



# eatTHISdiet™ - Original Grocery List – Week Four

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

## Produce

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| <ul style="list-style-type: none"> <li>2 Tbsp. fresh Blueberries (per serving)</li> <li>Δ 7 clove Garlic</li> <li>Δ 3 medium White Onion</li> <li>1/2 large Yellow Pepper</li> <li>6 spears White Asparagus</li> <li>1 Avocado</li> </ul> | <ul style="list-style-type: none"> <li>1 small Tomato</li> <li>Δ 2 fresh Lime</li> <li>Δ 1 medium Red Onion</li> <li>Δ 1 small bunch Fresh Cilantro</li> <li>2 ounces Wild Type Mushrooms</li> </ul> | <ul style="list-style-type: none"> <li>Δ 1 small bunch Fresh Basil</li> <li>Δ 1 small bunch Fresh Cilantro</li> <li>2 medium Tomatoes</li> <li>1 Red Bell Pepper</li> <li>4 ears Yellow or White Corn</li> <li>Δ 3 Green Onions</li> </ul> | <ul style="list-style-type: none"> <li>Δ 1 small Shallot</li> <li>Δ 1 1/2 tsp. Fresh Thyme</li> <li>Δ 1 Tbsp. Fresh Parsley</li> <li>1 Poblano Chili</li> <li>1 lb. Collard Greens</li> </ul> |
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## Dairy

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| <ul style="list-style-type: none"> <li>Δ 1 cup Non-fat Buttermilk</li> <li>3/4 cup Egg Substitute</li> <li>Δ Promise Buttery Spread Light (Margarine)</li> <li>Reduced-fat Monterey Jack Cheese</li> <li>2 tsp. Unsalted Butter</li> </ul> | <ul style="list-style-type: none"> <li>Δ 1 cup 2% milk</li> <li>Δ 1 1/2 ounces Parmigiano-Reggiano</li> <li>2 ounces Low-fat Monterey Jack Cheese</li> <li>Δ Reduced-fat Cream Cheese</li> </ul> |
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## Meat / Fish

- 2 – 4 ounce Salmon Filets
- 1 lb. Large Shrimp
- 1 – 4 ounce chicken breast, thigh or drumstick (per serving)

## Bakery

- 4 Low-fat Corn Tortillas

## Pantry Items

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| <ul style="list-style-type: none"> <li>1/2 cup Blue Cornmeal</li> <li>1/4 cup Whole Wheat Flour</li> <li>Δ 1 1/2 cups Splenda</li> <li>Δ Baking Powder</li> <li>Δ Salt</li> <li>Δ 1 cup All Purpose Flour</li> <li>Δ Pure Vanilla Extract</li> <li>Δ Pure Maple Syrup</li> <li>Δ Grapeseed Oil</li> </ul> | <ul style="list-style-type: none"> <li>Chipotle in Adobo</li> <li>Tomato Paste (in tube if possible)</li> <li>Δ 1/4 cup Non-fat Chicken Stock</li> <li>1 Light Beer</li> <li>2 Low-fat Tortillas</li> <li>2 ounces Gold Tequila</li> <li>1 ounce Triple Sec</li> </ul> | <ul style="list-style-type: none"> <li>Δ Baking Powder</li> <li>Δ Baking Soda</li> <li>Δ Ground Nutmeg</li> <li>Δ Ground Allspice</li> <li>Δ Ground Cinnamon</li> <li>Δ 2 Tbsp. Golden Raisinns</li> <li>Δ 1 can Canned Pumpkin</li> <li>Δ 1 tsp. Granulated Sugar</li> </ul> | <ul style="list-style-type: none"> <li>Δ Extra Virgin Olive Oil</li> <li>Δ Cornstarch</li> <li>Δ Curry Powder</li> <li>Δ Honey</li> <li>Δ 1 cup Low-fat Unsweetened Coconut Milk</li> <li>Δ 1 cup Arborio Rice</li> <li>Δ 2/3 cup White Wine</li> <li>Δ Ground Paprika</li> </ul> |
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## Equipment

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| <ul style="list-style-type: none"> <li>Δ Non-stick Griddle</li> <li>Δ Medium Whisk</li> </ul> | <ul style="list-style-type: none"> <li>Δ Muffin Tin</li> <li>Δ Muffin Papers</li> </ul> |
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