



eatTHISdiet™ for Coumadin Users

Grocery List – Week Six

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

Produce

3 Navel Oranges	2 ears Yellow Corn	1 small Cucumber	▲ Whole Wheat Flour
2 medium Shallots	▲ 1 small bunch Fresh Cilantro	▲ 1 Lemon (use zest for Curried Sea Scallops)	▲ All-purpose Flour
1 Tbsp. All-purpose Flour	▲ 1/2 Red Bell Pepper	▲ 3 medium White Onions	▲ Yellow Corn Meal
▲ 1 Lime	▲ 1/2 Yellow Bell Pepper	4 small Zucchini	▲ 6 Tbsp. Oatmeal
2 medium Beets	▲ 1/2 Green Bell Pepper	4 medium Poblano Peppers	1 large Leek
▲ 1 Tbsp. Fresh Oregano	1 lb. Tomatoes		20 servings Fresh Fruit
▲ 1 bulb Garlic			

Dairy

▲ 3 Tbsp. Egg Substitute	▲ Take Control Light Margarine
▲ 1 cup 2 % Milk	▲ 4 Eggs
▲ 4 tsp. Unsalted Butter	▲ 1 ounce grated Parmigiano-Reggiano
▲ 1 1/4 cup Non-fat Buttermilk	3 ounces Low-fat Monterey Jack Cheese
▲ Reduced-fat Cream Cheese	

Meat / Fish

2 – 4 ounce Halibut Filets
16 ounce Pork Tenderloin
4 – 4 ounces Boneless Skinless Chicken Breasts
8 ounces Sea Scallops
8 ounces Salmon Filet

Bakery

4 slices Sourdough Bread
1 Bagel

Pantry Items

Grand Marnier	1 tsp. Curry Powder	▲ 1 tsp. Dried Thyme	1 Tbsp. Dijon Mustard
▲ Splenda	10 threads Saffron	▲ 1 tsp. Dried Rosemary	▲ 2 Tbsp. Capers
▲ Pure Vanilla Extract	▲ Dark Sesame Oil	▲ 1/2 tsp. Dried Oregano	▲ 2 Tbsp. Balsamic Vinegar
▲ Honey	▲ 1 cup Non-fat Chicken Stock	▲ 1/4 tsp. Garlic Powder	Seven Spice Seasoning
▲ 1 Tbsp. Pine Nuts	▲ 1/2 cup Arborio Rice	▲ 1/2 tsp. Cayenne Pepper	1/4 cup Lentils
▲ Salt	▲ 1/8 tsp. Chili Powder	1 small Dried Chipotle	▲ 1/4 cup Jasmine Rice
▲ Extra Virgin Olive Oil	1 Tbsp. Dijon Mustard	Grapeseed Oil	1 ounce Sun-dried Tomatoes
▲ Black Pepper	10 ounces Plain Melba Toast	1/4 tsp. Ground Cumin	
1/4 cup White Wine			
▲ Pure Maple Syrup			

Equipment

▲ Large Non-stick Skillet
▲ Muffin Tin
▲ Muffin Papers