



# eatTHISdiet™ Comfort Food Grocery List – Week One

Grocery list is based on two persons.

## Produce

1/2 pint blueberries	8 ounces Russet Potatoes	1 large Shallot	1 small bunch Curly Parsley
1 bulb Garlic	8 ounces Broccoli	8 ounces Red Potatoes	Tomatoes, Peppers,
2 small Yellow Onions	18 servings your choice	3 heads Romaine Lettuce	Cucumbers, etc. for
2 med. Carrots	Fruit	(for salad & sandwiches)	Sandwiches
20 Asparagus Spears	1 small Lemon	1 small bunch Chives	
	3/4 lb. Crimini Mushrooms		

## Dairy

1 qt. Non-fat Buttermilk	4 cups 2% milk
3/4 cup Egg Substitute	3 cups 1% milk
Promise Buttery Spread	3 Buttermilk Biscuits
Light	6 eggs
8 oz. Container Non-fat	5 ounces Reduced-fat
Yogurt	Cheddar Cheese
Shredded Part-skim	4 ounces Parmigiano-
Mozzarella	Reggiano
1 stick Unsalted Butter	1/2 cup Non-fat Yogurt

## Meat / Fish

2 Slices Low-fat Ham (like
Healthy Choice)
Hormel Turkey Pepperoni
8 ounces Boneless Skinless
Chicken Breasts
2 – 4 ounce Fish Filets
3 – 4 ounce Salmon Filets
1 lb. lean London Broil

## Bakery

6 slices Whole Wheat Bread
4 – 1 ounce Sourdough
Rolls

## Pantry Items

Splenda	Newman's Own Marinara	Plain Melba Toast	Chili Powder
1 bag All-purpose Flour	Sauce	Canola Oil Spray	Low-sodium Worcestershire
Baking Powder	Olive Oil	8 ounces Penne Pasta	sauce
Baking Soda	2 cups Non-fat Chicken	Cornstarch	4 servings Cereal of your
Pure Vanilla Extract	Stock	Anchovy Filets	choice
Pure Maple Syrup	1 – 10 ounce pkg. Frozen	1 small jar Honey	4 ounces Fettuccine
Salt	Peas with Pearl Onions	1 cup Reduced-fat Croutons	1 small bottle Grapeseed or
Black Pepper	Dried Basil	1 packet Active Dry Yeast	Canola Oil
Granulated Sugar	Dried Thyme		3 Tbsp. Bourbon
Dijon Style Mustard			Low-fat Mayonnaise

## Equipment

Non-stick Griddle	Pizza Stone	Oil Spray Can (if you prefer	1 Non-stick Grill Pan
Large Spatula	Large Non-stick Skillet	to use this rather than	Muffin Tin
Medium Mixing Bowl	Medium Non-stick Skillet	purchase canned oil	Muffin Papers
Oven Proof Bowls		spray)	