



eatTHISdiet™ - Original Grocery List – Week Two

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

Produce

- | | | | |
|----------------------------|-------------------------|--------------------------------------|--------------------------|
| 1 – 2 lb. Butternut Squash | 1 1/2 lbs. Eggplant | Δ 2 large Shallots | 25 Pearl Onions |
| 1 large Leek | Δ 1 bulb Garlic | Δ 1 small bunch Fresh Curley Parsley | 1/2 lb. Button Mushrooms |
| Δ 1/2 medium Red Onion | Δ 3 medium White Onions | 1 small bunch Fresh Dill | 1 lb. Carrots |
| Δ 4 Tbsp. Italian Parsley | Δ 1 Lime | Δ 1 Lemon | 1 1/2 lbs. Red Potatoes |
| 1/2 lb. Plum Tomatoes | Δ 2 Green Onions | | 2 & 1/2 lbs. Broccoli |

Dairy

- | | |
|----------------------------------------------|---------------------------------|
| Δ 2/3 cup Non-fat Buttermilk | Δ 3 Tbsp. Unsalted Butter |
| Δ 1/4 cup Egg Substitute | Δ 2 cups 1% Milk |
| Promise Buttery Spread Light (Margarine) | 8 ounces Low-fat Cheddar Cheese |
| Δ 4 Eggs | Δ 1 ounce Semi-soft Goat Cheese |
| Δ 2 ounces Parmigiano-Reggiano | 1 ounce Pecorino-Romano Cheese |
| 1 cup 2% Milk | Δ Reduced-fat Cream Cheese |
| 1/2 ounce Low-fat Swiss Cheese (per serving) | |

Meat / Fish

- 2 – 4 ounce Tuna Steaks
- 8 ounces fresh Bay Scallops
- 1 1/2 lbs. Flank Steak

Bakery

- 1 Mini-Baguette (per serving)

Pantry Items

- | | | | |
|--------------------------|--------------------------------|----------------------------|------------------------------------------------------------------|
| Δ All-purpose Flour | 1 cup Arborio Rice | Δ 1/2 cup White Wine | Bay Leaves |
| Δ Splenda | 2/3 cup Purple Sticky Rice | 1 Tbsp. Non-fat Mayonnaise | Ground Allspice |
| Δ Baking Powder | Δ 5 cups Non-fat Chicken Stock | Δ Low-sodium Soy Sauce | 2 – 28 ounce cans Whole Peeled Tomatoes or 4 lbs. fresh Tomatoes |
| Δ Pure Vanilla Extract | 1/4 cup Dry Sherry | Δ Honey | 1 lb. Frozen Chopped Spinach |
| Δ Pure Maple Syrup | Δ Salt | Wasabi Paste | 9 ounces No-boil Lasagna Noodles |
| Δ Spray Olive Oil | Δ Black Pepper | Dark Sesame Oil | |
| Δ Extra Virgin Olive Oil | Ground Paprika | | |
| | Dried Thyme | | |

Equipment

- | | |
|---------------------|---------------------|
| Δ Non-stick Griddle | Medium Roasting Pan |
| Δ Large Stock Pot | Δ Stick Blender |