

the Laundry moms

Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B Breakfast	E Trim Healthy Pancakes (THM page 223) with raspberries & 0% Greek Yogurt	S Eggs (however you like them!)	E Low fat cottage cheese with fruit and Fat Stripping Frappa (THM page 240)	E Cottage Raspberry Porridge (THM page 230/231)	S Eggs (however you like them!)	S Crepes with berries & whipped cream (THM page 220)	E Sprouted French toast (THM page 239) sprinkled with truvia & cinnamon and raspberry frozen yogurt (THM page 376/377)
L Lunch	S Taco salad (THM page 347)	S Leftover Tender beef stew	E Waldorf Cottage Cheese Salad (THM page 300/301)	E Sprouted bread sandwich with side salad	E Sprouted bread sandwich with side salad	S Better than Chef Salad (THM page 305) with olive oil dressing (3 cap fulls of raw apple cider vinegar, heavy drizzle of olive oil and sea salt)	E Quick Tuna Medley (THM page 306/307)
D Dinner	S Tender beef stew - Crockpot (THM page 309/310)	S Fantastic meatloaf (THM page 316) & side salad with Cauliflower Mashed Potatoes (THM page 361)	S Chile Relleno Casserole (THM page 325/326)	S Fajitas (THM page 346)	S Basic Chicken and Vegetable Stir Fry (THM page 342/343)	S Creamy Mushroom Pasta (THM page 351)	E Texas Chicken Tortilla Soup http://tlm.menu/h

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(B, L) Fruit of Choice (for one E breakfast & one E lunch)	(L) 6lbs of Ground Beef (Frozen in 1lb bags)	(B) Liquid Egg Whites	(B) Frozen Raspberries	(L, D) 3-4 Cans of Tomato Paste (6oz)	(B, D) Old Fashioned Oats	(B) Vanilla Extract
(B) Berries	(L) Lean or Fat Free Deli Meat	(B, L) Low Fat Cottage Cheese (Large Container)	(L, D) Frozen Beef Cuts (for 2 meals)	(D) 2 cans of Rotel Style Diced Chilies & Tomatoes (15oz)	(B) Baking Powder (Aluminum Free)	(B, D) Glucomannan
(B) Cantaloupe	(L) Can of Tuna (in water)	(B, D) Butter	(D) 2 bags of Frozen Cauliflower	(D) 2 cans of Baby Corn (15oz)	(B) THM Sweetener	(B) THM Whey Protein Powder
(L) 3-4 Hearts of Romaine Lettuce	(D) Boneless Chicken Breasts (or tenderloins) for 3 dinners	(B) 0% Greek Yogurt		(D) Fat Free Chicken Broth (8 cups)	(B) Unsweetened Cocoa Powder	(B, L) Ezekiel Bread
(L, D) Bag of Onions (for 5 meals)	(D) Roast Beef (Deli Meat)	(B, D) Eggs (2 dozen)			(B, L, D) Sea Salt	(L) Olives (Optional for Taco Salad)
(L, D) 4 Tomatoes		(B) Unsweetened Almond Milk			(B) Cinnamon	(L, D) Salsa
(L, D) 4 Green or Red Peppers		(B, L, D) Cream			(L) Taco Seasoning	(L, D) Bragg Liquid Aminos
(L, D) Celery		(B) Whipping Cream			(L, D) Onion Powder	(L) Small amount of nuts
(L, D) Cabbage		(L, D) Cheddar or Monterrey Jack Cheese			(L, D) Black Pepper	(L) Fat Free Salad Dressing
(L) Apple		(L, D) Sour Cream			(L, D) Cayenne Pepper (Optional)	(L) Virgin Olive Oil
(L) Lemon		(L) Skim Mozzarella Cheese			(L) Chili Flakes	(L) Raw Apple Cider Vinegar (with the Mother)
(L) Salad Veggies for 1 main & 3 side salads		(D) Parmesan Cheese			(D) Italian Seasoning	(D) Virgin Coconut Oil
(L) Avocado					(D) Cajun Seasoning	(D) Sesame Oil