

the Laundry moms

Sorting Out Life...One Load at a Time

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Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B Breakfast	E Apple Cinnamon (THM page 250)	E Oatmeal with Berries & Greek Yogurt	S Protein muffins (THM page 221)	E Cinnamon apple berry nut crunch http://tlm.menu/53	S Thin Mint Chocolate Chip Milkshake http://tlm.menu/54	E Sprouted Cinnamon Rolls http://tlm.menu/55	S Zucchini Sausage Breakfast Cake http://tlm.menu/56
L Lunch	E Nicey Ricey Salad (THM page 304)	S Leftover Tender Beef Stew	S Lemon Dijon Salmon (THM page 286) with steamed broccoli	E Pan bread sandwiches (THM page 266)	FP Cajun Cottage Cheese Salad (THM page 303)	S Egg Salad on low carb wrap	S Just like Campbell's tomato soup (THM page 292)
D Dinner	S Tender beef stew - Crockpot (THM page 309/310) with side salad	E Sweet and spicy Asian stir fry (THM page 341) served over brown rice	S Chile Relleno Casserole (THM page 325/326) with side salad	E Black Bean Mexican Stew http://tlm.menu/57	S Peanut Crusted Chicken (THM page 325) with Green Fries (THM page 357)	E Loaded Fofato Soup (THM page 294/295) with Gwen's bread http://tlm.menu/58	S Fooled ya pizza (THM page 276/277)

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(B) Apple	(B) Bacon	(B) 0% Greek Yogurt	(B) Frozen Berries	(B) Unsweetened Apple Sauce	(B) Cinnamon	(B, L, D) THM Pure Stevia
(B, L, D) Green Peppers (3-4)	(B) Hot Italian Sausage (1lb)	(B) Eggs (27-29)	(L, D) Beef Cuts to feed the whole family	(L, D) Tomato Paste (2-3 cans)	(B, L) Old Fashioned Oats	(B) Chopped Walnuts (4TB)
(B, L, D) Onions (3)	(L) Lean/Fat Free Deli Meat (for 2 meals)	(B, L, D) Cheese (your choice 3 blocks)	(L) Salmon Fillets	(L, D) Black Beans (32oz)	(B, L, D) Unrefined Sea Salt	(B) Vanilla Extract
(B) Mushrooms	(D) Turkey Bacon Bits	(B, L) Low Fat Cottage Cheese (Large Container)	(L) Chicken Breasts	(L, D) Fat Free Chicken Broth (6-7 cups)	(B, L, D) Black Pepper	(B) Peppermint Essential Oil (Food Grade)
(B, D) Zucchini (3)	(D) Pepperoni (Optional for pizza)	(B) Unsweetened Almond Milk	(D) Chicken Tenderloins (3-4lbs)	(D) Rotel Style Diced Chilies & Tomatoes (2 15oz cans)	(B) Sprouted Whole Wheat Flour (4 cups)	(B) Thm Erythritol
(B) Garlic (4 cloves)		(B, L, D) Cream	(D) Stir Fry Veggies (1-2 bags)	(D) Fat Free Refried Beans (1-1.5 cups)	(B, D) Yeast	(B, L, D) THM Glucomannan
(L, D) Romaine Lettuce (4 hearts)		(B, L, D) Butter	(D) Boneless Chicken Breasts or Thighs	(D) Sugar Free Pizza Sauce	(B, L) Baking Powder	(B) 85% Dark Chocolate Bar
(L) Cucumber		(B) Fat Free Cream Cheese (2 bricks)	(D) String Beans		(L, D) Brown Rice	(L, D) Virgin Coconut Oil
(L) Tomato		(L, D) Liquid Egg Whites	(D) Cauliflower (2 bags)		(L, D) Onion Powder	(L) Light Vinaigrette
(L, D) Veggies for 2 Salads		(D) Light Laughing Cow Cheese			(L, D) Cayenne Pepper	(L, D) Full Fat Dressing (2g of carbs or less)
(L, D) Celery		(D) Part Skim Mozzarella Cheese			(L) Creole Seasoning	(L, D) Bragg Liquid Aminos
(L, D) Cabbage (Optional)					(D) Cumin	(L) Dijon Mustard
(L) Lemon					(D) Garlic Powder	(L) Light Mayonnaise
(L) Broccoli					(D) Chili Powder	(L) Joseph's Pitas
(D) Carrots (4)					(D) Dried Oregano	(D) THM Peanut Flour
(D) Red Bell Peppers (1-2)					(D) Red Pepper	(D) Sugar Free Salsa
(D) Green Onions (Optional)(D)					(D) Parmesan Cheese	(D) Sugar Free Peanut Butter
Veggies for Pizza Toppings					(D) Nutritional Yeast	
					(D) Whole Wheat Flour	
					(D) Coarse Salt	
					(D) Italian Seasoning	
					(D) Parchment Paper	