

the Laundry moms

Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B Breakfast	E Overnight Oatmeal http://tlm.menu/j	S California Omelet http://tlm.menu/k	S Bacon & Eggs	E Trim Healthy Pancakes (THM page 223) with sugar free berry syrup (Blueberry) http://tlm.menu/9	E Leftover Pancakes	E Cinnamon Rolls with Blueberry Frozen Yogurt (THM page 376/377) http://tlm.menu/l http://tlm.menu/m	E Left over cinnamon rolls with Blueberry Frozen Yogurt (THM page 376/377)
L Lunch	S Cobb Salad http://tlm.menu/r	E Nicey Ricey Salad (THM page 304)	E Citrus Fish Bake & Sweet potato (THM page 286)	PP Cottage Cheese Boats http://tlm.menu/n with sprouted bread sandwich	E Sprouted bread sandwich with Blueberry Frozen Yogurt (THM page 376/377)	S Big Mac Salad http://tlm.menu/o	S Leftover Chili
D Dinner	S Garlic Chicken http://tlm.menu/q	E Beef Stroganoff with Brown Rice http://tlm.menu/8	S Easy Chicken Enchiladas http://tlm.menu/p	S Burgers (THM page 339/340) with BBQ'd Peppers	S Eggplant Lasagna (THM page 349/350)	S Pearl's Chili (THM page 328)	S Spaghetti Pie http://tlm.menu/i

Notes:

- * Mix up Gwen's bread dough Monday to let it ferment in the fridge for Saturday's breakfast. * Use butter to grease the pan for the California Omelet on Tuesday instead of cooking spray.
- * Mix up the salad dressing in the morning for Saturday's salad (it needs to sit in the fridge for a while) * You should still have frozen cream of mushroom cubes for Tuesday's dinner.

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc
(B, L) Tomatoes for 5 meals	(B) Bacon (Turkey or Regular)	(B, D) Unsweetened Almond Milk	(B, L) Frozen Blueberries	(L, D) 1 can of Rotel Green Chilies & Tomatoes	(B) Old Fashioned Oatmeal	(B, L) Vanilla Extract
(B, L) 2 Avocados	(L) Chicken (to be diced for 2 salads)	(B, D) Eggs	(L) Salmon Fillets	(L, D) 1 can of Diced Tomatoes	(B, L) THM Sweetener	(B, D) Salsa
(B, L) Green Onions for 3 meals	(L) Lean Deli Meat	(B, D) Monterrey Jack Cheese		(L, D) 4 cans of Tomato Sauce (8oz)	(B) Cinnamon	(B, D) Glucomannan
(L) 3 Hearts of Romaine Lettuce	(L) Burger Patties	(B, D) Butter		(L, D) 1 can of Beans (15oz any type - black, kidney, etc.)	(B) Cinnamon	(L) On Plan Ranch Dressing (less than 2 carbs per serving)
(L) 3-4 Cucumbers	(L, D) 8lbs of Ground Beef (frozen in 1lb bags)	(B) Liquid Egg Whites		(D) Chicken Stock (2 cups)	(B, L, D) Sea Salt	(L, D) Virgin Coconut Oil
(L) Spinach	(D) 10 Boneless, Skinless chicken Breasts (for 2 meals)	(B, L) Low Fat Cottage Cheese (Large container)		(D) 2 - 6oz Cans of Tomato Paste	(B, L, D) Pepper	(L) Light Vinaigrette
(L) Lemon		(L) Blue Cheese (Optional 1/4 cup)			(B) Baking Powder (Aluminum free)	(L) Balsamic Vinegar
(L) Sweet potatoes		(L, D) 0% Greek Yogurt			(B, D) Coarse Salt	(L) Sprouted Bread (Ezekiel, etc.)
(L, D) 3 Onions		(D) 16oz Sour Cream			(B) Whole Wheat Flour	(L) Mayonnaise
(D) 20 Garlic Cloves (yes 20!)		(D) Ricotta Cheese (15oz)			(B) Instant Rise Yeast	(L) Sugar Free Ketchup
(D) Peppers		(D) Mozzarella Cheese			(L) Brown Rice	(L) Yellow Mustard
(D) 2 Eggplants		(D) Parmesan Cheese			(L, D) Chili Powder	(L) Dill Pickles