



eatTHISdiet™ for Coumadin Users

Grocery List – Week Two

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

Produce

1 – 2 lb. Butternut Squash	1 1/2 lbs. Eggplant	1 small Zucchini	▲ 2 Tbsp. Lemon Juice
2 large Leeks	▲ 2 bulbs Garlic	1 lb. Carrot	1/2 lb. Russet Potatoes
▲ 1/2 medium Red Onion	▲ 6 medium White Onions	1/2 lb. Parsnips	22 servings Fruit
1/2 lb. Plum Tomatoes	▲ 1 Lime	▲ 3 ribs Celery	
	▲ 1 large Shallot	1 1/2 lbs. Red Potatoes	
	12 Grape Tomatoes		

Dairy

▲ 2/3 cup Non-fat Buttermilk	▲ 2 large eggs
▲ 1/4 cup Egg Substitute	1/2 ounce Low-fat Swiss Cheese (per serving)
Take Control Light Margarine	▲ 3 Tbsp. Unsalted Butter
▲ 3 ounces Parmigiano-Reggiano	▲ 2 cups 1% Milk
	2 ounces Low-fat Cheddar Cheese

Meat / Fish

2 – 4 ounce Tuna Steaks
2 – 4 ounce filets Sea Bass
4 - 4 ounce Cod Filets

Bakery

1 Mini-Baguette (per serving)
2 - 1 ounce Whole Wheat Rolls

Pantry Items

▲ All-purpose Flour	Ground Paprika	1 ounce Dried Wild Mushroom (like Porcini)	3 Tbsp. Prepared Horseradish
▲ Splenda	Dried Thyme	1 - 15 ounce can White Beans	3/4 no salt added Ketchup
▲ Baking Powder	1/2 cups White Wine	▲ 1/4 tsp. Dried Oregano	Tabasco Sauce
▲ Pure Vanilla Extract	1 Tbsp. Non-fat Mayonnaise	1 lb. Great Northern Beans	4 – 28 ounce cans Whole Peeled Tomatoes or 4 lbs. fresh Tomatoes
▲ Pure Maple Syrup	▲ Low-sodium Soy Sauce	Bay Leaves	4 ounces pasta of your choice (preferably whole wheat)
▲ Spray Olive Oil	Sake	5 ounces Plain Melba Toast	Fresh Herbs of your choice
▲ Extra Virgin Olive Oil	▲ Honey	▲ 1 Tbsp. Dijon Mustard	
1 cup Arborio Rice	Wasabi Paste		
▲ 9 cups Non-fat Chicken Stock	Dark Sesame Oil		
1/4 cup Dry Sherry	2/3 cup Purple Sticky Rice		
▲ Salt			
▲ Black Pepper			

Equipment

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