

the Laundry moms

Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B Breakfast	S Cheese Omelet (THM p. 219)	E Sweet Cinnamon Quinoa (THM p. 227)	S Basic Whey Smoothie (THM p. 243)	E Old Fashioned Oats (THM p. 228)	S Chocolate Decadence (THM p. 245)	E Sprouted French Toast (THM p. 329)	S E FP Greek Pudding (THM p. 251)
L Lunch	S Oopsie Roll Sandwiches (THM p. 268)	S Tuscany in a Bowl (THM p. 288)	E Waldorf Cottage Cheese Salad (THM p. 300)	S E FP Loaded Potato Soup (THM p. 294)	S E FP Grilled Salmon & Salad (THM p. 284)	S Scrumptilicious Sammie Eggplant (THM p. 298)	S E FP Deli Meat Roll-Ups (THM p. 299)
D Dinner	S Taco Salad (THM p. 347)	S Alfredo Beef & Broccoli (THM p. 340)	S Spaghetti with Spaghetti Squash Noodles (THM p. 356)	S Coconut Crusted Chicken (THM p. 322) Spinach Casserole (THM p. 358)	S Pizza Casserole (THM p. 327)	S Creamy Mushroom Pasta (THM p. 351)	S Beef Burger Night (THM p.339)

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
Onion	Lean Deli Meats	Eggs	Frozen Spinach	Coconut Milk	Quinoa	Sea Salt
Mixed Vegetables (Omelet)	Salmon	Heavy Cream		Chicken Broth	Golden Flax Meal	Cinnamon
Cauliflower - 2	Turkey Bacon Bits	Cream Cheese		Alfredo Sauce	Oats	Apple Cider Vinegar
Green Onion (optional)	Precooked Chicken or Beef	Butter		Pizza Sauce (no sugar)	Peanut Butter Whey	Coconut Oil
Apple, Olives, Tomatoes	Ground Beef - 3lbs	Sour Cream		Spaghetti Sauce (no sugar)	Protein Powder	
Lemons, Salsa, Broccoli	Ground Beef -2lbs	Almond Milk			Xanthum Gum	
Celery, Spaghetti Squash	Turkey Pepperoni	0% Greek Yogurt			Glucomannan	
Eggplant	Chicken Tenders	Sliced Cheese			Walnuts	
Green Peppers (optional)		Lite Laughing Cow Cheese			Dreamfields Pasta or Konjac Noodles	
Mushrooms		Low Fat Cottage Cheese -1%			Taco Seasoning	
Squash or Zucchini		Parmesan Cheese			Burger Buns (Kids)	
Lettuce		Grated Cheddar Cheese			Rosemary	
		Grated Mozzarella Cheese			Dried Coconut	
		Skim Mozzarella Cheese			Cocoa Powder	