

# the Laundry moms

Sorting Out Life...One Load at a Time

## Meal Monday Tuesday Wednesday Thursday Friday Saturday Sunday

<b>B</b> Breakfast	<b>E</b> 7\ cW6`UH` DYubi h6 i H4Y`DfchJb` DUBWU Yg` k Jh`GHj JU Gmi d` \\ Htd.#ha `a Ybi #BJ` \\ Htd.#ha `a Ybi #BK`	<b>E</b> `5 bUVc`JW` CUHa YU` fh<A`dUf`Y&` \$L`	<b>S</b> `6 Yffmi@`ya cb` GU_Y` \\ Htd.#ha `a Ybi #A`	<b>E</b> : fi Jmi6`YbX` ; fYU`Mcj i fi` fh<A`dUf`Y&` %L`	<b>S</b> `Ai gl`fcca` 6fjYCa YYi` \\ Htd.#ha `a Ybi #%%`	<b>S</b> Gci f`7fYUa` 7cZYU7U_Y` \\ Htd.#ha `a Ybi #` k`	<b>S</b> `Ni VW`JbJ` GUf`Y6 fYU`ZUgh` 7U_Y` \\ Htd.#ha `a Ybi #J`
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<b>L</b> Lunch	<b>E</b> 7Jfi g` : Jgl` 6U_Y`/`Gk`YYi` dcHJc` fh<A`dUf`Y&`,` *L`	<b>S</b> `7fjgdm` 7\ JW`Yb`K`fUd` \\ Htd.#ha `a Ybi #H`	<b>E</b> `K`UXcfZ` 7cHUf`Y7\`YYgY` GUUX` fh<A`dUf`Y` \$L`	<b>FP</b> Ei JW`Hi bU`AYX`Ymi` fh<A`dUf`Y` \$*`#`\$+L` k Jh` `ck`ZU7`cHUf`Y` 7\`YYgY`/`6`Yffj`Yg`	<b>E</b> DfYmY`8c[`g` \\ Htd.#ha `a Ybi #g`	<b>S</b> `7\`YYgY`Vi`f[`Yf` Ei`YgUX`J`U` \\ Htd.#ha `a Ybi #`	<b>S</b> `7fYUa` mi` 6fcW6`J`U`bX` 7\`YYgY`Gci`d` fh<A`dUf`Y` `#` `*L`
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<b>D</b> Dinner	<b>S</b> `DYUf`g7\`J`J` fh<A`dUf`Y` & `L` k Jh` gJXY`gUUX`	<b>S</b> `5`ZYXc`6`YYZ` /`6`fcW6`J` fh<A`dUf`Y` `(\$` `(``%L` cb`8fYUa`ZYX`BccX`Yg` k Jh` gJXY`gUUX`	<b>E</b> Ei`JbcUF`gcltc` k Jh` [`Uf`JWU`JW`Yb` /`gJXY`gUUX` \\ Htd.#ha `a Ybi #h`	<b>S</b> `AY`JWU`BccX`Yg` fh<A`dUf`Y` `(+` `(``L`	<b>E</b> `DjnnU`k`Jh` ;`k`Ybfg`Xci`[`\`k`Jh`ZU` ZYU`cddj`b[`g`fj`Y[`J`YgZ` g`Ja`a`cnnUf`Y`U` \\ Htd.#ha `a Ybi #U`	<b>S</b> `GUf`gUf`Y` Gh`ZYX` ;`fj`YX` 9[`[`d`Ubh` \\ Htd.#ha `a Ybi #L`	<b>S</b> <`Ua` /`7\`YYgY` 7`UnCb`Yg` \\ Htd.#ha `a Ybi #&`
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BCH9G. f`McI`k`J`b`YYX`Yz6`Yf`cUHa`YU`Z6`f`H`YgUXmg`VfYU`ZUghc`a`U`Y`Yi`HUZ`f`H`Y`JXg`cb`AcbXUm`  
f`G`Vei`h`h`Y`Zci`f`terf`Ug`Jb`h`Y7`fjgdm`7\`JW`Yb`K`fUd`Z6`f`cb`d`Ub` `ck`WU`V`ic`h`Ug`cb`H`YgXUm`  
f`I`gY`A`YfYghc`Z`A`YfZ`f`WUtef`Xci`[`\`Z`f`H`Y`d`f`YmY`Xef`g`cb` :`fjXUm`  
f`AU`Yi`d`UbYk`WUW`cZ` ;`k`Ybfg`Xci`[`\`cb`A`cbXUm`c`VfYU`Xmi`Z6`f`djnnU`cb` :`fjXUm`

