



eatTHISdiet™ - Original Grocery List – Week Five

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

Produce

- | | | | |
|------------------------------------|---------------------------------------|----------------------------|-------------------------------|
| Δ 5 Asparagus Spears (per serving) | Δ 1 Lime | 1 small bunch Fresh Chives | 1 small bunch Fresh Basil |
| Δ 2 Lemons | 1 fresh Mango | 7 medium Red Potatoes | 1 small bunch Fresh Oregano |
| 1 - 2 inch piece Ginger Root | 1 small Green Bell Pepper | 6 large Shiitake Mushrooms | 1 small Jalapeno Pepper |
| 1 small bunch Cilantro Leaves | 1 small bunch Fresh Sage | 2 medium White Onions | 10 ounces Yukon Gold Potatoes |
| | 1 small bunch Fresh Flat Leaf Parsley | Δ 1 Green Onion | |
| | | 1 small Red Bell Pepper | |

Dairy

- | | |
|--------------------------|--------------------------------------|
| Δ 9 Large Eggs | Δ 1 Tbsp. Egg Substitute |
| Δ 3/4 cup 2% Milk | Δ 1 ounce grated Parmigiano-Reggiano |
| Δ 1 tsp. Unsalted Butter | Δ Reduced-fat Cream Cheese |
| Δ 2 ounces Goat Cheese | |

Meat / Fish

- 1 lb. Flank Steak
- 8 ounces Large Shrimp
- 2 – 4 ounce Boneless Skinless Chicken Breasts
- 8 ounces Lean Lamb Shoulder

Bakery

- 1/2 English Muffin (per serving)
- 2 Bagels

Pantry Items

- | | | | |
|------------------------|------------------------|--------------------------|------------------------|
| Δ White Wine Vinegar | 1 small Dried Chipotle | Dried Thyme | Dried Tarragon |
| Δ Cornstarch | Black Peppercorn s | Δ Ground Nutmeg | Δ Pure Maple Syrup |
| Δ Salt | Onion Powder | Δ Light Brown Sugar | Δ Dry Sherry |
| Δ Dark Sesame Oil | Δ Ground Allspice | Whole Cloves | 1 cup Couscous |
| Δ Low-sodium Soy Sauce | Δ Ground Cinnamon | Δ Grapeseed Oil | 1/2 cup Dried Currants |
| Δ Rice Vinegar | Δ Ground Cumin | Δ Chili Powder | Red Pepper Flakes |
| Δ Splenda | Coriander Seed | Δ Extra Virgin Olive Oil | Δ All Purpose Flour |
| Hot Bean Paste | Ground Ginger | Δ Coarse Ground Mustard | |

Equipment

- Δ Non-stick Grill Pan
- Large Slotted Spoon
- Skewers