**Week 1 Grocery List**

* 1 bottle of generic psyllium
* 1 8 oz bag shredded cheddar cheese
* 1 6 oz bag shredded parmesan cheese
* 1 oz Cream cheese (get individual servings or 8 oz container)
* 1 8oz bag shredded Monterey Jack cheese (may combine cheddar and buy cheddar/Jack blend)
* 1 pack American cheese slices
* 1 pack Swiss cheese slices
* 1 pack Mozzarella string cheese
* 1 oz Feta cheese crumbles May combine and use all Feta
* 2 oz Goat cheese, semisoft
* 1 small container heavy whipping cream
* 1 can Whipped cream topping
* 2 Kroger Carbmaster yogurts
* 1 stick butter, unsalted
* 1 dozen large eggs
* 1 package Turkey breast deli meat
* 1 package ham deli meat
* 1 package pork sausage patty/link
* 1 package bacon
* 1 small package salt pork (may sub for bacon)
* 1 Cornish game hen
* 1 Rotisserie chicken
* 1 pork loin
* 1 6 oz package Canadian bacon
* 1 Beef brisket ( 4 oz edible serving)
* 1 Ribeye steak (3 oz edible serving)
* 1 Hamburger patty 80/20 blend premade (may make from 80/20 ground)
* 1 3oz 80/20 ground beef (may purchase 1# and freeze remainder)
* 2 Pork chops (6 oz edible servings)
* 1 can tuna, canned in water
* 1 fillet Tilapia
* 2 stalks celery
* 1 stalk Romaine lettuce
* 1 bunch Green leaf lettuce
* 1 bunch Red leaf lettuce
* ½ pound Raw spinach
* 1 bunch Arugula
* 1 bunch or package Kale
* 10-12 radishes
* 1 small tomato
* 1 large cucumber
* 1 onion
* 1 small green bell pepper
* 1-2 Portabella mushrooms
* 1 16 oz Pictsweet frozen Collard greens
* 1 10 oz bag frozen Brussel sprouts
* 1 16 oz bag frozen Broccoli florets
* 1 16 oz bag frozen Musard greens
* 1 16 oz bag frozen Cauliflower
* 1 small head Cabbage
* 1 12 oz bag frozen Green beans
* 1 small to medium Zucchini
* 1 10 oz bag frozen Asparagus
* 1 small can Tomato paste
* 1 small can Tomato sauce
* 1 Avocado
* 1 can/jar Green olives
* 1 lemon or bottle of lemon juice
* 1 bottle Extra Virgin Olive oil
* 1 bottle Ranch regular dressing
* 1 bottle Zesty Italian dressing
* 1 bottle Oil and Vinegar dressing (or Balsamic vinegar to make home recipe)
* 1 bottle Blue cheese salad dressing
* 1 bottle Caesar dressing
* 1 bottle Wishbone Lite Dijon dressing
* 1 jar Pace Cilantro Chunky Salsa
* 1 16 oz container 99% fat free, reduced sodium chicken broth
* 1 small container hummus
* 1 oz Pine nuts
* 1 oz Sunflower seeds
* 1 oz peanuts
* 1 small container unsalted Almonds
* 1 jar Smuckers Natural smooth peanut butter
* 1 pack JELLO sugar free ready prepared gelatin (4 oz containers)
* 1 jar Smuckers sugar free Apricot Preserves
* 1 packet Splenda or Stevia
* Paprika
* Salt
* Black pepper
* Garlic powder or garlic cloves