



eatTHISdiet™ Comfort Food Grocery List – Week Six

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

Produce

18 servings your choice Fruit	1 lb. Eggplant	1 medium Zucchini	Tomatoes, Peppers, Cucumbers, etc. for Sandwiches
1 Orange (juice and zest for baking)	1 1/2 lb. Crimini Mushrooms	Δ 1/2 Red Onion	5 large Shallots
2 Tbsp. Fresh Oregano (or 2 tsp Dried Oregano Leaves)	2 heads Romaine Lettuce (for salads & sandwiches)	Δ 4 ribs Celery	1 small bunch Italian Parsley
3 Tbsp. Fresh Rosemary (or 3 tsp Dried Rosemary Leaves)	Δ 3 cloves Garlic	1 bunch Green Onions	3 1/2 Tbsp. Fresh Thyme (or 5 tsp Dried Thyme Leaves)
	2 Lemons	Δ 2 Red Peppers	
	2 Granny Smith Apples	1 Yellow Pepper	
	1 Red Delicious Apples	1/2 lb. Tomatillos	
		1 ear Yellow Corn	

Dairy

Δ 1 Tbsp. 2% milk	Δ 3 ounces Parmigiano-Reggiano
Δ 1 cup 1% milk	1 – 15 ounce Reduced-fat Ricotta Cheese
Δ 1/4 cup Egg Substitute	2 ounces Pecorino-Romano Cheese
Δ 4 tsp. Take Control Spread Light	Δ 2 ounce Reduced-fat Cream Cheese
Δ 2 Tbsp. Promise Buttery Spread Light	6 – 1 ounce Part-skim Mozzarella Slices
1/4 cup Reduced-fat Sour Cream	Δ 1 ounce Semi-soft Goat Cheese
Δ 1 tsp. Unsalted Butter	
Δ 4 Large Eggs	
3 ounces Fontina Cheese	

Meat / Fish

Δ 4 Slices Low-fat Turkey (like Healthy Choice)
Δ 2 Slices Low-fat Ham (like Healthy Choice)
8 ounces Fresh Shrimp
1 - 4 ounce Boneless Skinless Chicken Breasts
2 – 4 ounce Boneless Pork Chops

Bakery

Δ 14 slices Whole Wheat Bread
4 slices Sourdough Bread
1 Bagel

Pantry Items

Δ 2 servings Cereal of your choice	Δ 3 1/2 tsp. Grapeseed Oil	Grand Marnier orange liqueur	Δ Canola Oil Spray
Δ 1 tsp. Splenda	9 ounces Lasagna Noodles	Δ 3/4 cup Beer	1 Tbsp. Chutney
Δ 1/4 tsp. Pure Vanilla Extract	Δ 4 tsp. Olive Oil	1/2 cup Yellow Grits	Δ 1/4 tsp. Chili Powder
Δ 2 Tbsp. Honey	Δ 1/4 cup chopped Walnuts	1 lb. Box Ziti	Δ 1/4 tsp. Ground Cumin
1 lb. Frozen Chopped Spinach	Δ 1/2 cup Golden Raisins	3 cups Tomato Sauce (from freezer or bottled from store)	1/2 cup canned Black Beans
Δ Salt	1 tsp. Curry Powder	Δ 2 Tbsp. Pure Maple Syrup	Δ 1/2 cup Reduced-fat Mayonnaise
Δ 1 pinch Cayenne Pepper	1 Tbsp. Slivered Almonds		Δ 1 1/2 tsp. Honey
	Δ 1/8 tsp. Ground Cinnamon		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		1 roll Non-stick Aluminum Foil
Medium Ziplock Bags	Large Stock Pot		
Large Mixing Bowl	Non-stick Griddle		