

the Laundry moms

Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B Breakfast	E Cinnamon apple berry nut crunch http://tjm.menu/8v	E Sweet Dreams PB and J Oatmeal (THM Vol 2 Page 248)	S Thin Mint Chocolate Chip Milkshake http://tjm.menu/8x	E Apple Cinnamon (THM Vol 1 page 250)	S Protein muffins (THM Vol 1 page 221)	S Zucchini Sausage Breakfast Cake http://tjm.menu/8z	E Apple Pie Crunch Granola (THM Vol 2 Page 255)
L Lunch	S Lemon Dijon Salmon (THM Vol 1 page 286) with side salad	S Leftover Tender Beef Stew	E Nicey Ricey Salad (THM Vol 1 page 304)	FP Cajun Cottage Cheese Salad (THM Vol 1 page 303)	E Southwestern Pan bread sandwiches (THM Vol 2 page 202)	S Egg Salad on Joseph's Pita http://tjm.menu/8A (Use THM sweetener)	S Just like Campbell's tomato soup (THM Vol 1 page 292)
D Dinner	S Hearty beef stew http://tjm.menu/8w with side salad	E Sweet and spicy Asian stir fry (THM Vol 2 page 84) served over brown rice	S Fooled ya pizza (THM Vol 1 page 276/277)	E Black Bean Mexican Stew http://tjm.menu/8y	S Peanut Popper Chicken (THM Vol 2 page 164) with Roasted Non Starchies (THM Vol 2 Page 227)	S Chile Relleno Casserole (THM Vol 1 page 325/326)	E Cheapskate Soup (THM Vol 2 Page 88) with Soft Sprouted Bread (THM Vol 2 Page 200)

* Notes: * You will need to make the sprouted bread at least 2 hours before eating Sunday night dinner.

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(B) Apple (2) (B) Veggies for protein muffins (B, D) Zucchini (3 small) (B, L, D) Garlic Cloves (10) (L) Lemon (1) (L) Romaine Lettuce (2 heads) (L, D) Veggies for two side salads (L) Cucumber (1) (L) Tomato (1) (L, D) Onion (3 large) (L, D) Celery (L, D) Mushrooms (2 cups sliced) (L, D) Parsley (1/3 cup) (D) Veggies for pizza (L, D) Carrots (6) (D) Red Bell Peppers (1-2) (D) Non starchy veggies of choice (1 meal)	(B) Bacon (2 slices) (B) Hot Italian Sausage (1lb) (L) Fat Free Deli Meat (for 2 meals) (L) Diced Cooked Chicken Breast (L, D) Grass Fed Stewing Meat (2lbs) (D) Pepperoni for pizza (D) Turkey Bacon Crumbles (1/3 cup optional)	(B) Unsweetened Almond Milk (1 & 3/4 cup) (B) 0% Greek Yogurt (1 cup) (B, L) Low Fat Cottage Cheese (2 & 1/4 cup) (B, L) Cream (1/2 cup) (B, L, D) Eggs (32) (B) Monterrey Jack Cheese (1 block) (B) 1/3 Less Fat Cream Cheese (8oz) (L, D) Butter (8 TB) (L, D) Liquid Egg Whites (1 & 3/4 cup) (D) Part Skim Mozzarella (2 cups) (D) Cheddar Cheese (1 block)	(B) Mixed Frozen Berries (1/3 cup) (L) Salmon Fillet (1 per person) (D) Chicken Tenderloins (2 bags) (D) Stir Fry Veggies (1 bag) (D) Cauliflower (16oz) (D) Boneless Chicken Thighs or Breasts (3lbs)	(B) Unsweetened Apple Sauce (1/3 cup) (L, D) Black Beans (36oz) (L) Tomato Sauce (8oz) (L, D) Chicken Broth (4 cups) (L, D) Tomato Paste (1 can) (L, D) Beef Broth (1 cup) (D) Sugar Free Pizza Sauce (D) Fat Free Refried Beans (1 & 1/2 cups) (D) Rotel Style Diced Chilies & Tomatoes (2x15oz cans)	(B) Cinnamon (1/2 tsp.) (B, L) Old Fashioned Oats (2 cup) (B, L, D) Black Pepper (5 tsp.) (B) Coconut Flour (1/2 cup) (B, L) Aluminum Free Baking Powder (4 tsp.) (B) Apple Pie Seasoning (3/4 tsp.) (L, D) Brown Rice (1 & 1/2 cups cooked) (L) Creole Seasoning (1/4 tsp.) (L, D) Ground Cumin (1/2 tsp.) (L, D) Cayenne Pepper (1 tsp.) (L, D) Dried Rosemary (1 tsp.) (L, D) Dried Thyme (1 tsp.) (L, D) Bay Leaves (2) (L, D) Red Pepper Flakes (pinch) (L, D) Almond Flour (1/4 cup) (D) Onion Powder (4 & 1/2 tsp.) (D) Italian Seasoning (2 pinches) (D) Garlic Powder (1/2 tsp.) (D) Chili Powder (1 tsp.) (D) Dried Oregano (1/2 tsp.) (D) Nutritional Yeast (3TB) (D) Split Peas (2lbs) (D) Active Dry Yeast (1TB) (D) Sprouted Whole Wheat Bread Flour (4 cups)	(B) Chopped Nuts (3TB) (B) THM Pure Stevia Extract (B, L, D) THM Mineral Salt (B, L, D) THM Super Sweet Blend (B) THM Pristine Whey Protein Powder (B, D) THM Peanut Flour (B) All Fruit Jelly (no sugar added) (B) Vanilla Extract (B) Peppermint Extract (B) THM Erythritol (B, D) THM Glucic (B) 85% Dark Chocolate Bar (1/2 oz.) (B, L, D) Coconut Oil Cooking Spray (L) Dijon Mustard (L, D) Full Fat Salad Dressing (2g of carbs or less) (L) Coconut Oil (L) Light Vinaigrette (L) Sugar Free Salsa (L) Mayonnaise (L) Mustard (L) Raw Apple Cider Vinegar (L, D) Red Wine (1/2 cup) (D) Bragg Liquid Aminos (D) Parchment Paper (D) Chunky Sugar Free Peanut Butter (D) Liquid Smoke (D) Honey (1TB)