**Week 13 Grocery List**

* 1 bottle of generic psyllium
* Cheddar cheese, shredded
* Cheddar cheese, sliced
* Mozzarella cheese, whole milk, shredded
* Mozzarella cheese, 1 oz sticks
* Provolone cheese slices
* Swiss cheese slices
* Parmesan cheese, grated
* Monterey jack cheese
* Cream cheese
* Sour cream
* Blue cheese crumbles
* Feta cheese
* 2 Kroger Carbmaster yogurts
* Laughing Cow swiss cheese 1 wedge
* Babybel Sharp or Gouda cheeses, 3 total
* Heavy whipping cream
* Small container almond milk
* 3 sticks butter, unsalted
* 2 dozen large eggs (if all recipes made to scale)
* 12 oz ham deli meat
* 2 oz Turkey breast
* 1 -2 package bacon
* ½# Pork sausage plus 1 patty
* Pepperoni slices
* 3 Deboned chicken thighs
* 16 oz Chicken breast
* 1 6 oz package Canadian bacon
* Pork loin or shoulder ( 3 oz edible serving)
* 4 oz Pork chop
* 1# 80/20 Hamburger meat, ground
* 3 oz hamburger patty 80/20 or make from scratch
* 1.5# ground turkey 85/15
* Flank steak 4 oz
* 1 3 oz can tuna, canned in water
* 2 Pollock fillets
* 12 Shrimp, large, Peeled and deveined
* 2 stalk celery
* Red Cabbage, 2 cup shredded
* Romaine lettuce ~ 2 cups plus 2 outer leaves
* Green leaf lettuce ~2 cups
* Red leaf lettuce ~7 cups
* Frozen spinach 1 10 oz package (1/4 cup needed)
* 3 radishes
* 2-3 small tomatoes
* Grape tomatoes
* Kale 1 # plus ¼ cup
* Medium zucchini
* Frozen green beans
* 1 large cucumber
* 3 onions, red or yellow
* 2 small green bell pepper
* 1 small red bell pepper
* Fresh garlic cloves
* Fresh broccoli 1#
* Cilantro
* Pimientos
* Crimini mushrooms
* 1-2 Avocado
* 1 can/jar Green or black olives 4 needed
* bottle of lemon juice and lemon zest
* 1 bottle Extra Virgin Olive oil
* 1 bottle Ranch regular dressing ~1 Tbsp needed
* 1 bottle Dijon vinaigrette salad dressing ~1 Tbsp
* 1 bottle Blue cheese salad dressing 2 Tbsp
* 1 bottle Caesar salad dressing
* Balsamic Vinegar /red wine or rice vinegar
* White cooking wine
* 1 bottle regular mayonnaise
* Almonds
* Pine nuts
* 1 jar of Frank’s Buffalo Wing sauce
* 1 oz plain pork skins
* 1 oz BBQ pork skins
* 1 4oz sugar free jello
* Chicken broth, large container and bouillon
* Beef broth
* 2 10 oz cans Rotel
* Mustard
* Chunky Cilantro Salsa
* Splenda or liquid sucralose
* Seasoning (Paprika, Salt, Black pepper, Garlic powder, Onion powder, Tabasco, Worcestershire, bay leaf, cayenne pepper, tarragon, basil, parsley, chives, nutmeg, cinnamon, chili powder, white pepper, oregano, thyme, cumin, Old Bay seasoning, dry mustard)