

the Laundry moms

Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B BREAKFAST	S Bacon & Eggs	E French Toast Oatmeal with Egg White Omelet http://tjm.menu/K	S Bacon & Eggs	S Thin Mint Chocolate Chip Milkshake http://tjm.menu/L	E Oatmeal with Berries & Greek Yogurt	E Brownie Batter Pancakes http://tjm.menu/M	S Protein muffins (THM page 221) with Samoa's Milkshake http://tjm.menu/z
L LUNCH	S Cobb Salad http://tjm.menu/r	S Taco salad (THM page 347)	S Portobello Pizza http://tjm.menu/P	S Just like Campbell's tomato soup (THM page 292)	E Pan bread sandwiches (THM page 266) with Loaded Potato Soup (THM page 294/295)	E Pan bread sandwiches (THM page 266) with Loaded Potato Soup (THM page 294/295)	FP Fuel pull salad (THM page 301/302)
D DINNER	E Light Coconut Curry Chicken (THM page 313/314) with small side salad	E Mini Meat Loaves (THM page 318)	S Chicken & Cauliflower Casserole http://tjm.menu/O	S Corned Beef and Cabbage (THM page 312)	E Mexican Style Crockpot Chicken (THM page 314)	E Pizza with Gwen's dough with fat free toppings (veggies, skim mozzarella) http://tjm.menu/a	S Tuna Casserole http://tjm.menu/19

PRODUCE	Meat	DAIRY	FROZEN FOODS	CANNED GOODS	DRY GOODS	MISC.
(B) Veggies for Omelet & Protein Muffins	(B, L) 2 Pkgs Bacon (1 Turkey and 1 Regular - or both turkey)	(B, D) Eggs (2 Dozen)	(L, D) Cauliflower (2 - 12 oz. bags)	(L) Sugar Free Pizza Sauce	(B, L) Old Fashioned Oats	(B) Maple Extract
(B) Berries for Oatmeal (Or use frozen berries)	(L, D) Boneless, Skinless Chicken Breast (for 5 meals)	(B) Unsweetened Almond Milk		(L) Tomato Sauce (8 oz.)	(B, L, D) Sea Salt	(B) Vanilla Extract
(L) 4 Heads of Romaine Lettuce	(L) 3lbs of Ground Beef	(B, L) Liquid Egg Whites		(L, D) Chicken Broth (Fat Free)	(B, L) THM Sweetener	(B) Peppermint Extract (or food grade peppermint oil)
(L, D) 3-4 Tomatoes	(L) Turkey Pepperoni	(B, L) Light Laughing Cow Cheese		(D) Light Coconut Milk	(B, L) Baking Powder (Aluminum Free)	(B, L, D) Glucomannan
(L) Avocado	(L) Lean Deli Meat	(B, L) Low Fat Cottage Cheese (Large Container)		(D) Pickled Jalapenos	(B) Cocoa Powder	(B) 85% Dark Chocolate Bar
(L) Green Onions	(D) 3lbs Extra Lean Ground Turkey (96-99% lean)	(B) Half & Half		(D) Tomato Paste	(B) Almond Flour (1 tsp.)	(B) THM Whey Protein Powder
(L) Veggies for Taco Salad		(B, D) 0% Greek Yogurt (Large Container)		(D) Corned Beef	(L) Taco Seasoning (On Plan - no sugar added)	(B) Caramel Extract
(L) 2 Large Portobello Mushrooms		(B) Monterrey Jack Cheese		(D) Black Beans	(L, D) Black Pepper	(B) Shredded Coconut
(L) Green Pepper		(B, D) Butter		(D) Canned Tomatoes	(L, D) Cayenne Pepper	(L) On Plan Ranch Salad Dressing (Full fat, less than 2 Carbs)
(L, D) Celery		(L) Blue Cheese		(D) 4 Cans of Tuna	(L, D) Garlic Powder	(L) 2 Jars of Salsa (Sugar Free)
(L) Baby Tomatoes		(L) Sour Cream			(L) Nutritional Yeast	(L) Bragg Liquid Aminos
(L) Cucumber		(L, D) Part Skim Mozzarella Cheese			(D) Quinoa	(L, D) 0 Cal Dressing
(L, D) 3-4 Onions		(L, D) Heavy Cream			(D) Onion Powder	(D) Red or Green Curry Paste