mg Cholesterol; Points = 5.3; Exchanges = 1 1/2 Milk - 1 Other Carb - 3 Veg - 1 Fat*

### \*Menus 4 Moms Substitution: Green Beans

**Yield: 8 Servings**

2 pkgs (16 oz.) frozen green beans  
2 tbsp butter

salt and pepper

Cook green beans according to package directions. Drain. Add butter, salt and pepper to taste.

*Per Serving: 44 Cal (54% from Fat, 9% from Protein, 37% from Carb); 1 g Protein; 3 g Tot Fat; 1 g Sat Fat; 4 g Carb; 2 g Fiber; 1 g Sugar; 24 mg Sodium; 0 mg Cholesterol; Points = 0.7; Exchanges = 1 Veg - 1/2 Fat*

### Creamed Spinach\*

**Yield: 12 Servings**

1/2 cup+2 tbsp butter, OR margarine divided  
1/2 cup all-purpose flour  
1/2 tsp salt  
1/2 tsp black pepper  
2 1/8 tsp ground nutmeg  
2 cups half and half cream

8 oz cream cheese  
2 cups onion, minced  
1/4 cup garlic, minced  
4 pkgs (10 oz.) frozen chopped spinach, thawed  
1/2 cup water  
1/2 cup Parmesan cheese, grated



In a 2-quart saucepan over medium-low heat, melt 3 Tbsp. butter; stir in flour, salt, pepper, and nutmeg; slowly whisk in cream; stir in cream cheese. Increase heat to medium; whisk mixture constantly until thick and smooth; remove from heat and set aside. In a skillet over medium-high heat, cook onions and garlic in remaining 2 Tbsp. butter until transparent; stir spinach and water into pan. Reduce heat to medium-low; cover; simmer, stirring occasionally, for 8 minutes. Stir spinach mixture into creamy mixture; return to medium heat; heat, stirring often, until warmed throughout. Remove from heat; fold in Parmesan.

*Per Serving: 287 Cal (72% from Fat, 11% from Protein, 17% from Carb); 8 g Protein; 24 g Tot Fat; 10 g Sat Fat; 13 g Carb; 3 g Fiber; 1 g Sugar; 385 mg Sodium; 39 mg Cholesterol; Points = 7.1; Exchanges = 1/2 Milk - 1 Veg - 1/2 Lean Meat - 6 Fat*

### \*Menus 4 Moms Substitution: Spinach and Strawberry Salad\*

**Yield: 12 Servings**

12 cups spinach leaves, rinsed well  
4 cups Strawberries, quartered

1/2 cup walnuts  
Poppy Seed Dressing (see recipe below)

Wash baby spinach leaves thoroughly. Slice strawberries. Mix spinach and strawberries together in a medium salad bowl.

*Per Serving: 55 Cal (49% from Fat, 16% from Protein, 36% from Carb); 2 g Protein; 3 g Tot Fat; 0 g Sat Fat; 5 g Carb; 2 g Fiber; 3 g Sugar; 24 mg Sodium; 0 mg Cholesterol; Points = 1.0; Exchanges = 1/2 Starch - 1 Fat*

## Busy Mom Menu

### \*Poppy Seed Dressing

**Yield: 12 Servings**

1 1/4 cups sugar	1 Tbsp onion powder
2 tsp dry mustard	2 cups salad oil (or any light -vegetable oil)
2 tsp salt	3 Tbsp poppy seed
2/3 cup white vinegar	

Mix sugar, mustard, salt and vinegar. Add onion powder and stir thoroughly. Add oil slowly, beating constantly with a whisk until thick and well blended. Add poppy seed and beat for a few more minutes. Store in cool place or in the fridge for up to two weeks. Can also be served over spinach salad or fruit such as grapefruit or avocado.

*Per Serving: 417 Cal (79% from Fat, 0% from Protein, 21% from Carb); 1 g Protein; 37 g Tot Fat; 5 g Sat Fat; 22 g Carb; 0 g Fiber; 22 g Sugar; 395 mg Sodium; 0 mg Cholesterol; Points = 11.4; Exchanges = 1 Other Carb - 7 Fat*



### Macaroni and Cheese\*

**Yield: 8 Servings**

2 Tbsp cornstarch	2 1/2 cups milk
1 tsp salt	2 Tbsp butter
1/2 tsp dry mustard (optional)	2 cups cheddar cheese, shredded & divided
1/4 tsp pepper	
8 oz. Mueller's elbows, cooked 5 minutes and drained	

In medium saucepan combine corn starch, salt, dry mustard and pepper; stir in milk. Add margarine. Stirring constantly, bring to a boil over medium-high heat and boil 1 minute. Remove from heat. Stir in 1-3/4 cups (425 ml) cheese until melted. Add elbows. Pour into greased 2-quart casserole. Sprinkle with reserved cheese. Bake uncovered in 375°F oven 25 minutes or until lightly browned. This can be prepared ahead of time and kept refrigerated until you are ready to bake. Add 5-7 minutes to the cooking time if cold.