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(B) Banana	(B) 1lb Hot Italian Sausage (or mild)	(B) 0% Greek Yogurt	(B, L) Frozen Strawberries or Raspberries	(B) Sliced Peaches	(B) Old Fashioned Oats	(B) Peanut Butter (sugar free)
(B, L) 2-3 Lemons	(L) Rotisserie Chicken	(B) Unsweetened Almond Milk	(L) Salmon Fillets	(L) Can of Water Packed Tuna	(B) Cocoa Powder	(B) Flax Seed Meal
(B) Pearl Oyster Mushrooms (1 cup)	(L) Fat Free Hotdogs	(B) Liquid Egg Whites	(L) 4 Bags of Frozen Broccoli (12oz each)	(L) Fat Free Chicken Broth (8 Cups)	(B, D) Baking Powder (Aluminum Free)	(B, D) THM Whey Protein Powder
(B) 15 Garlic Cloves	(L, D) 10lbs Ground Beef (Frozen in 1lb bags)	(B, L) Low Fat Cottage Cheese (Large Container)		(D) 4 Cans of Rotel Green Chillies & Tomatoes	(B) THM Sweetener	(B) Maple Extract
(B) 2 Zucchini	(D) 4 Large Chicken Breasts	(B) Cream Cheese (2 bricks)		(D) Can of Tomato Paste (8 oz.)	(B, L, D) Sea Salt	(B) Butterscotch Flavoring
(L) Sweet Potatoes	(D) 12oz Sausage	(B, L, D) Butter		(D) Can of Beans (Any kind - 15 oz.)	(B) Cinnamon	(B) Orange Essential Oil (Food Grade)
(L) 2-3 Tomatoes	(D) Ham (1.5 cups chopped)	(B, D) Eggs (2 dozen)			(B, L, D) Pepper	(B, L, D) Glucomannan
(L) Spinach		(B, L) Heavy Cream			(B, D) Almond Flour (3 cups)	(B) Vanilla Extract
(L) Cilantro		(B) Brie Cheese (1 oz.)			(B) Baking Soda	(B) Virgin Coconut Oil
(L) 3 Scallions		(B) Unsalted Butter			(B, L) Coconut Flour	(B, L) Nuts (3/4 cup)
(L) Celery		(B, L) Sour Cream			(L) Chili Flakes	(L) Light Mayonnaise
(L) Apple		(B, L, D) Monterrey Jack Cheese (2 bricks)			(D) Chili Powder	(L) Hot Sauce
(L, D) 2 Onions		(L) 1/3 Less Fat Cream Cheese (3 bricks)			(D) Onion Powder	(L) On Plan Low Carb Tortillas
(L) Cucumber		(D) Laughing Cow Cheese			(D) Cayenne Pepper (Optional)	(L) Balsamic Vinegar
(L) Cherry Tomatoes		(D) Part Skim Mozzarella Cheese			(D) Red Pepper Flakes	(L) Joseph's Pitas
(L, D) 3 Hearts of Romaine Lettuce		(D) 3 Baby Eggplants			(D) Quinoa	(L) Mustard
(D) Veggies for 3 Side Salads		(D) Provolone Cheese			(D) Whole Wheat Flour	(L) Sugar Free Ketchup
(D) Cabbage					(D) Coarse Salt	(L) Dill Pickle Relish
(D) Veggies for Pizza (E)					(D) Yeast	(D) Bragg Liquid Aminos (2g carbs or less)
(D) Rosemary					(D) Garlic Powder	(D) Full Fat Salad Dressing (2g carbs or less)
						(D) 2 Jars of Alfredo Sauce (2g carbs or less)
						(D) 1 Box of Dreamfield Noodles
						(D) Low Calorie Salad Dressing