the Laundry moms .com

Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S Snack	S Peanut Butter Chocolate Chunk Energy Bars http://tlm.menu/2c	E Leftover Apple Oatmeal Cream Pie	S Leftover Peanut Butter Chocolate Chunk Energy Bars	FP Chocolate Matcha Pudding http://tlm.menu/2j	S Caramel Pecans http://tlm.menu/2m	E Leftover Chocolate Muffins	S Leftover Caramel Pecans
S Snack	E Apple Crisp http://tlm.menu/2d	FP Strawberry Lime Greek Yogurt http://tlm.menu/2f	S Custard Cheesecake Pudding http://tlm.menu/2h	E Chocolate Muffins http://tlm.menu/2k	E Leftover Bread Pudding	S Leftover Healthy Buckeyes	FP Homemade Jell-O http://tlm.menu/2p
D Dessert	E Apple Oatmeal Cream Pie http://tlm.menu/2e	S Ricotta Berry Swirl http://tlm.menu/2g	S Almond Joy Bars http://tlm.menu/2i	E Bread Pudding http://tlm.menu/2l http://tlm.menu/2r	S Healthy Buckeyes http://tlm.menu/2n	E Blueberry Frozen Yogurt http://tlm.menu/2o	S Birthday Cake Ice Cream http://tlm.menu/2q

*NOTES: * Make Gwen's bread on Monday to have ready for Thursday.

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(MS, D) Apples (4-5)		(MS, AS, D) Heavy Whipping Cream	(D) Frozen Mixed Berries	(MS, AS, D) Great Northern Beans (2 cans)	(MS, AS) Unsweetened Cocoa Powder	(MS, D) Virgin Coconut Oil
(AS) Limes		(MS, AS, D) Unsweetened Almond Milk (Large container or 2 small ones)	(D) Frozen Blueberries		(MS, AS, D) THM Sweetener	(MS,AS,D) THM Pristine Whey Protein Powder
(AS) Strawberries		(MS, AS, D) Liquid Egg Whites			(MS, AS, D) Sea Salt	(MS, AS, D) Sugar Free Peanut Butter
(D) Lemons		(MS, AS) Unsalted Butter			(MS, AS, D) Oat Fiber	(MS, AS, D) Glucomannan
		(MS, AS, D) 0% Greek Yogurt			(MS) Flax Meal	(AS, D) Unsweetened Dried Cranberries
		(AS) Full Fat Cream Cheese			(AS, D) Whole Wheat Flour	(MS, AS, D) Vanilla Extract
		(AS) Eggs			(AS, D) Yeast	(AS, D) Butter Extract
		(AS, D) Cottage Cheese			(AS, D) Coarse Salt	(AS, D) Rum Extract
		(D) Full Fat Ricotta			(MS, AS, D) Baking Powder	(AS, D) Fat Free Reddi Whip
					(AS, D) Cinnamon	(MS, D) Bragg Apple Cider Vinegar
					(AS, D) Nutmeg	(MS, D) Psyllium Husks
					(MS, D) Pumpkin Pie Spice	(MS, D) Coconut Milk (2 cans)
					(MS, AS, D) Old Fashioned Oats	(MS, D) Lemon Extract
					(MS) Matcha Powder	(MS) Pecan Halves
					(MS, AS) Cream of Tartar	(MS, AS) Unsweetened Apple Sauce
					(MS, AS) Baking Soda	(AS) Coconut Extract
					(AS) Unflavored Gelatin	(AS, D) 85% Dark Chocolate
						(AS, D) Refined Coconut Oil
						(AS, D) Unsweetened Baker's Chocolate
						(D) Unsweetened Fine Shredded Coconut
						(D) Almond Extract
						(D) Blue Food Coloring (Optional)