**Week 6 Grocery List**

* 1 bottle of generic psyllium
* Cheddar cheese, shredded
* 2 slices cheddar cheese
* Cheddar cheese cubes
* Mozzarella cheese, whole milk, shredded
* Parmesan cheese, grated (less than ½ cup)
* 8 oz Cottage cheese
* Swiss cheese slices
* 2 Tbsp cream cheese, whipped
* 1 oz Brie cheese
* 3 oz Blue cheese crumbles
* 2 oz Feta cheese
* 2 oz Monterey Jack cheese (may sub cheddar)
* Provolone cheese 1 slice (may sub mozzarella)
* Laughing Cow swiss cheese 4 wedges
* Babybel Sharp or Gouda cheeses, 4 total
* 1 small container heavy whipping cream
* 1 can Whipped cream topping ~1 Tbsp needed
* 8 oz container Sour cream
* 1 stick butter, unsalted
* 27 large eggs
* 3 oz Roast beef breast deli meat
* 15 oz ham deli meat
* 1 package bacon
* 1 Rotisserie chicken (6 oz total)or may use all breast
* 1 Chicken breast 3 oz ~25 oz total needed for week
* 1 6 oz package Canadian bacon
* Pork loin or shoulder ( 4 oz edible serving)
* 1 Hamburger patty 80/20 blend premade (may make from 80/20 ground)
* 1# ground turkey 85/15
* Flank steak 3 oz
* 2 oz Salami
* 1 package Pepperoni
* 4 oz Polish Kielbasa sausage
* 1 can tuna, canned in water
* 2 Pollock fillets
* 2 stalk celery
* Cabbage, 1medium head
* Romaine lettuce ~ 2 cups plus 1 outer leaf
* Green leaf lettuce ~6 cups
* Red leaf lettuce ~3 cup
* Raw spinach 1 cups
* Frozen spinach 1 10 oz package
* Arugula 1 cup
* 4 radishes
* Asparagus frozen, 1 10 oz package
* 2 small tomatoes
* Collards, raw or frozen ½ cup
* 1 large cucumber
* 2 onions, red or yellow
* Green onion ~1 stalk
* 1 small green bell pepper
* 1 small red bell pepper
* Fresh garlic cloves
* 1 16 oz bag frozen chopped broccoli
* 2 cups Cauliflower, raw
* Crimini mushrooms
* 1 Avocado
* 1 can/jar Green olives 9 needed
* bottle of lemon juice
* 1 bottle Extra Virgin Olive oil ~ 3 Tbsp needed
* 1 bottle Ranch regular dressing ~2 Tbsp needed
* 1 bottle bacon and tomato salad dressing ~3 Tbsp
* 1 bottle Wishbone Lite Dijon dressing 1 Tbsp
* 1 bottle Blue cheese salad dressing 1 Tbsp
* 1 bottle of Oil & Vinegar salad dressing ~ 5 Tbsp
* 1 bottle Zesty Italian salad dressing ~ 1 Tbsp
* Balsamic Vinegar
* 1 bottle regular mayonnaise
* 1 jar Walden Farms Tomato Basil
* 1 small container hummus 1 Tbsp
* 1 small jar of almonds
* 1 JELLO sugar free ready prepared gelatin (4 oz containers)
* 1 jar of Frank’s Buffalo Wing sauce
* 2 Jack link beef stick
* 1 oz plain pork skins
* Chicken broth, large container x 2
* 1 small can tomato paste
* 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)