



eatTHISdiet™ for Coumadin Users

Grocery List – Week Five

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

Produce

| | | | |
|------------------------------|-------------------------------|-------------------------------|---------------------------|
| ▲ Whole Wheat Flour | 1 small bunch Fresh Sage | 6 large Shiitake Mushrooms | 1 Medium Red Onion |
| ▲ All-purpose Flour | | | 1 small Green Bell Pepper |
| ▲ Yellow Corn Meal | 1 small bunch Fresh Chives | 2 medium White Onions | |
| ▲ 6 Tbsp. Oatmeal | | ▲ 1 Green Onion | 1 small Red Bell Pepper |
| 1 - 2 inch piece Ginger Root | 1 small bunch Fresh Basil | 7 medium Red Potatoes | 1 large Leek |
| 6 ounces Cantaloupe | 1 small bunch Fresh Oregano | 1 small Jalapeno Pepper | 1/2 cup Mung Bean Sprouts |
| 4 ounces Honeydew | 1 small bunch Cilantro Leaves | 10 ounces Yukon Gold Potatoes | 1/2 lb. Green Beans |
| | | ▲ 2 Limes | 16 servings Fruit |

Dairy

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| ▲ 1 cup Non-fat Buttermilk | ▲ 1 Tbsp. Egg Substitute |
| ▲ 3/4 cup 2% Milk | ▲ 1 ounce grated Parmigiano-Reggiano |
| ▲ 2 Large Eggs | ▲ Reduced-fat Cream Cheese |
| ▲ 2 tsp. Take Control Light Spread | ▲ 2 Tbsp. Promise Buttery Spread or Smart Balance Spread |
| ▲ 1 tsp. Unsalted Butter | |
| ▲ 2 ounces Goat Cheese | |

Meat / Fish

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| 1 lb. Flank Steak |
| 8 ounces Large Shrimp |
| 2 - 4 ounce Boneless Skinless Chicken Breasts |
| 6 Sea Scallops |
| 8 ounces Lean Lamb Shoulder |

Bakery

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| 10 slices Whole Grain Bread |
| 2 Bagels |

Pantry Items

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| ▲ 1/4 cup Reduced-fat Coconut Milk | ▲ Dark Sesame Oil | Coriander Seed | ▲ Pure Maple Syrup |
| ▲ Cornstarch | ▲ 6 Tbsp. Non-fat Chicken Stock. | Ground Ginger | ▲ Dry Sherry |
| ▲ Splenda | ▲ 1/2 Tsp. Hot Red Bean Paste | Dried Thyme | 1 cup Couscous |
| 2 Tbsp. Unsalted Dry Roasted Peanuts | 1 small Dried Chipotle | ▲ Ground Nutmeg | 1/2 cup Dried Currants |
| ▲ Salt | Black Peppercorn s | ▲ Light Brown Sugar | Red Pepper Flakes |
| 1 tsp. Baking Powder | Onion Powder | Whole Cloves | ▲ All Purpose Flour |
| ▲ Low-sodium Soy Sauce | ▲ Ground Allspice | ▲ Grapeseed Oil | Reduced-fat Peanut Butter |
| ▲ Rice Vinegar | ▲ Ground Cinnamon | ▲ Chili Powder | 2 tsp. Tabasco Sauce |
| | ▲ Ground Cumin | ▲ Extra Virgin Olive Oil | ▲ 1 tsp. Fresh Thyme |
| | | ▲ Coarse Ground Mustard | |
| | | Dried Tarragon | |

Equipment

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| ▲ Non-stick Grill Pan |
| Large Slotted Spoon |
| Skewers |