

the Laundry moms

Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B Breakfast	E Sprouted French toast (THM page 239) with side of cantaloupe	S Bacon & Eggs	S Cheesy Omelet (THM page 219)	E Cottage Blueberry Porridge (THM page 230/231)	S Zucchini Fritter (THM page 217)	E Going Bananas (Shake) http://tlm.menu/1s	E French Toast Oatmeal with Greek Yogurt (sweetened) http://tlm.menu/2S
L Lunch	S Cobb Salad http://tlm.menu/2Q	S Chicken Quesadillas (THM page 307) with sour cream & salsa	E Sprouted bread sandwich with Blueberry Frozen Yogurt (THM page 376/377)	E Sprouted bread sandwich with Blueberry Frozen Yogurt (THM page 376/377)	S Beef Fajita Salad http://tlm.menu/	E Black Bean Chicken Salad http://tlm.menu/2R	S Low Carb Philly Cheesesteak Salad http://tlm.menu/2T
D Dinner	S Chicken Tenders (THM page 345/346) & side salad	E Light Coconut Curry Chicken with side salad (THM page 313/314)	E Easy Mexican Casserole with side salad http://tlm.menu/e	S Tuna Casserole with Sautéed String Green Beans (THM page 357/358) http://tlm.menu/19	S Fajitas (THM page 346)	E Pizza with Gwen's dough with fat free toppings (veggies, skim mozzarella) http://tlm.menu/a	S Sausage & Pepper Pasta http://tlm.menu/2U

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(B) Cantaloupe	(B, L) Bacon (Turkey or Regular)	(B) Egg Whites	(B, L) Frozen Blueberries	(L) Black Beans (2 cans)	(B) Cinnamon	(B, L) Plan Approved Sprouted Bread (Ezekiel bread, etc.)
(B, L) Green Onions	(L) Chicken (for tortillas)	(B) Unsweetened Almond Milk	(D) Chicken Tenderloins	(D) Light Coconut Milk	(B, L) THM Sweetener	(B) Vanilla Extract
(B) Veggies for omelet	(L) Lean Deli Meat	(B) Eggs	(D) Chicken Breasts	(D) Water Packed Tuna (4 cans)	(B) Old Fashioned Oats	(B, L) Extra Virgin Olive Oil
(B) Zucchini	(L) 2lbs Flank Steak	(B, D) Cream Cheese (2 Bricks)	(D) Broccoli & Cauliflower Florets	(D) Pizza Sauce (Sugar Free)	(B, L, D) Sea Salt	(B, L) THM Whey Protein Powder
(B) Banana	(L) Chicken Breast	(B, L, D) Cheddar or Monterrey Jack Cheese (2 bricks)	(D) String Green Beans	(D) Beef Broth	(B) Nutritional Yeast	(B) Glucomannan
(L) 4 Hearts of Romaine Lettuce	(L) All Natural Beef Slices	(B) Butter			(B) Unsweetened Cocoa Powder	(B) Defatted Peanut Flour
(L) Tomato	(D) 1lb of Ground Beef	(B) Low Fat Cottage Cheese			(L) Cumin	(B) Maple Extract
(L) Avocado	(D) Steak (for fajitas)	(B, L) 0% Greek Yogurt			(L) Chili Powder	(L) Full fat Ranch Dressing (less than 2g of carbs)
(L) Veggies for Quesadillas	(D) All Beef Kielbasa (1 package)	(L) Blue Cheese (1/4 cup)			(L, D) Garlic Powder	(L) On Plan Low Carb Tortillas
(L, D) 4-5 Garlic Cloves		(L, D) Sour Cream			(L) Italian Seasoning	(L, D) Salsa (sugar free)
(L, D) 8 Onions		(L) Swiss Cheese Slices			(L) Crushed Red Pepper Flakes	(L, D) Virgin Coconut Oil
(L) Green, Red, Yellow Bell Peppers (2 of Green, 3 of Red & Yellow)		(D) Part Skim Mozzarella Cheese			(D) Brown Rice	(L) Coconut Aminos
(L) Cilantro					(D) Onion Powder	(L) Red Wine Vinegar
(L) Lime					(D) Cajun Seasoning	(L) Mayonnaise
(L) Sliced Mushrooms					(D) Cayenne Pepper	(D) Red & Green Curry Paste
(L, D) Veggies for 3 side salads					(D) Parmesan Cheese	(L) Zero Calorie Dressing
(D) Bamboo Shoots					(D) Taco Seasoning	(D) Bragg Liquid Aminos
(D) Spaghetti Squash					(D) Whole Wheat Flour	(D) Parchment Paper
(D) 2-3 Green or Red Peppers					(D) Instant Dry Yeast	
(D) Veggies for E Pizza					(D) Coarse Salt	
					(D) Parsley	
						(D) Box of Dreamfield Pasta