

the Laundry moms

Sorting Out Life...One Load at a Time

| Meal | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------|--|--|--|--|---|--|---|
| B Breakfast | S Cheesy Omelet (THM page 219) | E Banana cream cake http://tlm.menu/4 | S Bacon and eggs | S Bacon and eggs | S Mushroom Brie Omelet http://tlm.menu/11 | E Trim Healthy Pancakes (THM page 223) with sugar free berry syrup http://tlm.menu/9 | S Crepes with berries & whipped cream (THM page 220) |
| L Lunch | S Cowboy Chili Stuffed Peppers http://tlm.menu/U | E Leftover Chana Dahl Soup | FP Fuel pull salad (THM page 301/302) | E Pan bread sandwiches (THM page 266) | S Tuna salad on low carb wrap | E Black Bean Chicken Salad http://tlm.menu/2R | S Crispy salmon with Salad (THM page 283) |
| D Dinner | E All day Chana Dahl Soup (with added chicken breast) - crockpot (THM page 311/312) | S Basic Chicken and Vegetable Stir Fry (THM page 342/343) | S Chicken & Cauliflower Casserole with side salad http://tlm.menu/O | E Peachy Crockpot Chicken with brown rice http://tlm.menu/31 | S Cabbage Rolls - Crockpot (THM page 312) | E Mini Meat Loaves (THM page 318) with side salad | S Alfredo Beef & Broccoli (THM page 340/341) on Dreamfield Noodles |

NOTES: * When making pan bread, freeze the extras for quick lunches.

| Produce | Meat | Dairy | Frozen Foods | Canned Goods | Dry Goods | Misc. |
|---|--|-------------------------------|--|---------------------------------------|---------------------------|---|
| (B) Veggies for Omelet | (B) Bacon (Turkey or Regular) | (B, D) Eggs (2 cartons) | (B) Frozen Berries | (L) Diced Tomatoes (28 oz.) | (B, L, D) Sea Salt | (B) Vanilla Extract |
| (B) Very Ripe Banana | (L, D) 6lbs Ground Beef (Frozen in 1lb bags) | (B) 1/3 Less Fat Cream Cheese | (L) Salmon Fillets | (L) Chicken Broth (3 Boxes) | (B, L, D) Black Pepper | (B) Banana Extract (Optional) |
| (B) Pearl Oyster Mushrooms (or regular) | (L, D) 5-6 Chicken Breast (or use frozen) | (B, L, D) Cheddar Cheese | (D) Chicken Tenderloins ((for 2 meals) | (L) Can of Tuna (in water) | (B, L, D) Cayenne Pepper | (B) Redi Whip (Optional) |
| (B, L, D) Garlic Cloves | (L) Fat Free Lunch Meat for sandwiches | (B, L) Butter | (D) Frozen Cauliflower Florets (16oz) | (L) 2 Cans of Black Beans | (B, L) Old Fashioned Oats | (B, D) Glucomannan |
| (L, D) 4-5 Onions | (D) Mini Pepperoni | (B, D) 0% Greek Yogurt | (D) Frozen Peaches | (D) 2 Cans of Baby Corn (15 oz. each) | (B, D) THM Sweetener | (L, D) Virgin Coconut Oil |
| (L) 4 Medium Sweet Peppers | (D) 3lbs Extra Lean Ground Turkey | (B, L, D) Liquid Egg Whites | (D) Broccoli Florets (2 pkgs.) | (D) 2 Cans of Tomato Paste (8 oz.) | (B, L) Baking Powder | (L, D) Chana Dahl |
| (L) Avocado (Optional) | | (B, D) Heavy Cream | | | (B, D) Cinnamon | (L, D) Bragg Liquid Aminos |
| (L, D) Celery | | (B) Brie Cheese (1 oz.) | | | (L, D) Chili Powder | (L, D) Fat Free Salad Dressing |
| (L, D) 3 Hearts of Romaine Lettuce | | (B, L) Low Fat Cottage Cheese | | | (L) Cumin | (L) Light Mayonnaise |
| (L, D) 2 Green Peppers | | (B) Whipping Cream | | | (L) Paprika | (L) Dill Pickles |
| (L) Baby Tomatoes | | (L) Sour Cream (Optional) | | | (L, D) Onion Powder | (L) Low Carb Wraps (Joseph's pitas etc.) |
| (L) Cucumber | | | | | (L, D) Nutritional Yeast | (L) Red Wine Vinegar |
| (L) Veggies for sandwiches | | | | | (L) Basil | (L) Full Fat Salad Dressing |
| (L, D) Green Onions | | | | | (L) Chili Flakes | (D) Sesame Oil |
| (L) Cilantro | | | | | (D) Parsley Flakes | (D) Worcestershire sauce |
| (L) Lime | | | | | (D) Garlic Powder | (D) Apple Cider Vinegar (with the Mother) |
| (L, D) Veggies for 3 Salads | | | | | (D) Ground Ginger | (D) Blackstrap Molasses |
| (D) Ginger | | | | | (D) Brown Rice | (D) Hot Sauce (Sugar Free) |
| (D) Pea Pods | | | | | (D) Quinoa | (D) Pickled Jalapenos |
| (D) Broccoli Florets | | | | | | (D) 2 Jars of Alfredo Sauce (2g of Carbs or less) |
| (D) Cabbage | | | | | | (D) 1 pkg. of Dreamfield Noodles |
| (D) 2-3 Tomatoes | | | | | | |