

the Laundry moms

Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B Breakfast	E Cookie Bowl Oatmeal - (THM page 232/233) (add extra 1/4 cup of oats) Split the recipe into two bowls and have half today with some fruit & Greek Yogurt	E Leftover Cookie Bowl Oatmeal with Fruit & Greek Yogurt	E French Toast (THM page 239/240) using Gwen's Bread with fruit & Cottage Cheese	S Serene's Steamed Omega Sensations (THM page 216)	E Sweet cinnamon quinoa THM (page 227)	S Berritastic Smoothie (THM page 248) with bacon & eggs	S Zucchini Sausage Breakfast Cake http://tlm.menu/v
L Lunch	S Crispy Chicken Wrap http://tlm.menu/T * Use on plan tortillas	S Cowboy Chili Stuffed Peppers http://tlm.menu/U	E Deli Meat Roll Ups (THM page 299) with low fat cottage cheese & fruit and a Big Boy Smoothie with a half scoop of whey (THM page 242/243)	S Tuscany in a bowl (THM page 288)	E Pan bread sandwiches (THM page 266)	E Pan bread sandwiches (THM page 266)	FP Fuel pull salad (THM page 301/302)
D Dinner	S Roasted Garlic Chicken Meatballs over Spaghetti Squash http://tlm.menu/Y	E Lighter side of chili (THM page 330/331) With a slice or two of Gwen's Bread & tsp. butter	S Sausage Stuffed Grilled Eggplant http://tlm.menu/X	S Taco Pie http://tlm.menu/W	E Beef Stroganoff with Side Salad http://tlm.menu/8	S Garlic Cheddar Chicken http://tlm.menu/18	S Light Coconut Curry Chicken (THM page 313/314)

NOTES: Make cookie bowl oatmeal on Sunday night to be ready for Monday's breakfast. Bake a loaf of Gwen's bread for Tuesday's dinner & Wednesday's breakfast.

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(B) Fruit of choice (for 3 E breakfasts & 1 Lunch)	(B) Bacon (Turkey or Regular)	(B, L, D) Unsweetened Almond Milk	(B) Frozen Berries	(L, D) Diced Tomatoes (28oz can & 15oz can)	(B, L) Old Fashioned Oats	(B, D) Glucomannan
(B) Lemon	(B) 1lb Hot Italian Sausage	(B, D) 0% Greek Yogurt (Large Container)	(L) Frozen Strawberries	(L) Fat Free Chicken Broth	(B, L, D) Sea Salt	(B) Defatted Peanut Flour
(B) 2 Small Zucchini	(L) Rotisserie Chicken	(B, L) Liquid Egg Whites	(L) Salmon Fillets	(L) Organic Tomato Paste	(B) Cocoa Powder	(B) Chia Seeds
(B, L, D) 2-3 Heads of Garlic	(L, D) 3lbs Ground Beef (Frozen in 1lb bags)	(B, L) Low Fat Cottage Cheese (Large Container)		(D) Green Chilies	(B, L) THM Sweetener	(B, L) Vanilla Extract
(L) Cilantro	(L) Lean Deli Meat	(B) Omega 3 Eggs		(D) 2-3 Cans of Favorite Beans	(B) Whole Wheat Flour	(B, L) Virgin Coconut Oil
(L) 3 Scallions	(L, D) 8-10 Chicken Breast (Boneless, Skinless)	(B, D) Heavy Cream		(D) Light Coconut Milk	(B) Coarse Salt	(L) Light Mayonnaise
(L) Celery	(D) 2lbs Ground Chicken	(B) Low Fat Cream Cheese			(B) Instant Yeast	(L, D) Hot Sauce (Frank's)
(L, D) 2 Small & 2 Large Onions	(D) 2lbs Extra Lean Ground Turkey	(B, D) Eggs (Regular)			(B) Cinnamon	(L) Low Carb Tortillas (On Plan)
(L) 4 Sweet Peppers	(D) 12oz of Sausage	(B, L, D) Monterrey Jack Cheese			(B, D) Quinoa	(L) Mustard
(L, D) Avocado		(L) Light Sour Cream			(B, D) Coconut Flour	(L) THM Whey Protein Powder
(L, D) Green Peppers		(L) Skim Mozzarella			(B, L) Baking Powder (Aluminum Free)	(L) Very Low Cal Dressing
(L) Summer Squash		(L, D) Butter			(B, L, D) Black Pepper	(D) Olive Oil
(L) Veggies for Pan Bread Sandwiches & Fuel Pull Salad					(L, D) Chili Powder	(D) Bragg Liquid Aminos