



eatTHISdiet™ - Original Grocery List – Week One

Grocery list is based on two persons.

Produce

2 lbs. granny smith apples	1/2 cup Blueberries	1 small Red Onion	2 small heads Romaine Lettuce
1 bunch Green Onions	3 heads Garlic	2 large Cucumbers	1 small bunch Fresh Italian Parsley
1 Bunch Celery	1/2 lb. Broccoli	1 small bunch Cilantro Leaves	1 lb. fresh Crimini Mushrooms
1 Red Bell Pepper	2 Limes	1 lb. Brussels Sprouts	1 large Shallot
1 medium Tomato	1 small piece Fresh Ginger Root	2 fresh Lemons	1 lb. Yukon Gold Potatoes
1 small bunch Fresh Basil	1 medium bunch Thai Basil	1 small head Napa Cabbage	
8 ounces Asparagus			

Dairy

1 Tbsp. Unsalted Butter	2 Tbsp. Non-fat Yogurt
6 large eggs	1 quart 1% Milk
1 qt. Non-fat Buttermilk	5 ounces Low-fat Extra-sharp Cheddar Cheese
1 ounce per serving Fresh Mozzarella	1 quart 2% Milk
2 ounces Parmigiano-Reggiano	1 ounce Semi-soft Goat Cheese
1/2 cup Egg Substitute	Reduced-fat Cream Cheese

Meat / Fish

1 - 4 ounce chicken breasts
1 lb. Large Shrimp
2 - 4 ounce Salmon Fillets
1 lb. Lean London Broil

Bakery

2 ounces fresh Sourdough Bread

Pantry Items

Splenda	Salt	Pure Maple Syrup	Sliced Almonds
1 bag All-purpose Flour	Baking Powder	Reduced-fat Peanut Butter	Anchovy Filets
Curry Powder	Baking Soda	Non-fat Chicken Stock	Dijon Mustard
Low-fat Mayonnaise	Extra Virgin Olive Oil	Rice Vinegar	Low-fat Croutons
Slivered Almonds	1/2 lb. Penne Pasta	Tabasco Sauce	1 lb. Fettuccine
Ground Cinnamon	Cornstarch	Jasmine Rice	Grapeseed Oil
Chutney	Black Pepper	1 Tbsp. Raw Peanuts	Cognac or Brandy or Bourbon
2 Tbsp. Golden Raisins	1 can Spray Olive Oil	Balsamic Vinegar	1 can Non-fat Beef Stock
1 tsp. Dry Active Yeast	1 can Low-fat Coconut Milk	1 package Ramen Noodles	Granulated Sugar
Canola Oil	Low-sodium Soy Sauce	Honey	
Pure Vanilla Extract	Hoisin Sauce	Sesame Seeds	

Equipment

Medium Cast Iron Skillet	Large Spatula	Garlic Roaster (or Medium Sauce Pan with Lid)	Medium Whisk
Medium Mixing Bowl	Muffin Papers	Large Non-stick Skillet or Grill Pan	Small Sauté Pan
Pizza Stone	Muffin Tin		
	Wooden Skewers		