

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	S Egg Tacos http://t1m.menu/6V	E Maple and Brown Sugar Oatmeal http://t1m.menu/8G	E Cinnamon Buckwheat Pancakes http://t1m.menu/8H	E Cinnamon Roll Oatmeal http://t1m.menu/8I	S Nana's Fluffy Omelet (THM Vol 2 Page 239)	S Smoked Salmon Egg Stuffed Avocados http://t1m.menu/7z	S Wonder Woman Waffles http://t1m.menu/6I
L Lunch	S Avo Bacon Noodle Toss (THM Vol 2 Page 81)	S Broccoli Cheese Soup http://t1m.menu/6L	E Loaded Sweet Potato http://t1m.menu/6Q	E Lentil Soup http://t1m.menu/8J	S Garlic Parmesan Chicken http://t1m.menu/8K	E Leftover Lentil Soup	E Wacha Want Mexican Chicken (THM Vol 2 Page 47) Serve over brown rice
D Dinner	S Eggroll in a Bowl (THM Vol 2 Page 62)	S Super Salmon Patties (THM Vol 2 Page 177)	E Quinoa Goes Cajun (THM Vol 2 Page 69)	S Nummy Umami (THM Vol 2 Page 106)	S Jalapeno Onion Burgers (THM Vol 2 Page 178)	S Chicken Bacon Casserole http://t1m.menu/8L	S Real Texas Chili http://t1m.menu/8M

* Notes: * Put Sunday's lunch in the crockpot first thing in the morning.

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(B, L, D) Onion (6)	(B, L) Bacon (8 slices)	(B, D) Eggs (22)	(B) Frozen Blueberries	(B, L) Sugar Free Salsa (2 jars)	(B, L, D) Black Pepper (5 & 1/4 tsp.)	(B) Low Carb Tortillas (Joseph's, etc. - 1pkg)
(B) Mushrooms (2)	(B) Smoked Salmon (4oz)	(B, L, D) Butter (1 cup)	(L, D) Boneless Skinless Chicken Breast (2 breast + 5 lbs.)	(B) Unsweetened Apple Sauce (2TB)	(B) Old Fashioned Oats (1 cup)	(B, L, D) THM Mineral Salt
(B, L, D) Bell Pepper (4)	(L, D) Ultra Lean Ground Turkey (2 lbs.)	(B) Monterey Jack Cheese (1/2 cup)	(D) Cauliflower (2x16oz.)	(L, D) Chicken Broth (14 cups)	(B) Cinnamon (3 tsp.)	(B, D) THM Pure Stevia Extract
(B) Lime (1)	(D) Ground Pork (2lbs)	(B, L) Fat Free Sour Cream (3TB)	(D) Chicken (3 cups)	(D) Wild Pink Salmon (2 cans)	(B) Sprouted Buckwheat Flour (1/4 cup)	(B) Grandma's Molasses (1/2 tsp.)
(B, D) Green Onions (1 bunch)	(D) Ground Beef (3lbs)	(B) Liquid Egg Whites (1/2 cup)		(D) Pickled Jalapeno	(B) Aluminum Free Baking Powder (4 & 1/2 tsp.)	(B) Maple Flavoring
(B) Veggies of choice (for omelet)	(D) Turkey Bacon (5 slices)	(B) Unsweetened Almond Milk (3 & 1/2 cups)		(D) Red Beans (15oz)	(B) Cayenne Pepper (sprinkle - optional)	(B) THM Super Sweet Blend
(B, L) Avocados (4 & 1/2)	(D) Lean boneless beef chuck roast (3lbs)	(B) 0% Greek Yogurt (2TB)		(D) Coconut Milk (1 can)	(B) Chili Flakes (1TB)	(B) THM Gentle Sweet
(B) Fresh Dill (1)		(B, D) Heavy Cream (1 cup)		(D) Beef Broth (2 cups)	(B, L, D) Red Pepper Flakes (2 & 1/2 tsp.)	(B) THM Pristine Whey Protein Powder
(L, D) Garlic (26 cloves)		(L) Half & Half (2 cups)		(D) Rotel Tomatoes (1 can)	(B) Nutmeg (1/4 tsp.)	(B) Butter Extract
(L) Broccoli (1/2 lb.)		(L) Cheddar Cheese (8 oz. grated)			(L) Lentils (1lb bag)	(B, D) THM Baking Blend (1 & 2/3 cup)
(L) Julienne Carrots (1/2 cup)		(L) Light Cheese (optional)			(L, D) Garlic Powder (1 & 1/2 tsp.)	(B) Vanilla Extract
(L) Sweet Potato (1 medium)		(L) Parmesan Cheese (1/2 cup)			(L, D) Cummin (5 tsp.)	(L, D) Extra Virgin Coconut Oil
(L) Chives (1)		(D) Sheep cheese (1 cup - optional)			(L) Onion Powder (1 & 1/2 tsp.)	(L) THM Single serve pkg Not Naughty Noodles
(L) Cilantro (1)					(L, D) Chili Powder (45TB)	(L, D) Bragg Liquid Aminos
(L) Baby Carrots (1 cup)					(L) Curry (1 tsp.)	(L, D) Sesame Oil
(L) Zucchini (1)					(L) Turmeric (1 tsp.)	(L) THM Glucic
(L) Spinach (2 cups)					(L) Brown Rice	(L, D) Extra Virgin Olive Oil
(D) Cabbage (2 large)					(D) Ground ginger (2 tsp.)	(D) Light Miso (4TB)
(D) Celery					(D) MSG Free Seasoning Salt	(D) Rice Vinegar (2TB)
(D) Portobello Mushroom (1 cup diced)					(D) Dried Parsley (4 TB)	(D) Fish Sauce
(D) Radishes (2 cups chopped)					(D) MSG free Creole Seasoning (2 & 1/2 tsp.)	(D) THM Just Gelatin (Optional)
(D) Jalapenos (1/3 cup)					(D) Ground Sage (1 & 1/2 tsp.)	(D) Bragg Raw Apple Cider Vinegar
					(D) Quinoa (1 & 1/2 cups)3	(D) Xanthan Gum
					(D) Nutritional Yeast (1/3 cup)	
					(D) Dried Oregano (1TB)	