



eatTHISdiet™ Comfort Food Grocery List – Week Four

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

Produce

22 servings your choice Fruit	Δ 1 clove Garlic	1 lb. Collard Greens	Tomatoes, Peppers, Cucumbers, etc. for Sandwiches
25 Pearl Onions	3 heads Romaine Lettuce (for salad & sandwiches)	1 medium White Onion	1 lb. Carrots
Δ 1 medium White Onion	1 small Cucumber	1 small Red Pepper	1/2 lb. Button Mushrooms
Δ 3 Lemons	2 small Tomatoes	2 ears Yellow Corn	
		1 1/2 lbs. Red Potatoes	

Dairy

Δ 2 eggs	Δ 4 ounces Reduced-fat Cream Cheese
Δ 3 cups 1% milk	Δ 1 ounce Parmigiano-Reggiano
Δ 1/3 cup Egg Substitute	Δ 6 tsp. Unsalted Butter
Δ 8 tsp. Take Control Spread Light	

Meat / Fish

Δ 6 Slices Low-fat Ham (like Healthy Choice)
Δ 2 Slices Low-fat Turkey (like Healthy Choice)
1 1/2 lbs Flank Steak
4 - 4 ounce Boneless Skinless Chicken Breasts

Bakery

Δ 14 slices Whole Wheat Bread
4 – 1 ounce slices Sourdough Bread
2 small Bagels

Pantry Items

Δ 6 servings Cereal of your choice	Δ 3 Tbsp. Olive Oil	1/4 cup White Wine	Δ 1/2 tsp. Ground Allspice
Δ 2 tsp. Splenda	5 Tbsp. White Wine Vinegar	1/2 cup Jasmine Rice	Δ 1/8 tsp. Garlic Powder
Δ 1/2 cup All Purpose Flour	Δ 2 Tbsp. Honey	1 cup Low-sodium Ketchup	Δ 1/8 tsp. Chili Powder
Δ Canola Oil Spray	Δ 2 Tbsp. Pure Maple Syrup	1/4 cup Apricot Jelly	1 tsp. Paprika
Δ 2 Tbsp. Low-sodium Worcestershire Sauce	Your choice 4 ounces Pasta (use any leftover if there is some)	1/4 cup Dark Brown Sugar	Δ 1/4 tsp. Ground Nutmeg
Δ 1/2 cups Non-fat Chicken Stock	Non-fat Mayonnaise (for Sandwiches)	Δ 1/8 tsp. Tabasco Sauce	Δ Pure Vanilla Extract
		1 small jar Capers	1 tsp. Ground Dry Mustard
			2 Bay Leaves
			Δ Salt
			Δ Black Pepper

Equipment

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