

# the Laundry moms

Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>B</b> Breakfast	<b>S</b> Peanut Butter Blizzard Smoothie <a href="http://t1m.menu/R">http://t1m.menu/R</a>	<b>S</b> Protein muffins (THM page 221)	<b>E</b> Banana cream cake <a href="http://t1m.menu/4">http://t1m.menu/4</a>	<b>E</b> French Toast Oatmeal with Greek Yogurt <a href="http://t1m.menu/K">http://t1m.menu/K</a>	<b>S</b> Cheesy Omelet (THM page 219)	<b>S</b> Blueberry Zucchini Bread <a href="http://t1m.menu/B">http://t1m.menu/B</a>	<b>S</b> Cheesecake with Whipped Cream (THM page 373)
<b>L</b> Lunch	<b>S</b> Bacon Avocado Salad <a href="http://t1m.menu/J">http://t1m.menu/J</a>	<b>S</b> Egg Salad on low carb wrap (2 Hardboiled eggs mashed with mayo and salt & pepper)	<b>E</b> Pan bread sandwiches with lean lunch meat, lettuce & mustard (THM page 266)	<b>E</b> Pan bread sandwiches with lean lunch meat, lettuce & mustard (THM page 266)	<b>FP</b> Joseph's Fuel Pull Pizza (THM page 280/281)	<b>E</b> Better than Chef Salad (THM page 304)	<b>S</b> Big Mac Salad <a href="http://t1m.menu/32">http://t1m.menu/32</a>
<b>D</b> Dinner	<b>S</b> Tender beef stew with side salad - Crockpot (THM page 309/310)	<b>S</b> Tomato Basil Cheese Pie with side salad <a href="http://t1m.menu/G">http://t1m.menu/G</a>	<b>E</b> Quinoa Risotto with garlic chicken <a href="http://t1m.menu/t">http://t1m.menu/t</a>	<b>E</b> Easy Chicken Yogurt Bake with side salad (THM page 322/323)	<b>S</b> Beef & Cauliflower Bake <a href="http://t1m.menu/13">http://t1m.menu/13</a>	<b>S</b> Easy Chicken Enchiladas <a href="http://t1m.menu/p">http://t1m.menu/p</a>	<b>S</b> Speedy Chinese Broccoli and Beef (THM page 343/344)

\* Make the Cheesecake on Saturday night for Sunday's breakfast.  
 \* In place of oat flour, grind up the old fashioned oats in a blender.  
 \* Make the salad dressing for Sunday's salad in the morning as it needs to sit in the fridge for a few hours.  
 \* Sub Glucomannan in place of the corn starch for Tuesday's dinner.

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(B, L, D) 4 Green Peppers	(B) Bacon Bits	(B) Unsweetened Vanilla Almond Milk	(D) Box of Cheap Steaks	(L, D) 6-7 cans of Tomato Paste	(B, L, D) THM Sweetener	(B) THM Whey Protein Powder
(B) Mushrooms	(L) Bacon	(B) Eggs (3 Dozen)	(D) Chicken Tenderloins	(L) Can of Beans (any kind)	(B, L, D) Sea Salt	(B) MCT Oil (Or Coconut Oil)
(B, L, D) 6-7 Onions	(L) Fat Free Deli Meat (for sandwiches & salad)	(B, D) Monterey Jack Cheese		(D) Fat Free Chicken Broth (3-4 Containers)	(B) Cocoa Powder	(B) Peanut Butter (Natural)
(B) Banana	(L) Turkey Pepperoni	(B, D) 0% Greek Yogurt (Large Container)		(D) Crushed Tomatoes (14oz)	(B, L, D) Black Pepper	(B) Vanilla Extract
(B) Zucchini (3 cups)	(L) Burgers (Grass Fed or Regular)	(B, L, D) Liquid Egg Whites			(B, L) Old Fashioned Oats	(B) Fat Free Redi Whip (Optional)
(B) Blueberries	(D) 8 Large Chicken Breasts	(B) Cream Cheese (3 packages 1/3 less fat)			(B, L) Baking Powder (Aluminum Free)	(B) Maple Extract
(B) Lemon	(D) 1lb Ground Beef	(B) Butter			(B, D) Quinoa (2-3 cups)	(B, D) Glucomannan
(L) Avocado	(D) 1-2 Packages Natural Style Deli Roast Beef	(B) Whipping Cream			(B) Cinnamon	(L, D) Extra Virgin Olive Oil
(L) Roma Tomato		(L) Low Fat Cottage Cheese			(B, D) Cayenne Pepper (Optional)	(L) Light Mayonnaise
(L) Cilantro		(L) Skim Mozzarella			(B) Coconut Flour	(L) Joseph's Pitas
(L) Lime		(L) Cheddar Cheese			(B, D) Almond Flour	(L) Mustard
(L, D) Garlic Cloves		(D) Heavy Cream			(B) Flax Meal	(L, D) Balsamic Vinegar
(L, D) 4 Hearts of Romaine Lettuce		(D) Ricotta Cheese (15oz)			(L, D) Chili Powder	(L) Sugar Free Ketchup
(L) Veggies for pizza		(D) Laughing Cow Cheese			(L) Cumin	(L) Dill Pickle Relish
(L) Cucumber		(D) Sour Cream (16oz)			(L, D) Italian Seasoning	(L) Dill Pickles
(L) Mango					(D) Onion Powder	(D) Sugar Free Salsa
(L, D) 1-2 lbs. Tomatoes					(D) Parmesan Cheese	(D) Bragg Liquid Aminos
(D) Celery					(D) Red Pepper Flakes	(D) Full Fat Salad Dressing (less than 2g carbs)
(D) Cabbage (Optional)					(D) Garlic Powder	(D) Parchment Paper
(D) Veggies for 3 Side Salads					(D) Brown Rice	(D) 0 Calorie Dressing
(D) Basil Leaves					(D) Taco Seasoning	(D) Black Olives
(D) Spinach						(D) On Plan Low Carb Tortillas (20)
(D) Cauliflower (Medium)						(D) Hot Chili Sauce
(D) Broccoli Florets						