

the Laundry moms

Sorting Out Life...One Load at a Time

| Meal | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------|--|---|---|---|---|--|---|
| B Breakfast | S Satisfying granola on sweetened Greek yogurt (THM page 237) | E Oatmeal with Berries & Greek Yogurt | S Blueberry Muffins http://tlm.menu/S | E Banana cream cake http://tlm.menu/4 | S Leftover Blueberry Muffins | E Trim Healthy Pancakes (THM page 223) with sugar free berry syrup http://tlm.menu/9 | S Sour Cream Coffee Cake http://tlm.menu/w |
| L Lunch | E Pretzel Dogs http://tlm.menu/s | FP Cottage Cheese Boats http://tlm.menu/n | FP Joseph's Fuel Pull Pizza (THM page 280/281) | S Big Mac Salad http://tlm.menu/o | E Southwestern Salmon (THM page 285) over brown rice | E Leftover Sweet and spicy Asian stir fry | S Twice Baked Zucchini (THM page 362) |
| D Dinner | S Burgers (THM page 339/340) with Zucchini Fries (THM page 357) | S Eggroll in a bowl http://tlm.menu/18 | E Balsamic Chicken (THM page 324) with brown rice & side salad | S Kai Si Ming (THM page 331) | E Sweet and spicy Asian stir fry with brown rice (THM page 341) | S Easy Crockpot Tacos http://tlm.menu/f | E Pizza with Gwen's dough with fat free toppings (veggies, skim mozzarella) http://tlm.menu/a |

NOTES: You will be using up the rest of the fridge dough on Monday for lunch so be sure to make up another batch by Tuesday for Sunday's pizza dinner.

| Produce | Meat | Dairy | Frozen Foods | Canned Goods | Dry Goods | Misc. |
|------------------------------------|---|--|---|--|-----------------------------------|--|
| (B) Berries for Oatmeal | (L) Fat Free Hotdogs | (B, L) 0% Greek Yogurt (Large Container) | (B) Blueberries | (L) Tomato Paste (2 cans - 6oz each) | (B, L, D) THM Sweetener | (B) Pumpkin Seeds |
| (B) Very ripe banana | (L) Turkey Pepperoni | (B) 2 Dozen Eggs | (B) Mixed Berries | (L, D) Fat Free Chicken Broth (7-8 cups) | (B) Old Fashioned Oats | (B) Shredded Coconut |
| (L) Tomatoes for 4 meals | (L) Burger Patties (Grass fed or regular) | (B) 1/3 less fat Cream Cheese (8oz) | (L) Salmon Fillets | (D) Can of Rotel | (B) Coconut Flour | (B) Sunflower Seeds |
| (L) Green Onions | (L) 7lbs Ground Beef (Frozen in 1lb bags) | (B) Butter | (L, D) Chicken Tenderloins (for 2 meals) | | (B, L, D) Sea Salt | (B) Almonds |
| (L) Cucumbers | (L) Package of Bacon (Turkey or Regular) | (B) Liquid Egg Whites | (L, D) Frozen Stir Fry Vegetables (1-2 bags 12oz) | | (B) Baking Soda (Aluminum Free) | (B) Golden Flax Meal (at least 2 cups) |
| (L) Veggies for 2 pizzas | (D) 1lb Ground Pork | (B, L) Low Fat Cottage Cheese | | | (B) Baking Powder (Aluminum Free) | (B) Sesame Seeds |
| (L, D) 2 Hearts of Romaine Lettuce | (D) 2lbs Ground Turkey | (B) Unsalted Butter | | | (B) Almond Flour | (B) Virgin Coconut Oil |
| (L, D) 5 Onions | | (B, D) Sour Cream | | | (B) Cinnamon | (B) Vanilla Extract |
| (L) 2-3 Zucchini | | (L) Skim Mozzarella | | | (L, D) Whole Wheat Flour | (B) Almond Extract (Optional) |
| (D) 3 Avocados | | (L) Monterrey Jack Cheese | | | (L, D) Coarse Salt | (B) Banana Extract (Optional) |
| (D) 2 Large Cabbage | | | | | (L, D) Yeast | (B) Fat Free Reddi Whip (Optional) |
| (D) Carrots (1 cup shredded) | | | | | (L, D) Black Pepper | (B) Lemon Essential Oil (Optional) |
| (D) 5 Cloves of Garlic | | | | | (L, D) Italian Seasoning | (B) Nuts (1/2 cup desired) |