*Per Serving: 654 Cal (26% from Fat, 17% from Protein, 57% from Carb); 27 g Protein; 19 g Tot Fat; 9 g Sat Fat; 92 g Carb; 5 g Fiber; 6 g Sugar; 556 mg Sodium; 42 mg Cholesterol; Points = 13.8; Exchanges = 5 1/2 Starch - 1/2 Milk - 1 Lean Meat - 4 Fat*  
*Source: Mueller's elbow macaroni box*

### \*Menus 4 Moms Makeover: Macaroni and Cheese

**Yield: 8 Servings**

2 Tbsp cornstarch	2 1/2 cups skim milk
1 tsp salt	2 Tbsp butter
1/2 tsp dry mustard (optional)	1 1/2 cups Lo fat cheddar cheese, shredded & divided
1/4 tsp pepper	8 oz. Mueller's Elbows cooked 5 minutes and drained

In medium saucepan combine corn starch, salt, dry mustard and pepper; stir in milk. Add margarine. Stirring constantly, bring to a boil over medium-high heat and boil 1 minute. Remove from heat. Stir in 1-3/4 cups (425 ml) cheese until melted. Add elbows. Pour into greased 2-quart casserole. Sprinkle with reserved cheese. Bake uncovered in 375°F oven 25 minutes or until lightly browned. This can be prepared ahead of time and kept refrigerated until you are ready to bake. Add 5-7 minutes to the cooking time if cold.

*Per Serving: 524 Cal (8% from Fat, 20% from Protein, 73% from Carb); 25 g Protein; 5 g Tot Fat; 2 g Sat Fat; 93 g Carb; 5 g Fiber; 6 g Sugar; 489 mg Sodium; 7 mg Cholesterol; Points = 10.1; Exchanges = 5 1/2 Starch - 1 Milk - 1 Lean Meat - -0 Fat*

## Busy Mom Menu

### Baked Carrots and Potatoes with Nutmeg

**Yield: 10 Servings**

1 cup onions, chopped  
4 tbsp vegetable broth  
4 cups carrots, peeled, julienned  
6 cups potatoes, peeled, julienned

salt and pepper, to taste  
nutmeg, grated, for garnish  
2 cups skim milk



In pan, sauté onions in the vegetable broth. Place half of carrots in a casserole dish that has been sprayed with non-stick cooking spray. Top with half of the potatoes and all of the onions. Sprinkle with salt, pepper and nutmeg. Repeat with remaining vegetables. Pour in the skim milk. Cover and bake at 350°F for 50-60 min. or until vegetables are done and liquid is absorbed.

*Per Serving: 199 Cal (12% from Fat, 13% from Protein, 75% from Carb); 7 g Protein; 3 g Tot Fat; 0 g Sat Fat; 38 g Carb; 5 g Fiber; 11 g Sugar; 187 mg Sodium; 2 mg Cholesterol; Points = 3.4; Exchanges = 1 Starch - ½ Milk - 2½ Veg*

### Cranberry Sauce

### Dinner Rolls

**Yield: 12 Servings**

12 whole wheat dinner rolls, warmed

*Per Serving: 114 Cal (15% from Fat, 12% from Protein, 73% from Carb); 4 g Protein; 2 g Tot Fat; 0 g Sat Fat; 22 g Carb; 3 g Fiber; 4 g Sugar; 206 mg Sodium; 0 mg Cholesterol; Points = 1.8; Exchanges = 1 Other Carb*

## Busy Mom Menu

### Thanksgiving Dessert:

Lemon Meringue Pie  
Tammy's Pumpkin Roll



### Lemon Meringue Pie

Yield: 8 Servings

1 Pillsbury® refrigerated pie crust, (from 15 oz. box) softened and baked as directed	1 1/2 cup cold water
1 1/4 cup sugar	3 egg yolks
1/3 cup cornstarch	2 Tbsp butter or margarine
1/2 tsp salt	1 Tbsp grated lemon peel
	1/3-1/2 cup fresh lemon juice (more = tart)

