

the Laundry moms

Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B Breakfast	S Cheesecake (THM page 373)	E Sprouted French toast (THM page 239)	E Sweet cinnamon quinoa (THM page 227)	S Bacon and eggs	S Light white muffins THM (page 264) with Fat Stripping Frappa (THM page 240)	S Light white muffins THM (page 264) with Chocomocho (THM page 248)	E Berry Oat Breakfast Cake http://tlm.menu/b with Luscious Lemon Yogurt http://tlm.menu/7
L Lunch	S Tuscany in a bowl (THM page 288)	E Waldorf Cottage Cheese Salad (THM page 300)	S BLT Salad (THM page 306)	FP Mexican Cottage Cheese Salad (THM page 302)	E Warm Chicken Sprouted Sandwich (THM page 298)	S Chicken Quesadillas (THM 307)	FP Joseph's Fuel Pull Pizza (THM page 280/281)
D Dinner	S Cheeseburger pie (THM page 326)	E Beef Stroganoff http://tlm.menu/8	S Coconut Crusted Chicken (THM page 322)	S Tender beef stew - Crockpot (THM page 309/310)	S Kai Si Ming (THM page 331)	S Eggplant Lasagna (THM page 349/350)	S Creamy Mushroom Pasta (THM page 351)

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(B) 2 Lemons	(B, L) Turkey Bacon	(B) 2 pkg 1/3 less fat cream cheese (8oz)	(B) Frozen Fruit	(L, D) 3 cans of Organic Tomato Paste	(B) Cinnamon	(B) THM Sweetener
(B) Berries for muffins (optional)	(L) Salmon (One piece for each family member)	(B) 2 Dozen Eggs	(D) Steaks for crockpot	(L) 1 can Black Beans	(B) Coconut Flour	(B) Vanilla Extract
(L, D) 3 Summer Squash	(L) Chicken Breast (for sandwiches & Quesadillas)	(B) Liquid Egg Whites		(D) Broth (2 cups)	(B) Baking Powder (Aluminum Free)	(B) Glucomannan or xanthan gum
(L) Fresh Basil (optional)	(D) 7 & 1/2lbs Ground Beef (frozen in 1lb bags)	(B) Unsweetened Almond Milk		(D) 3 Cans of Tomato Sauce (8oz)	(B) Unsweetened Cocoa Powder	(B) On plan Sprouted Bread (Sprouted Dark Rye, Ezekiel, etc.)
(L) One Apple	(D) Chicken Tenderloins	(B) Butter			(B) Sea Salt	(B) Extra Virgin Coconut Oil
(L, D) 2 Tomatoes		(B) Heavy Cream			(B) Coffee	(B) THM Whey Protein Powder
(L, D) 3 Hearts of Romaine Lettuce		(B, D) Part Skim Ricotta (23oz)			(B) Oat Flour (or Oatmeal ground in blender)	(B) Ground Turmeric (Optional)
(D) 7 Onions (6 meals)		(B, D) 0% Greek Yogurt (2 cups)			(B) Baking Soda	(L, D) Nutritional Yeast
(D) Veggies (for one meal steamed)		(L) Low Fat Cottage Cheese (1%)			(L) Black Pepper	(L) Italian Seasoning (optional)
(D) 2 Cloves of Garlic		(L, D) 2 Bricks of Skim Mozzarella Cheese			(D) Onion Powder (3 tsp.)	(L) Chili Flakes
(D) Parsley					(D) Steak Seasoning	(L) Walnuts (Small amount for salad)
(D) 3lbs Button Mushrooms					(D) Cayenne Pepper	(L) Light Mayonnaise
(D) Eggplant					(D) Cajun Seasoning	(L) Salsa (Sugar Free)
(D) Cabbage						