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Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S Snack	S Leftover Lemon Butter Cake (from yesterday)	E Leftover Oatmeal Chocolate Chip Muffins	S Leftover Caramel Brownie Pie	S Leftover Key Lime Pies	S Tiramisu Frappuccino http://tlm.menu/4u	E Ice Cold Fruit Smoothie http://tlm.menu/4e	S Tiramisu Frappuccino ttp://tlm.menu/65
S Snack	S Fresh Strawberries with Cheese Curds	E Snickers Salad http://tlm.menu/61	FP Lemon Jell-O http://tlm.menu/4U Jell-O has to set so make it in the morning.	E Cinnamon Sugar Cheesecake Roll-Ups http://tlm.menu/5d Be sure to follow the pinterest instructions to keep these on plan.	S Fresh Strawberries with Cheese Curds	E Leftover Cinnamon Sugar Cheesecake Roll-Ups	S Leftover Cannoli Bites
D Dessert	E Oatmeal Chocolate Chip Muffins http://tlm.menu/60	S Caramel Brownie Pie http://tlm.menu/4y with Caramel Sauce http://tlm.menu/4A	S Key Lime Pies http://tlm.menu/62 Uses Gwen's Nest brown sugar http://tlm.menu/4E	E Apple Oat Cakes http://tlm.menu/63	S Cannoli Bites http://tlm.menu/64	E Leftover Apple Oat Cakes	S Raspberry Lemon Swirl Bars http://tlm.menu/66 (Save some for tomorrow's dessert)

***NOTES:** * You need cold brewed coffee for Friday morning's snack.

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(MS, D) Key Limes (or regular - 1 cup)		(MS, D) Unsweetened Almond Milk (2 & 3/4 cups)	(MS) Frozen Mixed Berries	(MS, D) Unsweetened Apple Sauce (1 cup)	(MS, D) Old Fashioned Oats (3 & 3/4 cups)	(MS, AS, D) Stevia Sweetened Chocolate Chips (Lily's or Krisda)
(MS) Banana (1)		(MS, AS, D) Eggs (22)		(MS, D) Thai Coconut Milk	(MS, D) Baking Powder	(MS, AS, D) THM Erythritol (MS, D) Blackstrap Molasses
(MS) Cantaloupe (1)		(MS, AS, D) Butter (1 & 1/4 cup)			(MS, AS, D) Sea Salt	(MS, D) Butterscotch, Maple, or Rum extract
(AS) Strawberries (2 cups)		(MS, AS, D) 0% Greek Yogurt (1 & 3/4 cups)			(MS, AS, D) Cocoa Powder	(MS, D) THM Baking Blend (MS, AS, D) THM Pure Stevia
(AS, D) Apples (2)		(MS, D) Heavy Cream			(MS, AS, D) Almond Flour (4 cups)	(MS, AS, D) Vanilla Extract (MS, D) Pecans or Walnuts (1/2 cup)
(AS, D) Lemons (2)		(MS) Low Fat Cottage Cheese 2 & 1/2 cups)			(MS, AS, D) Cinnamon	(MS, D) Coconut Oil (MS, D) Butter Flavoring
(D) Raspberries (3/4 cup)		(MS) Cheese Curds			(AS) Turmeric (Optional for color)	(MS, D) Orange Extract (MS, D) Coffee
		(AS) Light Laughing Cow Cheese			(D) Ground Flax (1TB)	(MS, D) THM Pristine Whey Protein Powder
		(AS, D) Ricotta Cheese (15 oz.)				(AS) THM Peanut Flour (AS) Caramel Extract
		(D) Liquid Egg Whites (1/2 cup)				(AS) Unflavored Gelatin (AS) Ezekiel Bread
						(AS, D) Almond Extract (D) Glucomannan