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Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S Snack	E Apple with Apple Dip (THM Vol 2 Page 466)	S Cinnamon Muffin in a Mug http://tlm.menu/85	E Pineapple Upside Down Cake (THM Vol 2 Page 290)	FP Glycine Glory Pudding (THM Vol 2 Page 348)	E Apple with Apple Dip (THM Vol 2 Page 466)	FP Leftover Glycine Glory Pudding	S Leftover Pumpkin Bars
S Snack	FP Crunch Puffs (THM Vol 2 Page 460)	FP Left over Crunch Puffs	FP Pretzel Sticks (THM Vol 2 Page 463)	FP Leftover Pretzel Sticks	E Sweetie Pie Swirl (THM Vol 2 Page 353)	S Salmon Mousse with Cucumber Slices (THM Vol 2 Page 465)	FP Vanilla Gluccie Pudding (THM Vol 2 Page 351)
D Dessert	S Pumpkin Cookies http://tlm.menu/84 Uses Skinny Chocolate (THM Vol 2 Page 377)	E Leftover Pumpkin Cookies	E Apple Crumble (THM Vol 2 Page 338)	S Almond Fluff Cookies http://tlm.menu/86	S Leftover Almond Fluff Cookies	S Pumpkin Bars http://tlm.menu/87	S Lip Smacking coffee Cake http://tlm.menu/88

*NOTES:

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(MS, D) Apple (6 large)		(MS, D) 0% Greek Yogurt (1 cup)		(MS) Crushed Pineapple (8oz)	(MS, D) Golden Flax Meal (4 cups)	(MS) THM Peanut Flour
(AS) Sweet Potato (1 medium)		(MS, AS, D) Eggs (11)		(MS, AS, D) Pumpkin Puree (2 & 1/2 cups)	(MS, AS, D) Cinnamon (3TB + 1 & 2 & 1/2 tsp.)	(MS) MCT Oil
(AS) Lemon (1)		(MS, AS) Low Fat Cream Cheese (10oz)		(AS) Can of Salmon (7oz)	(MS, D) Aluminum Free Baking Powder (5 tsp.)	(MS, AS, D) THM Mineral Salt
(AS) Cucumber		(MS, AS) Egg Whites (1 & 1/2 cups)			(MS) Old Fashioned Oats (1 & 3/4 cups)	(MS, D) THM Gentle Sweet
		(MS, AS, D) Unsweetened Almond Milk (5 & 1/2 cups)			(MS, AS, D) Coconut Flour (4 cups)	(MS, AS, D) THM Pure Stevia Extract
		(MS, D) Butter (1 cup)			(MS, D) Cloves (1/2 tsp.)	(MS, AS, D) Extra Virgin Coconut Oil
		(MS, D) Heavy Whipping Cream (1/4 cup)			(AS) Black Pepper	(MS, AS, D) Vanilla Extract
		(AS) Low Fat Cottage Cheese (2/3 cup)			(AS) Whole-Husk Psyllium Flakes (2 tsp.)	(MS, AS, D) Coconut Oil Cooking Spray
		(D) Low Fat Sour Cream (1 cup)			(AS) Nutritional Yeast (3/4 cup)	(MS, AS, D) THM Super Sweet Blend
					(AS) Dried Minced Onions (2TB)	(MS, AS) THM Just Gelatin
					(AS) Garlic Powder (2TB)	(MS, AS) THM Integral Collagen
					(AS) Paprika (2TB)	(MS) Raw Apple Cider Vinegar
					(AS) Red Pepper Flakes (2tsp.)	(MS, AS) Butter Extract
					(AS) Turmeric (1/2 tsp.)	(MS, AS, D) THM Pristine Whey Protein Powder
					(AS, D) Baking Soda (2 tsp.)	(MS, AS, D) THM Oat Fiber
					(AS) Coarse Salt (for sprinkling)	(MS, AS, D) Xanthan Gum
					(D) Nutmeg (1 tsp.)	(AS) THM Baking Blend
					(D) Pumpkin Spice (1 & 1/2 tsp.)	(AS) Liquid Smoke
					(D) Unsweetened Cocoa Powder (1/4 cup)	(AS) THM Gluccie
					(D) Almond Flour (3 cups)	(D) Walnuts or Pecans (1/2 cup)
						(D) Almonds (1/2 cup)
						(D) THM Erythritol
						(D) Lily's Dark Chocolate