



eatTHISdiet™ for Coumadin Users

Grocery List – Week Three

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

Produce

16 Servings Fruit	1 Lb. Carrots	1 large bunch Fresh Basil	▲ 12 Black Olives
25 Pearl Onions	1 1/2 lbs. Red Potatoes	▲ 1 bulb Garlic	▲ 2 Red Onion
1/2 lb. Button Mushrooms	1 Orange	1 bunch fresh Dill	2 Yellow Pepper
1 lb. Carrots	1/4 cup Blueberries	4 medium Zucchini	3 Red Peppers
2 lbs. Red Potatoes	16 spears large Asparagus	▲ 8 ounces Grape Tomatoes	1 lb. Eggplant
1 Tbsp Lemon Juice	4 large Shallots		1 small bunch Fresh Oregano

Dairy

▲ 3/4 cup Egg Substitute	▲ 1 cup Non-fat Buttermilk
1/2 cup 2 % Milk	2 ounces Part-skim Milk
▲ Take Control Light Margarine	Mozzarella
1 cup Fat-free Sour Cream	▲ 3 ounces Parmigiano-Reggiano
▲ 1 Egg	▲ 1 ounce Fresh Mozzarella
1 1/4 cup 2% Milk	3 ounces Fontina Cheese
▲ 5 Tbsp. Unsalted Butter	1 ounce Pecorino-Romano Cheese
▲ 1 ounce Goat Cheese	

Meat / Fish

1 1/2 lbs. Flank Steak
Hormel Low-salt Turkey Pepperoni
1 lbs. Large Shrimp
1 lb. Boneless Chicken Breasts

Bakery

4 slices fresh Sourdough Bread
2 - 1 ounce Whole Wheat Rolls

Pantry Items

▲ Splenda	▲ Ground Allspice	1/4 cup Light Brown Sugar	2 Tbsp. Pine Nuts
Ground Nutmeg	▲ 2 Bay Leaves	▲ Baking Powder	▲ 4 ounces Fettuccine
▲ Pure Vanilla Extract	1 lb. box Penne Pasta	1/2 cup Sun Dried Tomatoes	▲ Extra Virgin Olive Oil
▲ Salt	▲ Black Pepper	1/2 cup Vodka	▲ Spray Olive Oil
▲ Pure Maple Syrup	▲ 4 cups All Purpose Flour	8 ounces Linguine	▲ 2 Tbsp. Balsamic Vinegar
1 Tbsp Low Sodium Worcestershire Sauce			▲ 1 Tbsp. Honey

Equipment

▲ Non-stick Griddle	▲ Large Stock Pot	▲ Large Non-stick Skillet
▲ Medium Whisk	▲ Pizza Stone	Blender or Mini Chopper
Medium Mixing Bowl	▲ Large Spatula	1 - 12 inch Oblong Pyrex Dish