**Week 2 Grocery List**

* 1 bottle of generic psyllium
* 1 bag cheddar cheese squares
* 1 16 oz bag cheddar cheese, shredded
* 1 Tbsp Cream cheese (get individual servings or 8 oz container)
* 1 8oz bag shredded Monterey Jack cheese (may combine cheddar and buy cheddar/Jack blend) only need ¼ cup
* 1 pack Mozzarella string cheese only need 1 serving
* 2 slices Provolone cheese
* 1 8 oz bag shredded Mozzarella cheese
* ~ 4 Tbsp Parmesan cheese, grated
* 4 oz shredded Ricotta cheese
* 2 oz Blue cheese
* 2 oz Brie cheese
* 1 small container heavy whipping cream ~3Tbsp needed
* 1 can Whipped cream topping ~2Tbsp needed
* 1 Kroger Carbmaster yogurts
* 1 stick butter, unsalted
* 13-14 large eggs
* 1 Tbsp Sour cream
* 3 oz Turkey breast deli meat
* 2 oz ham deli meat
* 4 oz pork sausage patty/link
* 1 package bacon 6 slices
* 1 Rotisserie chicken
* 1 pork loin or Boston butt
* 1 6 oz package Canadian bacon 2 slices
* 1 Beef brisket ( 4 oz edible serving)
* 1 Beef flank steak (3 oz edible portion)
* 1 Hamburger patty 80/20 blend premade (may make from 80/20 ground)
* 4oz 80/20 ground beef
* 4 oz 93/7 ground turkey
* 1 package Pepperoni
* 4 oz Italian sausage
* 1 can tuna, canned in water
* 1 can salmon, pink
* 1 fillet Tilapia
* 2 stalks celery
* 1 Spaghetti squash
* 1 bunch Romaine lettuce ~ 2 cups
* 1 bunch Green leaf lettuce ~2 cups
* 1 bunch Red leaf lettuce ~4 cups
* 1 bunch Arugula ~4 cups
* 1 bunch or package Kale ~1 cup
* 1 bunch Radicchio
* 3-4 radishes
* 1 small tomato
* 1 large cucumber
* 1 onion
* 1 bunch green onion
* 1 small red bell pepper
* ½ cup brown, Italian mushrooms
* 1 16 oz Pictsweet frozen Collard greens 1 cup needed
* 1 10 oz bag frozen Brussel sprouts ½ cup needed
* ~1.5 cups Swiss chard
* 1 16 oz bag frozen Cauliflower ~1 cup needed
* 1 small head Cabbage ~1/2 cup needed
* 1 can yellow wax beans
* 1 medium to large Zucchini or two small
* 1 10 oz bag frozen Asparagus ~ 1 cup needed
* 1 small can Tomato paste
* 1 LaChoy Snow Pea Pods, frozen
* ¼ cup Artichokes
* 1 Avocado
* 1 can/jar Green olives 11 needed
* 1 lemon or bottle of lemon juice ~1.5 Tbsp needed
* 1 bottle Extra Virgin Olive oil ~ 6-7 Tbsp needed
* 1 bottle Ranch regular dressing ~4Tbsp needed
* 1 bottle Oil and Vinegar dressing (or Balsamic vinegar to make home recipe) ~2Tbsp
* 1 bottle Blue cheese salad dressing 2Tbsp
* 1 bottle Caesar dressing ~1 Tbsp
* 1 bottle bacon and tomato salad dressing
* 1 bottle Wishbone Lite Dijon dressing 2 Tbsp
* 1 16 oz container 99% fat free, reduced sodium chicken broth
* 1 small container hummus 1 Tbsp
* Salsa 2 Tbsp
* 1 small container unsalted Almonds
* 1 jar Smuckers Natural smooth peanut butter 1 Tbsp
* 2 JELLO sugar free ready prepared gelatin (4 oz containers)
* 2 Tbsp Almond flour
* 1 oz Beef Jerky
* Paprika
* Salt
* Black pepper
* Garlic powder or garlic cloves
* Nutmeg
* Onion powder