

the Laundry moms

Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B Breakfast	E Warming Quinoa Porridge (THM page 227)	S 2 eggs fried in butter with Berritastic Smoothie (THM page 248)	FP Cookie Bowl Oatmeal - (THM page 232/233) (add extra 1/4 cup of oats for thicker consistency)	S Cheesy Omelet (THM page 219)	E Cottage Style Toast (THM page 239)	S German Pancakes with Sugar Free Berry Syrup http://t/m.menu/d http://t/m.menu/9	S Bacon & Eggs
L Lunch	S Bacon Salad (Cooked & Chopped bacon with cut up cucumber, tomato, and 2 hardboiled eggs) & 1/2 cup of low fat cottage cheese	E Waldorf Cottage Cheese Salad (THM page 300)	S Crispy salmon (THM page 283) with fried zucchini	E Luv my Sweet Potato Lunch (THM page 306)	S Chicken Quesadillas (THM 307) with sour cream & salsa	S Just like Campbell's tomato soup (THM page 292)	E Low Fat Cottage Cheese, fruit salad, & Big Boy Smoothie (THM page 242) with 1/2 scoop of whey
D Dinner	E All day Lentil or Chana Dahl Soup - crockpot (THM page 311/312)	S Pot Roast - Crockpot (THM page 310/311) with small side salad	E Easy Chicken Yogurt Bake (THM page 322/323) with brown rice & side salad with light dressing	S Cabbage Rolls - Crockpot (THM page 312)	E Lighter side of chili (THM page 330/331)	E Pizza with Gwen's dough with fat free toppings (veggies, skim mozzarella) http://t/m.menu/a	S Chicken Wings (THM page 323) with Zucchini Fries (THM page 357)

NOTES: Remember to soak Chana Dahl on Sunday night with 1/4 to 3/4 tsp. baking soda. Mix up Gwen's bread dough Monday to let it ferment in the fridge for Saturday's dinner.

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(B) 1 Lemon	(B, L) Bacon (Turkey or Regular)	(B, D) 0% Greek Yogurt (2 containers)	(B) Frozen Berries	(L) Small can of water packed Tuna	(B) Quinoa	(B) Glucomannan
(B, D) Veggies for Omelet & pizza	(L) Salmon	(B) Eggs (2 dozen)	(L) Frozen Strawberries	(L, D) 3 8oz can tomato Sauce	(B, L) THM Sweetener	(B) 1TB Chia Seeds
(B, L) Tomato	(L, D) Chicken for 2 meals	(B, L) Heavy Cream		(D) 15oz Can of Diced tomatoes & Green chilies	(B) Cinnamon	(B) Plan Approved Bread (Sprouted, Dark Rye, Homemade Sourdough, etc.)
(B, L) Cucumber	(D) Large Beef Roast	(B, L, D) Butter		(D) 2-3 cans of favorite beans (black, kidney, etc.)	(B) Old Fashioned Oats	(B, L) Vanilla Extract
(L) Apples	(D) 2lbs Ground Beef	(B, L) Unsweetened Almond Milk		(D) Sugar Free Pizza Sauce	(B, L, D) Sea Salt	(L) Handful of nuts
(L, D) Celery	(D) 2lbs Extra Lean Ground Turkey	(B) Cream Cheese			(B) Cocoa Powder (or Raw Cacao to give it a more milk chocolate consistency)	(L, D) Light Vinaigrette
(L, D) 2-3 Zucchini	(D) Chicken Wings	(B, L) Cheddar Cheese			(B) Defatted Peanut Flour	(L, D) Joseph's Pitas
(L) Sweet Potato		(B, L) Low Fat Cottage Cheese (2 containers)			(B, L, D) Black Pepper	(L) Salsa
(L, D) Romaine Lettuce		(L) Sour Cream			(B, L, D) Cayenne Pepper	(L, D) Extra Virgin Coconut Oil
(L, D) 3 Green Peppers		(D) Skim Mozzarella			(B) Dried Herbs	(L, D) 3 containers of fat free Chicken Broth
(L) Desired fruit for fruit salad					(L) Chili Flakes	(L) THM Whey Protein Powder
(D) 3 Onions					(L, D) Nutritional Yeast	(D) Bragg Liquid Aminos
(D) Veggies for 2 side salads					(L, D) Onion Powder	(D) Frank's Hot Sauce