

# the Laundry moms

Sorting Out Life...One Load at a Time

COM

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>B</b> Breakfast	<b>E</b> Cookie Bowl Oatmeal (THM page 232) (add extra 1/4 cup of oats) with fruit salad	<b>E</b> Cookie Bowl Oatmeal (THM page 232) (add extra 1/4 cup of oats) with fruit salad	<b>S</b> Bacon and eggs	<b>S</b> Cheesy Omelet (THM page 219)	<b>E</b> Fruity Blend Greek Yogurt (THM page 251) with Banana cream cake <a href="http://tlm.menu/4">http://tlm.menu/4</a>	<b>E</b> Trim Healthy Pancakes (THM page 223) with slim belly jelly (THM page 411)	<b>S</b> Crepes with berries (THM page 220)
<b>L</b> Lunch	<b>S</b> Citrus Fish Bake (THM page 286) with salad & olive oil dressing (3 cap fulls of raw apple cider vinegar, heavy drizzle of olive oil and sea salt)	<b>E</b> Pan bread sandwiches (THM page 266)	<b>E</b> Pan bread sandwiches (THM page 266)	<b>FP</b> Fuel pull salad (THM page 301/302)	<b>FP</b> Cajun Cottage Cheese Salad (THM page 303)	<b>S</b> Taco Salad (THM page 347)	<b>S</b> Tortilla pizza (THM page 280)
<b>D</b> Dinner	<b>S</b> Pizza casserole (THM page 327)	<b>S</b> Alfredo Beef & Broccoli on spaghetti squash (THM page 340/341)	<b>S</b> Burgers (THM page 339/340)	<b>S</b> Peanut Sauce night (THM page 337/338)	<b>S</b> Speedy thin crust pizza (THM page 278/279)	<b>S</b> Spicy Chicken Wings (THM page 323) With celery & Sour Cream	<b>S</b> Fajitas (THM page 346)

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
<b>(B)</b> Breakfast Fruit (for one breakfast)	<b>(L)</b> Salmon (1 piece per family member)	<b>(B)</b> Unsweetened Almond Milk	<b>(D)</b> 3 Pkgs Frozen Broccoli Florets	<b>(L &amp; D)</b> Sugar Free Pizza Sauce	<b>(B &amp; L)</b> Old fashion oats	<b>(B)</b> Defatted Peanut Flour
<b>(L)</b> Spinach	<b>(L &amp; D)</b> 9lbs Ground Beef - freeze in 1lb bags	<b>(L, D)</b> Skim Mozzarella Cheese	<b>(D)</b> 1 Bag of Frozen Chicken Tenderloins	<b>(D)</b> Olives	<b>(B &amp; L)</b> THM Sweetener	<b>(B)</b> Cocoa Powder
<b>(L)</b> Tomatoes	<b>(L &amp; D)</b> 150g - 200g Pepperoni (regular or turkey)	<b>(B, L, D)</b> 2 Cartons of Liquid Egg whites	<b>(B)</b> 1 Bag Frozen Berries	<b>(D)</b> 2 jars of Alfredo Sauce (less than 2 grams of carbs)	<b>(B &amp; L)</b> Baking Powder (Aluminum Free)	<b>(B, L, D)</b> Glucomannan
<b>(B &amp; L)</b> 2-3 Lemons	<b>(L)</b> Low fat or fat free lunch meat	<b>(B, L)</b> 2 pkgs Low Fat Cottage Cheese (1%)		<b>(L)</b> Black Beans	<b>(B, L, D)</b> Sea Salt	<b>(L)</b> Zero Calorie Salad Dressing (or wishbone spritzers)
<b>(L)</b> 4 Hearts of Romaine Lettuce	<b>(B)</b> Bacon (regular or turkey)	<b>(D)</b> Butter		<b>(D)</b> Franks Wing Sauce	<b>(B, L, D)</b> Pepper	<b>(L)</b> Olive Oil
<b>(L)</b> Salad Veggies (for several salads)	<b>(D)</b> Package of Chicken Breast	<b>(B, L, D)</b> 2 Dozen Eggs			<b>(L &amp; D)</b> Cayenne Pepper (optional)	<b>(L)</b> Raw Apple Cider Vinegar
<b>(L, D)</b> 2 Green Peppers	<b>(D)</b> Package of Chicken Wings	<b>(B)</b> 0% Greek Yogurt			<b>(L &amp; D)</b> Creole Seasoning (optional)	<b>(D)</b> Smooth Sugar Free Peanut Butter
<b>(D)</b> Onions	<b>(D)</b> Steak	<b>(B, L, D)</b> 2% Grated Cheddar Cheese			<b>(D)</b> Onion Powder	<b>(D)</b> Bragg Liquid Aminos
<b>(D)</b> Spaghetti Squash		<b>(L, D)</b> Low Fat Sour Cream			<b>(L)</b> Chili Powder	<b>(D)</b> Konjac or Dreamfield Noodles
<b>(B)</b> 1 Banana		<b>(B)</b> Cream			<b>(L)</b> Taco Seasoning	<b>(B)</b> Vanilla Extract
<b>(D)</b> Celery		<b>(B)</b> Whipping Cream			<b>(B)</b> Cinnamon	<b>(D)</b> Ground Flax (2TB)
						<b>(D)</b> Almond Flour (2TB)
						<b>(D)</b> Parchment Paper