**Week 4 Grocery List**

* 1 bottle of generic psyllium
* ~6 oz cheddar cheese, shredded
* 1 slice cheddar cheese
* 2 Babybel Sharp cheddar
* 1 Babybel Gouda cheese
* 1 pack Mozzarella string cheese only need 2 servings
* 4 oz shredded Mozzarella cheese, whole milk
* Parmesan cheese, grated (less than ½ cup)
* 4 oz Cottage cheese
* 1 slice Provolone cheese
* Swiss cheese slices only one needed
* 1 Tbsp cream cheese, whipped
* 2 oz Brie cheese
* 2 oz Blue cheese crumbles
* 1 oz Gouda cheese
* 1 small container heavy whipping cream
* 1 can Whipped cream topping ~2 Tbsp needed
* 2 Kroger Carbmaster yogurts
* 1 stick butter, unsalted
* 1 dozen large eggs
* Sour cream ~2 Tbsp needed
* 3 oz Turkey breast deli meat
* 2 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
* 3# Beef roast ( 3 oz edible serving)
* 1 Ribeye steak (3 oz edible portion)
* 1 Hamburger patty 80/20 blend premade (may make from 80/20 ground)
* 1 # Ground meat 80/20
* 3 oz Polish sausage
* 4 oz Pork chop
* 1 package Pepperoni
* 2 oz Salami
* 1 can tuna, canned in water
* 1 Tilapia fillet
* 1 # medium Shrimp, peeled and deveined
* 2 stalks celery
* 5 Zucchini, medium
* Romaine lettuce ~ 4 cups plus 2 large leaf
* Green leaf lettuce ~3 cup
* Red leaf lettuce ~2 cups
* Mixed greens, 1 cup. May use any salad blend.
* Raw spinach 2 cups
* Cabbage, frozen or raw
* 6-8 radishes
* 3 small tomatoes
* 1 large cucumber
* 1-2 onions, red or yellow
* Green onion ~1 Tbsp
* 1 small green bell pepper
* 1 small red bell pepper
* 1 small yellow bell pepper
* 1 10 oz bag of Mustard greens
* 1 10 oz bag frozen chopped broccoli
* Asparagus, 8 spears- fresh or frozen
* 1 10 oz bag of frozen green beans
* 1 10 oz bag of yellow wax beans
* Cilantro- may use freeze dried
* 2- 4 oz canned Crimini mushrooms
* 1 Avocado
* 1 can/jar Green olives 6 needed
* 1 8 oz can tomato sauce
* 2 lemon or bottle of lemon juice
* 1 bottle Extra Virgin Olive oil ~ 7 Tbsp needed
* 1 bottle Ranch regular dressing ~4 Tbsp needed
* 1 bottle Zesty Italian dressing ~2 Tbsp needed
* 1 bottle bacon and tomato salad dressing ~2 Tbsp
* 1 bottle Wishbone Lite Dijon dressing 1 Tbsp
* Balsamic Vinegar
* 1 bottle regular mayonnaise
* 1 bottle prepared yellow mustard
* 1 jar Walden Farms Tomato Basil
* 1 small container hummus 1 Tbsp
* 1 small container unsalted Almonds
* 2 JELLO sugar free ready prepared gelatin (4 oz containers)
* Chicken broth, small can
* Chunky Cilantro Salsa
* Seasoning (Paprika, Salt, Black pepper, Garlic powder or garlic cloves, Onion powder, Tabasco, Worcestershire, bay leaf, cayenne pepper, tarragon, basil, parsley)