

Reset Week 4 Grocery List

Week 4 Meal Plan At-a-Glance							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
AM Meal	Egg Muffins (Leftover)	Egg Muffins (Leftover)	Egg Muffins (Leftover)	Overnight Oatmeal	Overnight Oatmeal	Overnight Oatmeal	Overnight Oatmeal
AM Snack	Berries + Cottage Cheese	Berries + Cottage Cheese	Berries + Cottage Cheese	Fruit + Cinnamon-Almond Yogurt Dip	Fruit + Cinnamon-Almond Yogurt Dip	Fruit + Cinnamon-Almond Yogurt Dip	Fruit + Cinnamon-Almond Yogurt Dip
Mid-Day Meal	Caldo Verde Soup	Caldo Verde Soup	Caldo Verde Soup	Lemony Brussels Sprouts	Super Satisfying Salad II	Super Satisfying Salad II	Super Satisfying Salad II
PM Snack	Veggies + Herbed Ricotta Dip	Veggies + Herbed Ricotta Dip	Veggies + Herbed Ricotta Dip	Veggies + Herbed Ricotta Dip	Roasted Chickpeas + Kale Chips	Roasted Chickpeas + Kale Chips	Roasted Chickpeas + Kale Chips
PM Meal	Green Goddess & Mashed Cauli	Green Goddess & Mashed Cauli	Lemony Brussels Sprouts	Green Goddess & Mashed Cauli	Green Goddess & Mashed Cauli	Lemony Brussels Sprouts	Lemony Brussels Sprouts

Produce
<ul style="list-style-type: none"> <input type="checkbox"/> 5 cups berries (fresh or frozen, for snacks + oatmeal) <input type="checkbox"/> 4 apples or pears (for snacks with Cinnamon-Almond Dip) <input type="checkbox"/> 8 cups veggies (for snacks with Herbed Ricotta Dip, such as jicama sticks, snap peas, cucumber, zucchini, etc.) <input type="checkbox"/> 6 cups greens (for salad) <input type="checkbox"/> 1 bunch radishes (for salad) <input type="checkbox"/> 1 medium cucumber (for salad) <input type="checkbox"/> 2 medium carrots (for salad) <input type="checkbox"/> 6 cups shaved brussels sprouts <input type="checkbox"/> 1 large head cauliflower (about 3 lb) <input type="checkbox"/> 1 bunch fresh dill and/or parsley <input type="checkbox"/> 1 bunch fresh chives <input type="checkbox"/> 2 small shallots <input type="checkbox"/> 1 bulb garlic <input type="checkbox"/> 2 lemons <input type="checkbox"/> 1 medium avocado (for salad) <input type="checkbox"/> 1 (3 oz.) bag kale chips (or 1 small bunch kale if making your own)

Protein

- ☐ 1 (3 oz.) bag roasted chickpea (such as Biena, for snacks)
- ☐ 9 oz. lean animal protein or 2 1/4 cups plant protein (for the Super Satisfying Salad II)
- ☐ 12 oz. lean animal protein or 3 cups plant protein (for the Lemony Brussels Sprouts Bowls)
- ☐ 12 oz. lean animal protein or 3 cups plant protein (for the Green Goddess Mashed Cauliflower Bowls)
- ☐ 30 oz. plain 2% Greek yogurt (for oatmeal + sauce)
- ☐ 12 oz. whole milk cottage cheese (organic recommended, for snacks)
- ☐ 1 (15 oz.) container whole milk ricotta cheese (organic recommended, for dip)

Pantry Staples

- ☐ sea or kosher salt
- ☐ black pepper
- ☐ red pepper flakes (optional)
- ☐ onion powder
- ☐ garlic powder
- ☐ curry powder
- ☐ nutmeg, cinnamon or cardamom (optional)
- ☐ Italian seasoning
- ☐ dried dill
- ☐ smoked paprika
- ☐ dijon
- ☐ olive oil
- ☐ red wine vinegar
- ☐ stevia (optional)

Everything Else

- ☐ 3 oz. slivered almonds (for brussels)
- ☐ 16 oz. unsweetened almond milk (for oatmeal)
- ☐ 1 small tub (5 oz.) shredded parmesan (for brussels)
- ☐ half-n-half (optional, for mashed cauliflower)