

# the Laundry moms

Sorting Out Life...One Load at a Time

.COM

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

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