

the Laundry moms

Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B Breakfast	E (E) Sprouted French toast (THM page 239)	S (S) Chocolate Muffin in a Mug (THM page 256)	S (S) Mushroom Brie Omelet http://t1m.menu/11	E (E) Chocolate Peanut Butter Protein Pancakes with Berry Syrup http://t1m.menu/2V http://t1m.menu/9	S (S) Thin Mint Chocolate Chip Milkshake http://t1m.menu/1j	S (S) Crepes with berries & whipping cream (THM page 220)	E (E) Cinnamon Rolls with Cream Cheese Icing http://t1m.menu/1 with frozen yogurt (THM page 376/377)
L Lunch	S (S) Cobb Salad http://t1m.menu/r	E (E) Warm Chicken Sprouted Sandwich (THM page 298)	E (E) Leftover Sweet and spicy Asian stir fry	S (S) Cowboy Chili Stuffed Peppers http://t1m.menu/U	E (E) Sprouted bread sandwich with Frozen Yogurt (THM page 376/377)	S (S) Leftover Kai Si Ming	E (E) Citrus Fish Bake & Sweet potato (THM page 286)
D Dinner	S (S) Eggroll in a bowl http://t1m.menu/18	E (E) Sweet and spicy Asian stir fry over brown rice (THM page 341)	S (S) Chicken Tenders (THM page 345/346) & side salad	E (E) Easy Mexican Casserole with side salad http://t1m.menu/e	S (S) Kai Si Ming (THM page 331)	S (S) Sausage & Pepper Pasta http://t1m.menu/2U	E (E) Pizza with Gwen's dough with fat free toppings (veggies, skim mozzarella) http://t1m.menu/a

NOTES:
 * Sub out the maple syrup topping for the Chocolate Peanut Butter Protein Pancakes with sugar free berry syrup.
 * For the cinnamon rolls icing you can use fat free cream cheese sweetened with stevia & a touch of vanilla.
 * Be sure to make Gwen's Dough recipe by Wednesday.
 * You can use frozen berries for your frozen yogurt on Sunday.

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(B) Cantaloupe	(L) Bacon (Turkey or Regular)	(B) Eggs (2 dozen)	(B, L) Frozen Berries	(L) Diced Tomatoes (28oz can)	(B) Golden Flax Meal	(B, L, D) Extra Virgin Coconut Oil
(B) Pearl Oyster Mushrooms	(L) Chicken (2 cups)	(B) Liquid Egg Whites	(L) Salmon Fillets	(L, D) Fat Free Chicken Broth (2 containers)	(B) Almond Flour	(B) Vanilla Extract
(B, L, D) Garlic Cloves	(L) 4lbs Ground Beef (frozen in 1lb bags)	(B) Unsweetened Almond Milk		(D) Beef Broth	(B) Cocoa Powder	(B, L) Sprouted Dark Rye or Whole Grain Sourdough
(B) Banana	(D) 1lb Ground Pork	(B) Butter		(D) Pizza Sauce (Sugar Free)	(B) Baking Powder	(B) Peppermint Essential Oil (Food Grade)
(L, D) 3 Heads of Romaine Lettuce	(D) 2 Bags of Chicken Tenderloins	(B) Heavy Cream			(B) Cinnamon	(B) D) Glucomannan
(L) 2 Tomatoes	(D) 1lb Lean Ground Turkey	(B) 1oz Brie			(B, L, D) Sea Salt	(B) 85% Dark Chocolate Bar
(L) 2 Avocados	(D) All Beef Kielbasa (1 package)	(B) Cottage Cheese			(B, L, D) Pepper	(B) Natural Peanut Butter
(L) Green Onions		(B, L, D) Greek Yogurt (Large Container)			(B) Old Fashioned Oats	(B) THM Whey Protein Powder
(L, D) 5 Onions		(B) Whipping Cream			(B) Whole Wheat Flour	(B) Lemon Essential Oil (Food Grade)
(L, D) 5 Sweet Peppers		(B) Fat Free Cream Cheese			(B) Yeast	(L) Full Fat Ranch Dressing
(L) Spinach		(L) 1/4 cup Blue Cheese			(B) Coarse Salt	(L, D) Cayenne Pepper
(L) Lemons		(L) Cheddar Cheese			(L) Chili Powder	(D) Ground Ginger
(L) Sweet Potato		(L) Sour Cream			(L) Cumin	(D) Onion Powder
(D) 2 Cabbages		(D) Part Skim Mozzarella Cheese			(L) Paprika	(D) Nutritional Yeast
(D) Carrots					(L, D) Cayenne Pepper	(D) 1/3 cup Garlic Powder
(D) Stir Fry Veggies (or use 2 bags of frozen)					(D) Ground Ginger	(D) Sesame Oil
(D) Veggies for 2 side salads					(D) Onion Powder	(D) Bragg Liquid Aminos
(D) Yellow Bell Pepper					(D) Nutritional Yeast	(D) Defatted Peanut Flour
(D) Red Bell Pepper					(D) 1/3 cup Garlic Powder (for Greek Seasoning)	(D) Brown Rice
(D) Parsley					(D) 1/3 cup Oregano (for Greek Seasoning)	(D) Joseph's Pitas
(D) Veggies for Pizza (E style)					(D) 1/3 cup Basil (for Greek Seasoning)	(D) Salsa (sugar free)
					(D) 1/4 cup Onion Powder (for Greek Seasoning)	(D) 0 Calorie Dressing
					(D) 1/4 cup Sea Salt (for Greek Seasoning)	(D) 1 Box Penne Dreamfield Pasta
					(D) 1/4 cup Black Pepper (for Greek Seasoning)	(D) Parmesan Cheese