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# 4 Day Weight Loss Reboot Recipes



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# DAY 1

## BREAKFAST

### CHOCOLATE SMOOTHIE

1/2 cup frozen cherries

1 1/2 cups water or coconut, hemp or almond milk

2 cups spinach

1 teaspoon raw cacao

1/2 teaspoon cinnamon

1 tablespoon unsweetened shredded coconut (optional)





## LUNCH

### HERB SALAD

- 1 head broccoli, chopped into bite-sized pieces
- ½ head cauliflower, chopped into bite-sized pieces
- 1 large carrot, shredded
- 1 pear, chopped
- ¼ cup minced red onion
- ½ bunch cilantro, minced
- ½ bunch dill, minced
- ½ bunch mint leaves, minced

Suggested salad toppings: diced avocado, dried cranberry, and sprouts of your choice.

### DRESSING

- 2 lemons, juiced
- ¼ cup Bragg's raw apple cider vinegar (omit if you have acid reflux)
- ¼ cup extra virgin olive oil
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

**Prepare the dressing.** Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add the lemon juice, Bragg's raw apple cider vinegar, olive oil, sea salt, and black pepper to a container with a lid. Shake vigorously until well blended. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing your salad.

**Toss the salad.** It is important to chop your broccoli and cauliflower into small pieces for easier digestion. Try pulsing them in a food processor or use a sharp knife to chop them into bite-sized pieces. Add the broccoli and cauliflower to a large salad bowl along with the shredded carrot, chopped pear, red onion, cilantro, dill, and mint. Add enough dressing to coat the salad, but not drown it. Mix thoroughly. Add any of the suggested toppings if desired. Enjoy!



## DINNER

### TOMATO & CUCUMBER SALAD WITH MAPLE BAKED CHICKEN

#### **Serves 3**

1 large cucumber  
3 tomatoes (about 1 lb.)  
Small handful of fresh cilantros, chopped  
1 tbsp. olive oil  
Juice from 1/2 lime or more to taste  
salt and freshly cracked pepper  
3 chicken breasts  
2 tbsp olive oil  
2 tbsp maple syrup  
Sea Salt & pepper

Preheat oven to 400 degrees.

In a little bowl, whisk together olive oil & salt, pepper, and maple syrup. Place the chicken in a baking dish and coat it in the maple mixture. Bake for about 35 minutes, or until the chicken is completely cooked.

Wash and peel the cucumber if it has a lot of wax coating it. Cut into small dice and place into a non-reactive bowl. Wash and dice the tomatoes. Add the tomatoes and chopped cilantro to the bowl as well. drizzle the olive oil over the salad and start off with a small amount to freshly squeezed lime juice as well as a bit of salt and pepper. Toss the salad and adjust the quantities of lime, salt and pepper until you are happy with the balance and taste.

Allow to the salad to sit for a few minutes or more before serving. This gives the flavors a chance to meld a bit.



## DAY 2

### BREAKFAST

#### GRAIN FREE “OATMEAL”

##### **Serves 1**

1/4 cup Coconut Flour  
1/4 cup canned coconut milk  
3/4+ water  
1/2 banana  
1 Egg  
1/3 cup canned pumpkin  
1/3 cup coconut chips (optional but gives it an oatmeal like texture)  
1/2 square of unsweetened baker's chocolate  
Salt, cinnamon, vanilla extract

In a pot over medium heat combine the coconut flour, coconut milk, water, and thinly sliced 1/2 banana. Stir constantly until everything is combined and banana is broken up (~2 minutes). Crack the egg in and whisk until cooked and fully incorporated. Turn heat to low and stir in pumpkin, coconut chips, salt, cinnamon and vanilla.

Remove from heat and break up the unsweetened chocolate with a knife and sprinkle over the bowl and stir in. Serve warm with a dollop of coconut milk if desired. If you prefer a sweeter oatmeal you can use a full banana or add a sweetener of choice.





## LUNCH

### MEDITERRANEAN SALAD

2 cups muscling lettuce  
1 cup flat leaf parsley, chopped  
1 carrot, shredded  
1 large apple, chopped  
2 hardboiled eggs  
10 fresh mint leaves, roughly torn to small pieces  
1 avocado, chopped  
Kalamata olives, chopped (optional)

### DRESSING

2 large garlic cloves, minced  
1 large lemon, juiced  
¼ cup red wine vinegar  
¼ cup extra virgin olive oil  
½ teaspoon Dijon mustard  
1 teaspoon dried oregano  
¼ teaspoon sea salt  
¼ teaspoon black pepper

**Prepare the dressing.** Preparing the dressing first allows the flavors to intermingle before using it on your salad. Allow the dressing to sit for at least 15 minutes before dressing your salad.

Add all the ingredients to a jar with a lid. Shake vigorously. Taste and adjust seasonings to your preference.



## DINNER

### CROCKPOT STEW

**Serves 6**

- 2 packages of stew beef {veggie option – omit + add quinoa}
- 2 cubed, peeled sweet potatoes
- 4 diced carrots
- 3 sliced parsnips
- 1 cup sliced celery
- 1 diced yellow onion
- 6 cloves garlic, sliced
- 1/4 teaspoon fresh sage, chopped
- 1/2 cup fresh rosemary
- 2 cups vegetable stock or bone broth
- 1 small can tomato paste
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper

In the morning, place all the ingredients in the slow cooker, stir to combine, and turn on. Let cook for at least 4 hours, or until the veggies are tender.



