**Week 10 Grocery List**

* 1 bottle of generic psyllium
* Cheddar cheese, shredded and cubed
* Mozzarella cheese, 1 oz stick
* Parmesan cheese, grated
* Swiss cheese 2 oz
* Cream cheese
* 1 oz Brie cheese
* Blue cheese crumbles
* 1 Kroger Carbmaster yogurt
* Cottage cheese
* Laughing Cow swiss cheese 4 wedges
* Babybel Sharp or Gouda cheeses
* 1 large container heavy whipping cream
* 1-2 sticks butter, unsalted
* 3 dozen large eggs (if all recipes cooked to scale)
* Sour cream
* 1# 3 oz ham
* 2 oz Turkey deli meat
* 1 package bacon
* 1 package Canadian bacon
* Rotisserie chicken (9 oz total)
* Chicken breast 3 oz
* 1# smoked sausage
* Pork sausage patty 2 oz
* Pepperoni
* Pork chop 3 oz
* 1# Pork loin
* Ground beef 80/20 ( 3 oz portion)
* Flank steak 3 oz
* Beef brisket 3 oz
* 1.5# medium Shrimp
* 15 oz canned Salmon
* 5 stalk celery
* Romaine lettuce ~ 3 cups + 2 outer leaves
* Green leaf lettuce ~1 cup
* Red leaf lettuce ~4 cups
* Raw spinach 1.25 cups
* Arugula 1 cup
* Shallots 1 Tbsp
* 1 Zucchini
* 2 small tomatoes
* 2 cherry tomatoes
* 1 can Tomatoes diced
* Broccoli florets 10 oz frozen
* Cabbage
* 2 large cucumbers
* 4 oz jar Pimientos
* Collard greens
* Mustard greens
* 2-3 onions
* Green beans, frozen or fresh
* Green onion
* 2 small green bell pepper
* 1 small red bell pepper
* 1# Radishes
* Asparagus 6 spears
* Crimini mushrooms
* 1 bottle Extra Virgin Olive oil
* 4 olives
* Vienna sausages
* 1 bottle Ranch regular dressing ~4 Tbsp needed
* 1 bottle Caesar salad dressing 2 Tbsp
* 1 bottle of Blue cheese dressing 1 Tbsp
* Balsamic Vinegar/ Red wine vinegar
* Lemon juice and lime juice
* 1 bottle regular mayonnaise
* English walnuts
* 1 jar of Frank’s Buffalo Wing sauce
* 1 oz plain pork skins
* 1 Bacon & Beef stick
* 1 oz Beef jerky stick
* Chicken broth, large container and bouillon cubes
* Beef Broth and bouillon cubes
* Mustard
* Worcestershire sauce
* Pace Cilantro salsa
* Seasoning (Paprika, Salt, Black pepper, Garlic powder or garlic cloves, bay leaf, cayenne pepper, tarragon, basil, parsley, Italian seasoning, caraway seeds, nutmeg, curry)