



eatTHISdiet™ Comfort Foods Grocery List – Week Two

Grocery list is based on two persons. Δ indicates previously purchased – check pantry first

Produce

24 servings your choice Fruit	Δ 1 bulb Garlic	2 ears Yellow Corn	1 small bunch Curly Parsley
3 large White Onions	3 - 6 ounce Russet Potatoes	1 head Romaine Lettuce (for Tacos & sandwiches)	Tomatoes, Peppers, Cucumbers, etc. for Sandwiches
1/2 pint blueberries	Δ 1 small bunch Chives	1 Yellow Pepper	
3 Fresh Limes	1 medium Tomato	1 Red Pepper	
1 small bunch Cilantro	4 ounces Crimini Mushrooms		

Dairy

Δ 1/2 cup Egg Substitute	5 ounces Reduced-fat White Cheddar Cheese
Δ 2 cups 2% milk	1 small container Non-fat Sour Cream
Δ Promise Buttery Spread Light	Reduced-fat Cream Cheese
Δ 4 cups 1% milk	2 ounces Reduced-fat Swiss Cheese
Δ 1 ounce Parmigiano-Reggiano	3 ounces Reduced-fat Monterey Jack Cheese
8 oz. Container Non-fat Yogurt	Δ 1/2 cup Non-fat Yogurt
Δ 1 stick Unsalted Butter	
Δ 4 eggs	

Meat / Fish

Δ 4 Slices Low-fat Ham (like Healthy Choice)
4 Slices Low-fat Turkey (like Healthy Choice)
1 lb. Boneless Skinless Chicken Breasts
1 lb. Extra Lean Ground Beef

Bakery

Δ 12 slices Whole Wheat Bread
2 – 2 ounce Kaiser or Sourdough rolls (for Hoagies)
4 small bagels
1 – 2 ounce Sourdough Roll (for Bread Crumbs)
6 Reduced-fat Tortillas

Pantry Items

Δ Splenda	Δ 2 cups Non-fat Chicken Stock	Δ 1 small bottle Grapeseed or Canola Oil	Δ Olive Oil
Ground Nutmeg	1 1/2 cups White Wine	1 can Chipotle in Adobo	2 – 28 ounce cans Peeled Tomatoes
Δ Pure Vanilla Extract	Δ 2 tsp. Chili Powder	Cayenne Pepper	Δ Dried Basil
Δ Salt	1 tsp. Tabasco Sauce	Canola Oil Spray	Δ Dried Thyme
Δ Pure Maple Syrup	3 tsp. Ground Cumin	4 ounces Gold Tequila	Dried Oregano
Δ 6 servings Cereal of your choice	1 jar Non-fat Mayonnaise (for Sandwiches)	2 ounces Triple Sec	Dried Rosemary
1 jar jam of your choice	4 ounces Spaghetti Noodles	1 beer	Δ Black Pepper
1 lb. White Northern Beans		1 small bottle Low-sodium Worcestershire Sauce	

Equipment

Non-stick Griddle	Large Non-stick Skillet	Oil Spray Can (if you prefer to use this rather than purchase canned oil spray)	1 Non-stick Grill Pan
Large Spatula	Medium Non-stick Skillet		
Medium Mixing Bowl	Large Stock Pot		
Medium Ziplock Bags			