



eatTHISdiet™ for Coumadin Users

Grocery List – Week One

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

Produce

2 lbs. granny smith apples	3 heads Garlic	2 small Red Onions	1 1/4 lbs. Fresh Green Beans
1 bunch Green Onions	3 large Shallots	2 large Cucumbers	1 lb. Yukon Gold Potatoes
1 small bunch Celery	2 Limes	1 small bunch Cilantro Leaves	1 lb. fresh Crimini Mushrooms
1 Red Bell Pepper	1 small piece Fresh Ginger Root	8 ounces Zucchini	1 small bunch Fresh Thyme
1 medium Tomato	1 medium bunch Thai Basil (Sweet Basil will do)	Green Beans	16 Servings Fruit
1 small bunch Fresh Basil		1 Lemon	
1/2 cup Blueberries			

Dairy

1 stick Unsalted Butter	5 ounces Low-fat Extra-sharp Cheddar Cheese
6 large eggs	1 ounce Semi-soft Goat Cheese
1 qt. Non-fat Buttermilk	Reduced-fat Cream Cheese
1 ounce per serving Fresh Mozzarella	1 tub Promise Buttery Spread or Smart Balance Spread
2 ounces Parmigiano-Reggiano	1 Tub Take Control Light spread
1/2 cup Egg Substitute	
2 Tbsp. Non-fat Yogurt	
1 quart 1% Milk	
1 quart 2% Milk	

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
2 one ounce Whole Wheat Rolls

Pantry Items

Splenda	Baking Powder	Pure Maple Syrup	Red Pepper Flakes
1 bag All-purpose Flour	Baking Soda	Reduced-fat Peanut Butter	White Wine Vinegar
Curry Powder	Extra Virgin Olive Oil	Non-fat Chicken Stock	Dijon Mustard
Low-fat Mayonnaise	1/2 lb. Penne Pasta	Rice Vinegar	Low-fat Croutons
Slivered Almonds	Cornstarch	Tabasco Sauce	1 lb. Fettuccine (Whole Wheat is best)
Ground Cinnamon	Black Pepper	Jasmine Rice	Grapeseed Oil
Chutney	1 can Spray Olive Oil	1 - 15 ounce can no-salt added Black Beans	Cognac or Brandy or Bourbon
2 Tbsp. Golden Raisins	1 can Low-fat Coconut Milk	Balsamic Vinegar	1 can Non-fat Beef Stock
1 tsp. Dry Active Yeast	Low-sodium Soy Sauce	Red Lentils	Pure Walnut Extract
Granulated Sugar	Hoisin Sauce	Green Lentils	
Pure Vanilla Extract			
Salt			

Equipment

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