**Week 3 Grocery List**

* 1 bottle of generic psyllium
* 1 16 oz bag cheddar cheese, shredded
* Sliced cheddar cheese
* 1 pack Mozzarella string cheese only need 2 servings
* Parmesan cheese, grated (less than ½ cup)
* 4 oz Cottage cheese
* Swiss cheese slices
* 2 oz Brie cheese
* 1 small container heavy whipping cream
* 1 can Whipped cream topping ~1Tbsp needed
* 2 Kroger Carbmaster yogurts
* 1 stick butter, unsalted
* 2 dozen large eggs
* Sour cream (~6 oz)
* 3 oz Turkey breast deli meat
* 3 oz ham deli meat
* 3 oz Roast beef deli meat
* 1 package bacon
* 1 Rotisserie chicken (6 oz total)
* 1 6 oz package Canadian bacon
* 2# Beef brisket ( 3 oz edible serving)
* 1 Beef flank steak (3 oz edible portion)
* 1 Hamburger patty 80/20 blend premade (may make from 80/20 ground)
* 3 oz Polish sausage
* 3 oz Pork chop
* 1 package Pepperoni
* 1 # Jimmy Dean ground sausage
* 1 can tuna, canned in water
* 1 can salmon, pink
* 2 Tilapia fillet
* Crab meat 16 oz, canned
* 3-4 stalks celery
* 1 Yellow squash
* Romaine lettuce ~ 3 cups plus 1 large leaf
* Green leaf lettuce ~2 cup
* Red leaf lettuce ~3 cups
* Arugula ~3 cups
* Kale ~1-2 cup
* Shallots ~ 1Tbsp
* 10-12 radishes
* 3 small tomatoes
* 1 large cucumber
* 1 onion
* Green onion ~1 Tbsp
* 1 small green bell pepper
* 1 small red bell pepper
* 1 16 oz bag frozen Cauliflower ~2 cups needed
* 1 10 oz bag frozen chopped broccoli
* 1 bunch Raw spinach
* Fresh broccoli florets for ½ c serving
* Cilantro- may use freeze dried
* 1-2 Avocado
* 1 can/jar Green olives 6 needed
* 1 lime or bottle of lime juice
* 1 lemon or bottle of lemon juice ~2 Tbsp needed
* 1 bottle Extra Virgin Olive oil ~ 6-7 Tbsp needed
* 1 bottle Ranch regular dressing ~3 Tbsp needed
* 1 bottle Blue cheese salad dressing 3 Tbsp
* 1 bottle Caesar dressing ~2 Tbsp
* 1 bottle Zesty Italian dressing
* 1 bottle bacon and tomato salad dressing ~2 Tbsp
* 1 bottle Wishbone Lite Dijon dressing 2 Tbsp
* Balsamic Vinegar
* 1 bottle regular mayonnaise
* 1 bottle prepared yellow mustard
* 1 jar Walden Farms Tomato Basil
* 1 jar Classico Pesto sauce
* 1 small container hummus 2-3 Tbsp
* 1 small container unsalted Almonds
* Pine nuts ~1/3 cup
* 1 jar Smuckers Natural smooth peanut butter 2 Tbsp
* 1 JELLO sugar free ready prepared gelatin (4 oz containers)
* Smuckers sugar free Apricot preserves
* 1 oz Beef Stick, Jack Link
* 1 can Vienna sausages
* Seasoning (Paprika, Salt, Black pepper, Garlic powder or garlic cloves, Nutmeg, Onion powder, Tabasco, Worcestershire, cinnamon, bay leaf, cayenne pepper, tarragon)