



eatTHISdiet™ - Original Grocery List – Week Six

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

Produce

- | | | | |
|-----------------------------|--------------------------------|--------------------------|----------------------------|
| 3 Navel Oranges | Δ 1 Tbsp. Fresh Oregano | Δ 1/2 Yellow Bell Pepper | Δ 1 Lemon |
| Δ 1 small bunch Fresh Basil | Δ 2 clove Garlic | Δ 1/2 Green Bell Pepper | Δ 2 medium White Onions |
| 1 lb. Yukon Gold Potatoes | 2 Baby Bok Choy | 1/2 lb. Tomatoes | Δ 5 large Asparagus Spears |
| Δ 1 Lime | Δ 1 small bunch Fresh Cilantro | 1 small Cucumber | 4 medium Poblano Peppers |
| Δ 1 bunch Flat Leaf Parsley | | Δ 1/2 Red Bell Pepper | 2 ears Yellow Corn |
| 14 servings Fresh Fruit | | | |

Dairy

- | | |
|------------------------------|--|
| Δ 3 Tbsp. Egg Substitute | Δ Promise Buttery Spread Light (Margarine) |
| Δ 1/3 cup 2 % Milk | Δ 6 Eggs |
| Δ Unsalted Butter | Δ 1 ounce grated Parmigiano-Reggiano |
| Δ 1/4 cup Non-fat Buttermilk | 3 ounces Low-fat Monterey Jack Cheese |
| Δ Reduced-fat Cream Cheese | |

Meat / Fish

- 2 – 4 ounce Halibut Filets
- 16 ounce Pork Tenderloin
- 4 – 4 ounces Boneless Skinless Chicken Breasts
- 8 ounces Sea Scallops

Bakery

- 4 slices Sourdough Bread
- 1 Bagel

Pantry Items

- | | | | |
|--------------------------|--------------------------|-------------------------------|---------------------------|
| Grand Marnier | Δ Black Pepper | Δ 1 cup Non-fat Chicken Stock | Δ 1/2 tsp. Dried Oregano |
| Δ Splenda | Chinese or Spicy Mustard | Δ 1 cup Couscous | Δ 1/4 tsp. Garlic Powder |
| Δ Pure Vanilla Extract | Pure Maple Syrup | 1 Tbsp. Dijon Mustard | Δ 1/2 tsp. Cayenne Pepper |
| Δ Honey | Δ Wasabi Paste | 10 ounces Plain Melba Toast | 1 small Dried Chipotle |
| 10 ounce box Frozen Peas | Δ Low-sodium Soy Sauce | Δ 1 tsp. Dried Thyme | Grapeseed Oil |
| Δ Salt | Δ Dark Sesame Oil | Δ 1 tsp. Dried Rosemary | 1/4 tsp. Ground Cumin |
| Δ Extra Virgin Olive Oil | Black Sesame Seeds | | 1 Tbsp. Dijon Mustard |
| | Δ Purple Sticky Rice | | |

Equipment

- Δ Large Non-stick Skillet
- Δ Muffin Tin
- Δ Muffin Papers