

the Laundry moms

Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B Breakfast	S Big Boy Smoothie (THM page 242)	E Mozzarella and Turkey Toast (THM page 239)	E Apple Crisp with Greek Yogurt http://tlm.menu/1C	S Satisfying granola on sweetened greek yogurt (THM page 237)	FP Cookie Bowl Oatmeal (THM page 232/233) (add extra 1/4 cup of oats)	E Apple Cinnamon Braided Bread with Greek Yogurt http://tlm.menu/30	S Crepes with berries & whipped cream (THM page 220)
L Lunch	S Lettuce Wraps (THM page 297)	FP Lettuce Wraps (THM page 297)	S Lemon Dijon Chicken (THM page 286) over Cauli Rice (THM page 358)	E Grilled Salmon over brown rice with side salad (THM page 284)	S Better than Chef Salad (THM page 305)	S Taco salad (THM page 347)	FP Loaded Potato Soup (THM page 294/295)
D Dinner	S Kai Si Ming (THM page 331)	E All day Lentil or Chana Dahl Soup - crockpot topped with cheese (THM page 311/312)	S Sausage & Pepper Pasta http://tlm.menu/2U	E Balsamic Chicken over Brown Rice with Side Salad (THM page 324)	E Pizza with Gwen's dough with fat free toppings (veggies, skim mozzarella) http://tlm.menu/a	S Eggroll in a bowl http://tlm.menu/2Z	S Alfredo Beef & Broccoli (THM page 340/341) on Spaghetti Squash

NOTES: * You can grind Old Fashioned Oats in the blender to sub for oat flour.
* Make Gwen's dough recipe by Tuesday to have ready for Friday.
* You should still have Gwen's Greek spice mix for the pizza on Friday.

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(B) 8 Baking Apples	(B) Lean Turkey Deli Meat	(B) 0% Greek Yogurt	(B) Strawberries	(L, D) Fat Free Chicken Broth (10-12 cups)	(B) Ground Flax	(B) Pumpkin Seeds
(B, L) 2 Lemons	(L) Boneless Skinless Chicken Breast	(B, L, D) Part Skim Mozzarella	(L) Salmon Fillets	(D) Tomato Paste (16 oz.)	(B, D) THM Sweetener	(B) Shredded Coconut
(B) Berries (can use frozen instead)	(L) Bacon (for the S lettuce wraps)	(B) Unsweetened Almond Milk	(L, D) Chicken Tenderloins (2 bags)	(D) Beef Broth	(B, D) Italian Herbs	(B) Sunflower Seeds
(L, D) 5 Hearts of Romaine Lettuce	(L) Meat for lunch salad	(B, L) Butter	(L) Cauliflower (2 bags)	(D) Pizza Sauce (sugar free)	(B) Cinnamon	(B) Almonds
(L, D) Veggies for 2 side salads	(L, D) 9lbs Ground Beef (Frozen in 1lb bags)	(B) Fat Free Redi Whip	(D) Broccoli Florets (2 bags)		(B) Old Fashioned Oats	(B) Sesame Seeds
(L, D) 7-8 Onions	(L) Turkey Bacon Bits	(B) Liquid Egg Whites			(B) Cocoa Powder	(B) Virgin Coconut Oil
(L, D) 2-3 Tomatoes	(D) All Beef Kielbasa (1 pkg)	(B) Whipping Cream			(B) Whole Wheat Flour	(B) Vanilla Extract
(L) Veggies for Salad	(D) 1lb Ground Pork	(B) Eggs			(B) Coarse Salt	(B) Ezekiel Bread
(L) Avocado		(B, L) Cream			(B) Yeast	(B) THM Whey Protein Powder
(L) Green Onion (Optional)		(L) Monterrey Jack Cheese			(B) Nutmeg	(B, L) Glucomannan
(D) Celery		(L) Sour Cream			(L) Seasonings for salmon	(B) Defatted Peanut Flour
(D) 3 Large Cabbages		(L) Light Laughing Cow Cheese			(L, D) Brown Rice	(B) Chia Seeds
(D) Red Bell Pepper					(L, D) Sea Salt	(B) Bragg Apple Cider Vinegar
(D) Yellow Bell Pepper					(B, L, D) Black Pepper	(L, D) 0 Calorie Salad Dressing
(D) Garlic Cloves					(L) Taco Seasoning	(L) Light Mayonnaise
(D) Veggies for Pizza (E style)					(L, D) Nutritional Yeast	(L) Mustard
(D) Spaghetti Squash					(L) Garlic Powder	(L) Dijon Mustard
(D) Carrots (1 cup shredded)					(L, D) Cayenne Pepper	(L) Full Fat Salad Dressing
					(D) Onion Powder	(L) Salsa
					(D) Parsley	(L, D) Bragg Liquid Aminos
					(D) Ginger	(D) Full Fat Parmesan Cheese
						(D) 2 Jars of Alfredo Sauce (2g of carbs or less)
						(D) Sesame Oil