



eatTHISdiet™ for Coumadin Users

Grocery List – Week Four

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

Produce

2 Tbsp. fresh Blueberries (per serving)	1 Avocado	▲ 1 small bunch Fresh Basil	▲ 1 1/2 tsp. Fresh Thyme
▲ 6 clove Garlic	▲ 1 small bunch Fresh Cilantro	1 medium Tomatoes	4 ears Yellow or White Corn
▲ 2 1/2 medium White Onion	1 small Tomato	1 Red Bell Pepper	▲ 3 Green Onions
1/2 lb. Yukon Gold Potatoes	▲ 5 fresh Limes	1/2 lb. Shiitaki Mushrooms	▲ 1 small Shallot
2 large Yellow Squash	▲ 1 medium Red Onion	1 Poblano Chili	1 medium Jicama
1 Acorn Squash	2 ounces Wild Type Mushrooms		14 Servings Fruit

Dairy

▲ 1 cup Non-fat Buttermilk	▲ 4 tsp. Unsalted Butter
3/4 cup Egg Substitute	▲ 1 cup 2% milk
▲ Take Control Light Margarine	▲ 2 1/2 ounces Parmigiano-Reggiano
Reduced-fat Monterrey Jack Cheese	▲ Reduced-fat Cream Cheese

Meat / Fish

4 – 4 ounce Salmon Filets
1 lb. Large Shrimp
1 – 4 ounce chicken breast, thigh or drumstick (per serving)
1 lb. Extra Lean Ground Beef

Bakery

4 ounces Sourdough Bread (for bread crumbs)

Pantry Items

1/2 cup Blue Cornmeal	3/4 cup Tomato Sauce (may use from previously frozen)	▲ 1 cup All Purpose Flour	▲ Curry Powder
1/4 cup Whole Wheat Flour	1 Medium Beet	▲ Baking Powder	▲ Honey
▲ 1 1/2 cups Splenda	▲ Chili Powder	▲ Baking Soda	▲ 1 cup Low-fat Unsweetened Coconut Milk
▲ Baking Powder	1/2 Tsp. Hot Red Bean Paste	▲ Ground Nutmeg	▲ 1 cup Arborio Rice
▲ Salt	▲ 1 cup Reduced-fat Coconut Milk	▲ Ground Allspice	▲ 2/3 cup White Wine
▲ Pure Vanilla Extract	2 Tbsp. Sake or Dry White Wine	▲ Ground Cinnamon	▲ Ground Paprika
▲ Pure Maple Syrup	▲ 1 tsp. Sesame Oil	▲ 2 Tbsp. Golden Raisins	▲ 2 tsp. Brown Sugar
▲ Dried Oregano		▲ 1 can Canned Pumpkin	▲ Ground Cumin
▲ Dried Basil		▲ 1 tsp. Granulated Sugar	▲ 4 tsp. Grapeseed Oil
▲ Dried Rosemary		▲ Extra Virgin Olive Oil	
▲ Dried Thyme		▲ Cornstarch	

Equipment

▲ Non-stick Griddle	▲ Muffin Papers
▲ Medium Whisk	▲ Non-stick Griddle
▲ Muffin Tin	