



# eatTHISdiet™ Comfort Food Grocery List – Week Three

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

## Produce

18 servings your choice Fruit	1 rib Celery	2 heads Romaine Lettuce (for salad & sandwiches)	1 small bunch fresh Cilantro
Δ 2 Tbsp. fresh Cilantro	Δ 1 Tbsp. Lemon Juice	1 large Cucumber	Tomatoes, Peppers, Cucumbers, etc. for Sandwiches
Δ 2 bulbs Garlic	8 ounces Yukon Gold Potatoes	1 Green Pepper	1 Poblano Chili Pepper
8 large Fresh Basil Leaves	8 ounces Broccoli	2 Plum Tomatoes	1 small bunch Italian Parsley
1 medium Tomato	8 ounces Asparagus Spears	1 small Red Onion	
1 small Shallot	1 lb. Collard Greens	3 ears Yellow Corn	
Δ 1 medium White Onion		2 Green Onions	

## Dairy

Δ 10 eggs	Δ 3 ounces Reduced-fat Monterey Jack Cheese
Δ 2 ounces Parmigiano-Reggiano	1 ounce Fresh Mozzarella
Δ 1/2 cup Egg Substitute	Δ 2 tsp. Unsalted Butter
Δ 2 1/4 cups Non-fat Buttermilk	2 ounces Semi-soft Goat Cheese
Δ 2 cups 1% milk	1 ounce Feta Cheese
Δ 3/4 cups 2% milk	2 ounces Reduced-fat Monterey Jack Cheese
Δ 4 tsp. Take Control Spread Light	Δ 3 tsp. Unsalted Butter

## Meat / Fish

Δ 2 Slices Low-fat Ham (like Healthy Choice)
Δ 6 Slices Low-fat Turkey (like Healthy Choice)
1 lb. Lump Crabmeat
4 - 4 ounce Boneless Skinless Chicken Breasts

## Bakery

Δ 14 slices Whole Wheat Bread
2 – 1 ounce Sourdough rolls
6 Reduced-fat Tortillas (2 for leftovers on Monday)

## Pantry Items

Δ 4 servings Cereal of your choice	Δ 1 tsp. Reduced-fat Mayonnaise	Δ 4 Tbsp. Pure Maple Syrup	Δ 1 tsp. Tabasco Sauce
Δ Salt	Δ Non-fat Mayonnaise (for Sandwiches)	Δ 4 ounces Gold Tequila	Δ 2 tsp. Low-sodium Worcestershire sauce
Δ Black Pepper	Dried Tarragon	Δ 2 ounces Triple Sec	Δ 1/4 tsp. Cayenne Pepper
Δ Olive Oil	Δ Dried Thyme	Δ 1/4 tsp. Ground Cumin	Δ 1 small bottle Grapeseed Oil
Δ 1/2 cup Splenda	Δ Dried Oregano	Δ Dried Oregano	Δ Canola Oil Spray
Δ 1/2 tsp. Ground Nutmeg	Δ Dried Rosemary	Δ 1 tsp. Honey	6 Tbsp. Whole Wheat Flour
1/2 tsp. Ground Cinnamon	Garlic Powder	12 good quality Black Olives	3 Tbsp. Corn Meal
1/2 tsp. Ground Allspice	1/2 cup Jasmine Rice	Your choice 4 ounces Pasta (use any leftover if there is some)	6 Tbsp. Old Fashioned Oatmeal
2 Tbsp. Chopped Walnuts	Δ 1 tsp. Active Dry Yeast	Δ 2 1/2 ounces Plain Melba Toast	1 Tsp. Granulated Sugar
2 Tbsp. Golden Raisins	Δ 3 Tbsp. Dijon Style Mustard	2 Tbsp. Red Wine Vinegar	Low-salt Saltine Crackers
1/4 cup canned Pumpkin		Δ 1/2 cups Non-fat Chicken Stock	Δ 3 1/2 cups All Purpose Flour
Δ 2 Tsp. Baking Powder			
Δ 1 Tsp. Baking Soda			

## Equipment

Small Non-stick Skillet	Garlic Roaster	Oil Spray Can (if you prefer to use this rather than purchase canned oil spray)	1 Non-stick Grill Pan
Medium Mixing Bowl	Large Non-stick Skillet		Muffin Tin
Medium Ziplock Bags	Medium Non-stick Skillet		Muffin Papers
Pizza Stone	Large Stock Pot		
Large Mixing Bowl			