



KATHY DEPALO-MOONEY


4 Day
Weight Loss
Reboot
Shopping
List



SUGGESTED MEALS & SHOPPING LIST

Here are the simple ways to make sure your program is a home run:

1. Be sure to add clean sources of protein to each meal.
2. I have created a sample plan with meals. If you need to exchange a meal due to an allergy or a preference, refer to your Recipe Guide for swaps.
3. I have repeated meals in the sample plan to allow you to do batch cooking, as well as to make shopping and preparing a bit easier during your program.
4. If you are still hungry, add soup (check the label for the sodium content) salad, or an extra bowl of vegetables to any entrée and remember, you can add protein to any meal.
5. Keep in mind that any extra soups, salads and snacks are NOT included in your shopping lists. If you plan to include them, you'll need to add them to your list. For example, if you see "and 1/2 sweet potato" or "and a small salad" with a recipe, those are not included in your shopping list as they are optional.



Snacks, protein balls, dips, and drinks are not included in your sample meal plan or shopping list. Please add 1-2 snacks per day in between meals, if needed, or have a green juice or cup of tea.

DAY	BREAKFAST	LUNCH	DINNER
1	Chocolate Smoothie	Herb Salad	Tomato & Cucumber Salad with Maple Baked Chicken
2	Grain Free "Oatmeal"	Mediterranean Salad	Crockpot Stew
3	Divine Smoothie	Salad with Black Beans and Salsa	Sesame Chicken Salad
4	Mixed Berry Smoothie	Roasted Chickpea Salad with Greens	Burger Wraps & Sweet Potato Chips



SHOPPING LIST

FRUITS

- ☐ Frozen Cherries – ½ c
- ☐ Pear - 1
- ☐ Lemons - 4
- ☐ Cucumber - 2
- ☐ Tomatoes - 3
- ☐ Lime – 2 ½
- ☐ Banana – 1/2
- ☐ Apple -1
- ☐ Pineapple, frozen – 2 c
- ☐ Mixed Berries, frozen – 2 c

VEGETABLES

- ☐ Spinach – 2 c
- ☐ Broccoli – 1 head
- ☐ Cauliflower – ½ head
- ☐ Carrot - 8
- ☐ Red Onion, minced – ¼ c
- ☐ Mesclun Lettuce – 2 c
- ☐ Avocado - 1
- ☐ Sweet Potatoes - 4
- ☐ Parsnips - 3
- ☐ Celery – 1 c
- ☐ Kale Leaves - 3
- ☐ Mixed Greens – 7 c
- ☐ Roma Tomatoes - 2
- ☐ Red Onion - 1
- ☐ Kale – 1 bunch
- ☐ Collard Greens - 2

MEAT & SEAFOOD

- ☐ Chicken Breast - 5
- ☐ Egg - 3
- ☐ Stew Beef – 2 packs
- ☐ Hemp Protein Powder
- ☐ Burger Patties, Raw - 2

NUTS & SEEDS

- ☐ Sesame Seeds

CONDIMENTS/MISC.

- ☐ Raw Cacao – 1 tsp
- ☐ Unsweetened, Shredded Coconut
- ☐ Apple Cider Vinegar
- ☐ EVOO
- ☐ Maple Syrup
- ☐ Coconut Flour
- ☐ Canned Pumpkin – 1/3 c
- ☐ Coconut Chips – 1/3 c
- ☐ Unsweetened Baker's Chocolate – ½ square
- ☐ Vanilla Extract
- ☐ Red Wine Vinegar
- ☐ Dijon Mustard
- ☐ Tomato Paste – small can
- ☐ 15 oz can black beans - 1
- ☐ Raw Honey
- ☐ Arrowroot Starch
- ☐ Bragg's Coconut Aminos
- ☐ Chickpeas – 1 can
- ☐ Coconut Oil
- ☐ Condiments for burger

BEVERAGES

- ☐ Canned Coconut Milk 2 ¾ c
- ☐ Water
- ☐ Vegetable Stock – 2 c
- ☐ Bone Broth – ½ c
- ☐ Coconut Water – 2 c

HERBS/SPICES

- ☐ Cinnamon
- ☐ Cilantro – 1 ½ bunch
- ☐ Dill – ½ bunch
- ☐ Mint Leaves –1 bunch
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ Flat Leaf Parsley – 1 c
- ☐ Garlic Cloves - 10
- ☐ Dried Oregano
- ☐ Fresh Sage
- ☐ Fresh Rosemary
- ☐ Parsley – 1 ½ bunch
- ☐ Cayenne
- ☐ Ginger Powder
- ☐ Ginger – 1 inch
- ☐ Italian Seasoning
- ☐ Paprika

SNACKS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____