

the Laundry moms

Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B Breakfast	FP Cookie Bowl Oatmeal (THM page 232/233) (add extra 1/4 cup of oats)	S Berry Lemon Shake http://tlm.menu/1u	E Cottage Blueberry Porridge (THM page 230/231)	S Chocolate Muffin in a Mug (THM page 256)	S Bacon and eggs	E Brownie Batter Pancakes http://tlm.menu/M	S Raspberry Coconut Scones http://tlm.menu/17
L Lunch	E Nicey Ricey Salad (THM page 304)	S BLT Salad (THM page 306)	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)	E Leftover Sweet and spicy Asian stir fry (THM page 341)	S Quick Tuna Medley (THM page 306/307)	E Warm Chicken Sprouted Sandwich (THM page 298)	S Chicken Quesadillas (THM page 307) with sour cream & salsa
D Dinner	E Texas Chicken Tortilla Soup http://tlm.menu/h	S Chile Relleno Casserole (THM page 325/326)	E Sweet and spicy Asian stir fry (THM page 341)	S Peanut Crusted Chicken with side Salad (THM page 325)	S Pearl's Chili (THM page 328)	E Mexican Style Crockpot Chicken (THM page 314)	S Tuna Casserole http://tlm.menu/19

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(B) Lemon	(B, L) Bacon (Turkey or Regular)	(B, L) Unsweetened Almond Milk (2 boxes)	(B) Raspberries	(B) Unsweetened Apple Sauce	(B) Old Fashioned Oats	(B, D) Glucomannan
(L, D) 2 Heads of Romaine Lettuce	(L) Lean Deli Meat (for 2 meals)	(B, D) Eggs (2 dozen)	(B) Blueberries	(L, D) 5 Cans of Water Packed Tuna	(B, L, D) Sea Salt	(B) Defatted Peanut Flour
(L) Cucumbers	(L, D) Chicken Breast (for 3 meals)	(B, L) Low Fat Cottage Cheese	(L) Strawberries	(D) Fat Free Chicken Broth (10 cups)	(B) Unsweetened Cocoa Powder	(B) Chia Seeds
(L, D) Tomatoes	(L) Steak for Quesadillas	(B, D) 2 pkgs 1/3 less fat Cream Cheese	(D) Chicken Tenderloins (2 Bags)	(D) Rotel Style Diced Chilies & Tomatoes	(B, L, D) THM Sweetener	(B, L, D) Extra Virgin Coconut Oil
(L, D) 2 Green Peppers	(D) 3lbs Ground Beef	(L, D) Skim Mozzarella Cheese	(D) 1-2 Bags Frozen Stir-fry Veggies (or use fresh)	(D) 2 Cans of Rotel Green Chilies	(B) Golden Flax Meal	(B, L) THM Whey Protein Powder
(L) Celery		(L, D) Monterrey Jack Cheese (2 Bricks)	(D) Chicken Thighs	(D) Can of Tomato Paste (8oz)	(B) Almond Flour (4-5 cups)	(B) Vanilla Extract
(L) Mango		(L) Sour Cream		(D) Can of Beans (15 oz.)	(B) Aluminum Free Baking Powder	(B) Unsweetened Shredded Coconut
(D) Large Zucchini		(D) 0% Greek Yogurt		(D) Can of Black Beans	(B) Cinnamon	(L) 0 Calorie Salad Dressing
(D) Garlic Cloves		(D) Butter		(D) Tomatoes	(B) Oat Flour	(L) Light Mayonnaise
(D) Large Bell Pepper					(B) Baking Powder	(L) Mustard
(D) 3 Onions					(B) Cocoa Powder	(L) Virgin Olive Oil
(D) Cilantro					(L, D) Brown Rice	(L) Balsamic Vinegar
(D) Lime					(L) Chili Flakes	(L) Joseph's Pitas
(D) Veggies for side salad					(L, D) Pepper	(L) Ezekiel Bread
(D) Spaghetti Squash					(D) Cayenne Pepper	(L, D) 2 Jars of Salsa (Sugar Free)
					(D) Onion Powder	(L) On Plan Low Carb Tortillas
					(D) Red Pepper	(D) Baked Blue Corn Chips
					(D) Chili Powder	(D) Defatted Peanut Flour
					(D) Garlic Powder	(D) Bragg Liquid Aminos
					(D) Cajun Seasoning	(D) Natural Peanut Butter
						(D) Full Fat Salad Dressing (with 2g carbs or less)