#### Meringue:

3 egg whites  
1/4 tsp cream of tartar  
1/2 tsp vanilla  
1/4 cup sugar

Bake pie crust as directed on box for One-Crust Baked Shell using 9-inch glass pie pan. Bake 9 to 11 minutes or until light golden brown. Cool completely, about 30 minutes. In a medium sized saucepan, for the filling, mix sugar, cornstarch and salt. Gradually stir in cold water until smooth. Bring mixture to a boil over medium heat, stirring constantly. Allow to boil 1 minute while still stirring. Remove from heat. In small bowl, beat egg yolks with fork. Stir about 1/4 cup of hot mixture into egg yolks. Gradually stir yolk mixture into hot mixture. Bring to a boil over low heat, stirring constantly. Boil 1 minute, stirring constantly. Remove from heat. Stir in butter, lemon peel and lemon juice. Cool for about 15 minutes. Pour into cooled baked shell. Set oven temperature to 350°F. For meringue, in small bowl, beat egg whites, cream of tartar and vanilla on medium speed with electric mixer about 1 minute or until soft peaks form. Then on high speed, gradually beat in sugar, 1 tablespoon at a time until stiff glossy peaks form and sugar is dissolved. Spoon meringue onto hot pie filling. Spread meringue all the way to the edge of the crust to seal well and prevent shrinkage. Bake at 350°F 12 to 15 minutes or until meringue is light golden brown. Cool completely, about 1 hour. Refrigerate until filling is set, about 3 hours. Store in refrigerator.

*Per Serving: 328 Cal (29% from Fat, 5% from Protein, 66% from Carb); 4 g Protein; 11 g Tot Fat; 2 g Sat Fat; 55 g Carb; 1 g Fiber; 38 g Sugar; 336 mg Sodium; 0 mg Cholesterol; Points = 7.3; Exchanges = 2 Starch - 1½ Other Carb - 2 Fat*  
*Recipe adapted from Pillsbury.com*

## Busy Mom Menu

### Tammy's Pumpkin Roll



**Yield: 12 Servings**

*This wonderful and pretty holiday dessert is such a hit in our family that my sister-in-law usually makes 2 so we don't run out! Tammy of Tammy's Pumpkin Roll fame is the one who takes the wonderful photos for the Busy Mom Menu. Isn't she talented?!*

#### **Cake:**

- 3 eggs
- 1 cup white sugar
- 2/3 cup solid pack pumpkin puree
- 1 tsp lemon juice
- 3/4 cup all-purpose flour
- 1 tsp baking powder
- 1/2 tsp salt
- 2 tsp ground cinnamon
- 1 tsp ground ginger
- 1 cup chopped pecans
- 1/4 cup confectioners' sugar for dusting

#### **Cream Cheese Filling:**

- 1 (8 oz.) pkg. cream cheese
- 4 Tbsp butter
- 1 cup confectioners' sugar
- 1/2 tsp vanilla extract
- 1/4 cup confectioners' sugar for dusting

Preheat oven to 350° F (175° C). Grease and flour a 10x15 inch jellyroll pan. In a large bowl, beat eggs and sugar with an electric mixer on high speed for five minutes. Gradually mix in pumpkin and lemon juice. Combine the flour, baking powder, salt, cinnamon, and ginger; stir into the pumpkin mixture. Spread batter evenly into the prepared pan. Sprinkle pecans over the top of the batter. Bake for 12 to 15 minutes, or until the center springs back when touched. Loosen edges with a knife. Turn out on two dishtowels that have been dusted with confectioners' sugar. Roll up cake using towels, and let cool for about 20 minutes. In a medium bowl, combine cream cheese, butter, 1 cup confectioners' sugar, and vanilla. Beat until smooth. Unroll pumpkin cake when cool, spread with filling, and roll up. Place pumpkin roll on a long sheet of waxed paper, and dust with confectioners' sugar. Wrap cake in waxed paper, and twist ends of waxed paper like a candy wrapper. Refrigerate overnight. Serve chilled; before slicing, dust with additional confectioners' sugar.

