**Week 5 Grocery List**

* 1 bottle of generic psyllium
* ~6 oz cheddar cheese, shredded
* 1 slice cheddar cheese
* Cheddar cheese cubes
* Ricotta cheese (less than ½ cup)
* 1 pack Mozzarella string cheese only need 1 serving
* 16 oz shredded Mozzarella cheese, whole milk
* Parmesan cheese, grated (less than ½ cup)
* 4 oz Cottage cheese
* Swiss cheese slices only one needed
* 1 Tbsp cream cheese, whipped
* 2 oz Brie cheese
* 2 oz Blue cheese crumbles
* 2 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
* 14 large eggs
* 5 oz Turkey breast deli meat
* 3 oz ham deli meat
* 2 packages bacon
* 1 Rotisserie chicken (6 oz total)
* 1 Chicken breast 2-3 oz
* 1 6 oz package Canadian bacon
* 3 Sausage patties
* 2# Pork roast/shoulder ( 3 oz edible serving)
* 1 Pork chop (3 oz edible portion)
* 1 Hamburger patty 80/20 blend premade (may make from 80/20 ground)
* 1 # Ground meat 80/20
* 1 # Italian Sausage
* 1 package Pepperoni
* 1 can tuna, canned in water
* 1 # jumbo Shrimp, peeled and deveined
* 2 # Salmon fillets
* 1 stalk celery
* Swiss Chard, 9 cups
* Kale, 1 cup
* Romaine lettuce ~ 5 leaves
* Green leaf lettuce ~5 cups
* Red leaf lettuce ~1 cup
* Mixed greens, 2 cups. May use Organic spring mix.
* Raw spinach 3 cups
* Arugula 1 cup
* 3-4 radishes
* 4 small tomatoes
* 8 grape tomatoes
* 1 large cucumber
* 2 onions, red or yellow
* Green onion ~1 Tbsp
* 1 small green bell pepper
* 1 small red bell pepper
* Fresh garlic cloves
* 1 10 oz bag frozen chopped broccoli
* 1 10 oz bag of frozen green beans
* Cilantro- may use freeze dried
* 3-4 Crimini mushrooms
* 1 -2 Avocado
* 1 can/jar Green olives 6 needed
* bottle of lemon juice
* Avocado oil
* 1 bottle Extra Virgin Olive oil ~ 3 Tbsp needed
* 1 bottle Ranch regular dressing ~5 Tbsp needed
* 1 bottle bacon and tomato salad dressing ~2 Tbsp
* 1 bottle Wishbone Lite Dijon dressing 1-2 Tbsp
* 1 bottle Blue cheese salad dressing 4 Tbsp
* Balsamic Vinegar
* 1 bottle regular mayonnaise
* 1 jar Walden Farms Tomato Basil
* 1 small container hummus 2 Tbsp
* 1 oz (14 halves) English walnuts
* 2 JELLO sugar free ready prepared gelatin (4 oz containers)
* 1 large piece Beef Jerky
* 1 Jack link beef stick
* 1 oz BBQ pork skins
* Chicken broth, small can x 4
* Chunky Cilantro Salsa
* Seasoning (Paprika, Salt, Black pepper, Garlic powder or garlic cloves, Onion powder, Tabasco, Worcestershire, bay leaf, cayenne pepper, tarragon, basil, parsley, chives, nutmeg)