



# eatTHISdiet™ Comfort Food Grocery List – Week Five

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

## Produce

- |                                       |                              |   |   |
|---------------------------------------|------------------------------|---|---|
| 22 servings your choice Fruit         | 1/4 cup fresh Blueberries    | 2 Large Cucumbers   | Tomatoes, Peppers, Cucumbers, etc. for Sandwiches |
| Δ 1 medium White Onion (8 ounces)     | 3 ears Yellow Corn           | Δ 1/2 cup Red Onion   | 1 head Romaine Lettuce (for sandwiches)           |
| 12 ounces Poblano Chili Peppers       | 1 small bunch Fresh Cilantro | 1 Green Onion   | 3 Limes   |
| 1 Jalapeno Pepper                     | 1 Mango                      | 1 small Shallot   | 2 cups Thai or Sweet Basil                        |
| 2 Oranges (juice and zest for baking) | Δ 1 Red Pepper               | 1 1/2 tsp. Fresh Thyme Leaves (or 1/2 tsp Dried Thyme Leaves) |   |
|                                       | Δ 1 Tbsp. Green Pepper       | 1 small root Fresh Ginger                                     |   |
|                                       | Δ 3 cloves Garlic            |   |   |

## Dairy

- |                                      |  |
|--------------------------------------|--|
| Δ 1 1/2 cups Non-fat Buttermilk      | Δ 4 Tbsp. Unsalted Butter              |
| Δ 1/2 cup Egg Substitute             | Δ 3 Tbsp. Promise Buttery Spread Light |
| Δ 4 tsp. Take Control Spread Light   | Δ 1/4 cup Non-fat Yogurt               |
| Δ 1 ounce Reduced-fat Cheddar Cheese |  |
| Δ 2 cups 1% milk                     |  |

## Meat / Fish

- Δ 2 Slices Low-fat Turkey (like Healthy Choice)
- Δ 2 Slices Low-fat Ham (like Healthy Choice)
- 1 1/2 lbs Flank Steak
- 3 - 4 ounce Boneless Skinless Chicken Breasts
- 32 ounces Fresh Shrimp
- 2 – 4 ounce Salmon Filets

## Bakery

- Δ 14 slices Whole Wheat Bread
- 2 – 2 ounce Hoagie Rolls

## Pantry Items

- |                                    |                                     |                                       |                               |
|------------------------------------|-------------------------------------|---------------------------------------|-------------------------------|
| Δ 4 servings Cereal of your choice | Δ 3 1/2 tsp. Grapeseed Oil          | 1 can Reduced-fat Coconut Milk        | Δ 2 tsp. Ground Allspice      |
| Δ 4 1/4 cups All Purpose Flour     | 1 – 28 ounce can Peeled Tomatoes    | Δ 1 cup Jasmine Rice                  | Δ 1 Tbsp. Black Peppercorns   |
| Δ 2/3 cup Splenda                  | Δ 1/2 cup Beer                      | Δ Non-fat Mayonnaise (for Sandwiches) | 1 small dried Chipotle Pepper |
| Δ 2 tsp. Baking Powder             | Δ 2 1/2 tsp. Chili Powder           | Δ 2 1/4 tsp. Tabasco Sauce            | 1 Tbsp. Onion Powder          |
| Δ 2 tsp. Baking Soda               | Δ 1/8 tsp. Cayenne Pepper           | 1 Tbsp. Raw Peanuts                   | Δ 2 1/8 tsp. Ground Cinnamon  |
| Δ 1/4 tsp. Pure Vanilla Extract    | Δ Black Pepper                      | 1/4 cup Reduced-fat Peanut Butter     | Δ 1 tsp. Ground Cumin         |
| Δ 3 Tbsp. Pure Maple Syrup         | 2 – 15 ounce cans Kidney Beans      | 2 tsp. Rice Vinegar                   | Δ 1 Tbsp. Garlic Powder       |
| 1/2 cup Light Brown Sugar          | 1 small bottle Low-sodium Soy Sauce | Δ 1 1/2 tsp. Honey                    | 1 Tbsp. Ground Ginger         |
| Δ Salt                             | 1 small jar Hoisin Sauce            | Δ 1 1/2 tsp. Paprika                  | Δ 1 Tbsp. Dried Thyme         |
| Δ Canola Oil Spray                 | Δ 1/3 cups Non-fat Chicken Stock    | 1/3 cup Dried Cranberries             | 1/2 tsp. Whole Cloves         |

## 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 |   | Muffin Tin            |
| Medium Ziplock Bags     | Large Stock Pot          |   | Muffin Papers         |
| Large Mixing Bowl       | Non-stick Griddle        |   |                       |