## DAY 3

### BREAKFAST

#### DIVINE SMOOTHIE

##### **Serves 1**

- 2 cups frozen pineapple
- 3 kale leaves
- 1 cup coconut water
- ½ bunch parsley
- 1 small cucumber, chopped
- 1 scoop hemp protein powder

Add all the ingredients to a high-speed blender. Blend until smooth.

## LUNCH

#### SALAD WITH BLACK BEANS AND SALSA

##### **Serves 2**

- 4 cups mixed greens
- 1 15-ounce can black beans, drained and rinsed
- 2 roma tomatoes, chopped
- 1 red onion, chopped
- ½ bunch cilantro, chopped
- 2 limes, juiced
- ¼ cup extra virgin olive oil
- 1 garlic clove, chopped
- pinch of cayenne (optional)
- sea salt and black pepper to taste

Add mixed greens to a large mixing bowl. In a separate bowl, add the remaining ingredients and mix well. Then pour the black bean mixture onto the salad greens and serve.





## DINNER

### SESAME CHICKEN SALAD

**Serves 2**

- 1 large (or 2 small) chicken breasts, diced
- 2 large carrots, grated
- 1 bunch of kale, stems removed
- 1/2 cup bone broth
- 2 tbsp raw honey
- 1 tsp arrowroot starch
- 1/4 tsp ginger powder
- 2 tbsp Bragg's coconut aminos
- 1 garlic clove, minced
- Salt & pepper
- 1 tbsp sesame seeds
- Olive or sesame oil

In a skillet, fry up your chicken in oil until it's cooked thoroughly, and a bit crisp. Season with salt & pepper.

In a little saucepan, combine the broth, honey, aminos, ginger, and garlic. Mix well. Pour a bit of the liquid into a small bowl, and whisk in the arrowroot, making a "slurry." Add the slurry to the saucepan, and bring to a boil, allowing it to thicken to your liking.

Combine the carrots, ripped kale & chicken in a bowl, and coat with the sauce. Sprinkle sesame seeds on top and serve!



## DAY 4

### BREAKFAST

#### MIXED BERRY SMOOTHIE

**Serves 1**

- 2 cups frozen mixed berries
- 1 teaspoon cinnamon
- ½ inch piece of ginger
- 2 cups coconut water
- 1 scoop hemp protein powder

Add all the ingredients to a high-speed blender. Blend well and serve.

### LUNCH

#### ROASTED CHICKPEA SALAD WITH GREENS

**Serves 2**

- 1 can chickpeas, drained and rinsed
- 1 teaspoon coconut oil
- 1 teaspoon Italian seasoning
- 1 teaspoon paprika
- Sea salt and black pepper to taste
- 1 bunch parsley, chopped
- 3 cups mixed greens
- 1 lemon, juiced

Preheat the oven to 450 degrees F.

In a small bowl, mix the chickpeas with coconut oil, Italian seasoning, paprika, sea salt and black pepper. Mix well and lay onto a baking sheet. Bake for about 30 minutes.

As the chickpeas are baking, add parsley and mixed greens to a large mixing bowl. Mix well. Top with chickpeas and lemon juice. Serve immediately



## DINNER

### BURGER WRAPS & SWEET POTATO CHIPS

**Serves 2**

2 raw burger patties

Salt & pepper

2 collard greens

Condiments (onion, spinach, avocado, etc.)

2 sweet potatoes, sliced thinly

1/2 cup coconut oil

Sea Salt

In a skillet, cook the patties on medium heat, turning them occasionally.

Meanwhile, melt the coconut oil in another skillet, Drop in the sweet potato slices in a single layer. Allow them to fry for 5 minutes, flip them, and fry for 5 minutes more. Set them out on a paper towel & sprinkle with sea salt.


Serve your burgers wrapped in a collard green and topped with your favorite fixings.

## SNACKS

### FROZEN BERRY YOGURT BITES

2 cups non-dairy vanilla yogurt

1 cup frozen berries

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- 1 teaspoon vanilla extract
  - 1 tablespoon honey

Combine all ingredients in a mixing bowl and mix well. Pour mixture into an ice tray and freeze for several hours.

## TOASTED PUMPKIN SEEDS


- 2 cups raw pumpkin seeds
- 1 tablespoon coconut oil
- sea salt to taste

Preheat oven to 375 degrees F.

Add pumpkin seeds to a mixing bowl and add coconut oil and sea salt. Mix until all seeds are coated with oil. Spread seeds in an even layer on baking sheet. Bake for about 20 minutes until seeds are golden brown in color. Let seeds cool, then store in an airtight container.

## KALE CHIPS

- 1 bunch kale
- 1 tablespoon coconut oil



sea salt to taste

Preheat oven to 275 degrees F.

Wash and dry kale completely. Remove stalks and tear leaves into bite-sized pieces. Place into a mixing bowl and lightly coat with coconut oil and sea salt. Spread on a baking sheet and bake for 10 minutes. Flip each leaf and bake for another 10 minutes until edges are crisp.