*Per Serving: 344 Cal (48% from Fat, 6% from Protein, 47% from Carb); 5 g Protein; 19 g Tot Fat; 8 g Sat Fat; 41 g Carb; 2 g Fiber; 32 g Sugar; 277 mg Sodium; 93 mg Cholesterol; Points = 8.1; Exchanges = 1 Starch - 1 Other Carb - 1/2 Lean Meat - 5 Fat*

## Busy Mom Menu

# Regular Grocery List: Thanksgiving November 26, 2009

### Baking Products

Pepp. Farm Stuffing bag 1@ 3.00

### Bread

Dinner Rolls 2@ 2.00

### Canned Fruit

Cranberry Sauce 2@ 1.00

Pumpkin - 14 oz. 1@ 1.50

### Canned Vegetables

Canned Green Beans - 15 oz. 4@ 1.00

French onions (Durkee) - 6oz 2@ 2.00

### Cheese

Cheddar, Shredded - 2 cups 1@ 2.50

Cream Cheese Soft 8 Oz 2@ 1.50

Parmesan Cheese - 8 oz (bag) 1@ 1.99

### Dairy/spreads

Butter - 1 Lb. 1@ 2.50

Eggs 1@ 2.00

Half & Half - 16 oz. 1@ 1.99

Milk-(gallon) 1@ 3.50

### Frozen Dessert

Unbaked 9" pie crust 1@ 2.50

### Frozen Vegetables

Spinach - 10 oz 4@ 1.50

### Meat

Turkey - 12 lbs 1@ 40.00

### Nuts

pecans 1@ 5.00

### Pasta / Rice

Elbow Macaroni 8 oz. 1@ 1.25

### Produce

Baking Potatoes - 5 lb. bag 1@ 4.00

Carrots 1@ 1.60

Celery 1@ 0.89

Lemon 2@ 0.50

Onion (1) 4@ 0.40

### Soup

Chicken Broth 1@ 0.88

Cr. Of Mushroom 2@ 1.00

Vegetable Broth 1@ 1.00

### Pantry Items

Baking Powder

Brown Sugar

Cinnamon

Confectioner's Sugar

Cornstarch

Cream of Tartar

Dry Mustard

Dry Sherry

Flour

Ground Ginger

Minced Garlic, Dried

Non-Stick Cooking Spray

Nutmeg

Olive Oil

Paprika

Pepper, Black

Sage

Salt

Sugar

Thyme

Vanilla Extract

### Refrig. Items

Lemon Juice

**Approximate Total: \$104.00**

Get the Shopping List software format for the regular version grocery list here:

<http://www.menus4moms.com/kitchen/weeklymenu/2009/shoppinglist/091005.ITM>

## Busy Mom Menu

# Meal Makeovers Shopping List\*: Thanksgiving November 26, 2009

*\*Uses all makeover/substitution options on the menu*

### Baking Products

Pepp. Farm Stuffing bag 1@ 3.00

### Bread

Dinner Rolls 2@ 2.00

### Canned Fruit

Cranberry Sauce 2@ 1.00

Pumpkin - 14 oz. 1@ 1.50

### Cheese

Cheddar, Shredded - Low Fat 1@ 2.50

Cream Cheese Soft 8 Oz 1@ 1.50

### Dairy/spreads

Butter - 1 Lb. 1@ 2.50

Eggs 1@ 2.00

Milk-skim (gallon) 1@ 3.50

### Frozen Dessert

Unbaked 9" pie crust 1@ 2.50

### Frozen Vegetables

Cut Green Beans 16 Oz 2@ 1.15

### Fruit

Strawberries Bskt 2@ 3.50

### Meat

Turkey - 12 lbs 1@ 40.00

### Nuts

pecans 1@ 5.00

Walnuts 1@ 2.50

### Pasta / Rice

Elbow Macaroni 8 oz. 1@ 1.25

### Produce

Bag Baby Spinach 2@ 2.50

Baking Potatoes - 5 lb. bag 1@ 4.00

Carrots 1@ 1.60

Celery 1@ 0.89

Lemon 2@ 0.50

Onion (1) 2@ 0.40

### Soup

Chicken Broth 1@ 0.88

Vegetable Broth 1@ 1.00

### Pantry Items

Baking Powder

Brown Sugar

Cinnamon

Confectioner's Sugar

Cornstarch

Cream of Tartar

Dry Mustard

Dry Sherry

Flour

Ground Ginger

Minced Garlic, Dried

Non-Stick Cooking Spray

Nutmeg

Olive Oil

Onion Powder

Paprika

Pepper, Black

Poppy Seed

Sage

Salt

Sugar

Thyme

Vanilla Extract

Vegetable Oil (pref. light oil)

Vinegar

### Refrig. Items

Lemon Juice

**Approximate Total: \$98.00**

Get the Shopping List software format for the Meal Makeover version grocery list here:

[http://www.menus4moms.com/kitchen/weeklymenu/2009/shoppinglist/091005\\_makeover.ITM](http://www.menus4moms.com/kitchen/weeklymenu/2009/shoppinglist/091005_makeover.ITM)