

the Laundry moms

Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B Breakfast	E Banana cream cake http://tlm.menu/4	S Protein muffins (THM page 221)	E Old fashioned Oatmeal (THM page 228/229)	S Zucchini Fritter (THM page 217)	S Satisfying granola on sweetened Greek yogurt (THM page 237)	S Cheesecake Berry Crunch (THM page 373)	E Trim Healthy Pancakes (THM page 223) with sugar free Berry Syrup http://tlm.menu/9
L Lunch	E Quick Poached Salmon (THM page 284/285) with salad (inc black beans) and a light dressing	S BLT Salad (THM page 306)	PP Lettuce Wraps (THM page 297)	S Better than Chef Salad (THM page 305)	E Warm Chicken Sprouted Sandwich (THM page 298) with Fat Stripping Frappa (THM page 240) FP Version with 1/2 scoop of whey	E Loaded Potato Soup (THM page 294/295) with Pan bread sandwiches (THM page 266)	S Creamy Broccoli and Cheese Soup (THM page 335/336)
D Dinner	S Dreamfield pasta with on plan sauce & ground beef added (optional - add veggies & sprinkle with cheese)	E Balsamic Chicken (THM page 324)	S BBQ Steak (topping with steak spice) & Roasted Vegetable Medley (THM page 354)	S Fajitas THM (page 346)	E Pizza with Gwen's dough with fat free toppings (veggies, skim mozzarella) http://tlm.menu/a (Use half of the dough for tonight, the rest next week.)	S Baked Chicken Thighs (THM page 322) with Cauliflower Mashed Potatoes (THM page 361) and Twice Baked Zucchini (THM page 362)	S Chile Relleno Casserole (THM page 325/326)

***Notes**

Mix up Gwen's bread dough Monday to let it ferment in the fridge for Friday's dinner. Start Chicken thighs by 2:30-3pm on Saturday

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(B) 1 Banana	(B, D) Bacon (Turkey or Regular) for 3 meals	(B) 0% Greek Yogurt	(B) Frozen Berries	(L) Black Beans (3 meals)	(B) Old Fashioned Oats	(B) Vanilla Extract
(B) Eggs	(L) Salmon (1 piece per family member)	(B, L) Liquid Egg Whites	(L) 12oz Bag of Frozen Cauliflower	(L, D) 7 Cups Fat Free Chicken Broth	(B) THM Sweetener	(B) Extra Virgin Coconut Oil
(B, D) Veggies for eggs, fajitas & pizza (onions, green peppers, mushrooms, zucchini, etc.)	(L) Chicken (for 3 meals)	(B) Fat free Redi Whip (Optional)	(L) 2 Bags of Frozen Broccoli (12oz)	(D) On plan sugar free Pasta Sauce	(B) Baking Powder (aluminum free)	(B) Pumpkin Seeds (desired amount)
(B, D) 2 Large Zucchini	(L) Fat Free Deli Meat (2 meals)	(B, L, D) Mozzarella Cheese (Skim)	(L, D) Chicken (for 3 meals)	(D) Tomato Paste (6 oz.)	(B) Sea Salt	(B) Shredded Coconut (desired amount)
(B) 1 lemon	(D) 2lbs Ground Beef	(B) Heavy Cream	(D) Chicken Thighs	(D) Sugar Free Pizza Sauce	(B) Black Pepper	(B) Sunflower Seeds (desired amount)
(L) Romaine Lettuce (4 hearts)	(D) Steak (1 piece for each family member)	(B) 1/3 less fat Cream Cheese (2 pkgs)	(D) Bag of frozen Cauliflower	(D) 2 cans Rotel style Diced Chilies and Tomatoes (15oz each)	(B) Cinnamon	(B) Dry Roasted Chopped Almonds (for two recipes)
(L) Salad Veggies (Cucumber, tomato, avocado, olives, etc. for 3 salads)	(D) Steak - for fajitas	(B) Low fat Cottage Cheese			(B) Ground Golden Flax Meal (1 cup)	(B) Glucomannan
(L, D) 4 Large Tomatoes		(L) Unsweetened Almond Milk			(B, L) Nutritional Yeast	(L) Bragg Liquid Aminos
(L) Fruit of choice for 1 salad		(L) Light Laughing Cow Cheese			(L) Cocoa Powder	(L) Balsamic Vinegar
(L, D) 2 Onions		(D) Sour Cream			(L) Garlic Powder	(L) Extra Virgin Olive Oil
(L, D) Green Onions (for 2 meals)		(D) Butter			(L) Cayenne Pepper	(L) Zero Calorie Salad Dressing (or wishbone spritzers)
(D) Veggies to go with Baked Chicken (E)		(B, D) Eggs (2 dozen)			(D) Italian Herbs	(L) Light Mayonnaise
(D) Cabbage, Broccoli, Cauliflower		(D) Cheddar Cheese			(D) Whole Wheat Flour	(L) Chili Flakes