

the Laundry moms

Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B Breakfast	E Apple Cinnamon Braided Bread with Greek Yogurt http://tlm.menu/30	S Bacon and eggs	E Cinnamon apple berry nut crunch with a side of Greek Yogurt http://tlm.menu/E	S Bacon and eggs	S Serene's Steamed Omega Sensations (THM page 216)	E Trim Healthy Pancakes (THM page 223) with sugar free berry syrup http://tlm.menu/9	E Apple Cinnamon Braided Bread with Greek Yogurt http://tlm.menu/30
L Lunch	S Low Carb Philly Cheesesteak Salad http://tlm.menu/2T	S Twice Baked Zucchini (THM page 362)	S Tuna salad on low carb wrap	FP Cajun Cottage Cheese Salad (THM page 303)	S Portobello Pizza http://tlm.menu/x	E Luv my Sweet Potato Lunch (THM page 306)	S Just like Campbell's tomato soup (THM page 292)
D Dinner	E Peachy Crockpot Chicken with sweet potato & Side Salad http://tlm.menu/31	S Basic Chicken and Vegetable Stir Fry (THM page 342/343)	S Taco Pie http://tlm.menu/W	E Balsamic Chicken over Brown Rice (THM page 324)	S Sausage Stuffed Grilled Eggplant http://tlm.menu/X	E Beef Stroganoff with side salad http://tlm.menu/8	S Cheeseburger pie with side salad (THM page 326)

NOTES: * You should have 1/2 of Gwen's dough recipe in the fridge for Monday's breakfast.

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(B) 8 Medium Apples	(B) Bacon (Turkey or Regular)	(B, D) 0% Greek Yogurt	(B) Mixed Berries	(B) Sugar Free Apple Sauce	(B, L, D) THM Sweetener	(B) Vanilla Extract
(B) Lemon	(L) 2 packages of Hormel All Natural Beef slices	(B, D) Butter	(D) 2 & 1/2lbs Chicken Tenders	(L) 2 Cans of Water Packed Tuna	(B, D) Cinnamon	(B, D) Bragg Apple Cider Vinegar (with the Mother)
(L, D) 5-6 Medium Onions	(L) Bacon Bits	(B, D) Liquid Egg Whites	(D) Broccoli Florets (4 cups)	(L) Black Beans	(B) Nutmeg	(B) Walnuts
(L) 3 Bell Peppers	(L, D) 5lbs Ground Beef (Frozen in 1lb Bags)	(B, D) Eggs	(D) Chicken Breast (family size amount)	(L) Pizza Sauce (Sugar Free)	(B, L, D) Sea Salt	(B, L, D) Virgin Coconut Oil
(L) Large box of Sliced Mushrooms	(L) Chicken Breast	(B) Omega 3 Eggs		(L) Tomato Sauce (8oz can)	(B, L, D) Black Pepper	(B) Hot Sauce
(L) 2-3 Large Zucchini	(L) Turkey Pepperoni	(B) Low Fat Cottage Cheese		(L, D) Fat Free Chicken Broth (2 Containers)	(B, D) Nutritional Yeast	(B, D) Glucmannan
(L, D) 3-4 Tomatoes	(D) 2lbs Boneless & Skinless Chicken Breast	(L) Package of Swiss Cheese Slices		(D) Baby Corn (2 cans, 15oz each)	(B) Old Fashioned Oats	(B, D) Lemon Essential Oil (Food Grade)
(L, D) Green Onions	(D) 12oz Sausage	(L, D) Monterrey Jack Cheese		(D) Tomato Paste	(B) Baking Powder (Aluminum Free)	(L, D) Light Mayonnaise
(L, D) 4 Hearts of Romaine Lettuce		(L, D) Part Skim Mozzarella Cheese			(L, D) Garlic Powder	(L, D) Bragg Liquid Aminos
(L) 2 Large Portobello Mushrooms		(L, D) Heavy Cream			(L, D) Italian Seasoning	(D) Worcestershire Sauce
(L) Pizza Toppings (for mushroom pizza)		(D) Sour Cream			(L) Crushed Red Pepper Flakes	(D) Blackstrap Molasses
(L, D) Sweet Potatoes		(D) Provolone Cheese			(L) Creole Seasoning	(D) 0 Calorie Salad Dressing
(L) Cucumber		(D) Unsweetened Almond Milk			(L) Cayenne Pepper	(D) Sesame Oil
(D) Peaches (3 cups)					(D) Chili Powder	(D) Balsamic Vinegar
(D) Veggies for 3 Side Salads					(D) Ground Ginger	(D) Dill Pickles
(D) Garlic Cloves					(D) Taco Seasoning (sugar free)	(D) Jalapenos
(D) Ginger					(D) Brown Rice	(D) Sugar Free Ketchup
(D) Pea Pods					(D) Steak Seasoning	(D) Full Fat Salad Dressing (less than 2g of carbs)
(D) Celery					(D) Parsley	
(D) Avocado					(D) Onion Powder	
(D) 3 Baby Eggplants						
(D) Rosemary						