

Jump Start Plan Menu—Day 4

Skinny5 Weight Loss Program



Antioxidant Yogurt Smoothie



Chicken Slaw



Tacos in Lettuce Cups



Low-cal Veggie Snacks, *list in guide*



2 Protein Snacks if you're still hungry



“Riced” Cauliflower Pilaf

Shopping List for Day 4 Menu

Daily menu shopping list is for 2 people or 2 servings of each recipe, except for dressing which is enough for all Jump Start salads for 1 week. Refer to the guide for a list of low calories vegetables for snacking. See guide for \$ saving ideas.

Pantry

- All-natural Picante Sauce or Salsa w/o added oil or sugar
- Taco Seasoning—swt. or smoked paprika, onion powder, garlic powder, ground cumin, ancho chili pepper powder
- Unrefined Coconut Oil
- Cooking Spray Oil, propellant-free 100% oil, *choose from avocado, coconut, or extra virgin olive oil*

Protein Powder

- 8T or 1/2C Unflavored, non-gelling type pure Multi-collagen Protein Powder, *if buying 16 oz. or 1lb. enough for 2 weeks*

Dairy

- 2C or 16 oz. Plain Non-fat Yogurt, *note—Greek yogurt is too thick for smoothies*
- 8 oz. Reduced-fat Cheddar or 4 Mexican Cheese, block or shredded, *enough for 1 week of Jump Start recipes*

Meat—Seafood

- 1/2 lb. 93% extra lean Ground Turkey
- 1/2 lb. boneless, skinless Chicken Breast, *about 1 large breast or 2 thin sliced breasts*

Fresh Fruits

- 1 Lime

- 1 Green Tip Banana, ripe *bananas too high in sugar and carbs*

Fresh Vegetables

- 1/2 Head Cabbage, *use other 1/2 for week 2 recipe*
- Carrots, *3 large to 5 medium*
- Celery, *1 to 2 stalks*
- Onion, *1/2 cup chopped*
- 2-3 bunches Baby Romaine, *or 1 head Bibb or Butter Lettuce*
- 1 head Cauliflower or 12 oz. pkg. frozen “riced” Cauliflower
- Low-cal Veggies of choice, *for snacks*

Fresh Herbs—Spices

- 2 inch piece Ginger Root
- Garlic

Frozen Fruits

- 2—10 oz. bags frozen Antioxidant Mix {contains cherries and pomegranate seeds} or use Mixed Berry Blend, about 4 cups
- Optional**—ingredients for 2 protein snacks and zero-calorie beverages, *see Jump Start guide for lists*