**Week 7 Grocery List**

* 1 bottle of generic psyllium
* Cheddar cheese, shredded
* 1 slice cheddar cheese
* Cheddar cheese cubes
* Mozzarella cheese, whole milk, shredded
* Mozzarella string cheese
* Parmesan cheese, grated
* 4 oz Cottage cheese
* 1 Swiss cheese slice
* 4 Tbsp cream cheese, whipped
* 1 oz Brie cheese
* 6 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, 2 total
* 1 small container heavy whipping cream
* 1 can Whipped cream topping ~1 Tbsp needed
* 1 stick butter, unsalted
* 19 large eggs (if all recipes cooked to scale)
* 3 oz Roast beef breast deli meat
* 3 oz ham deli meat
* 2 oz Turkey deli meat
* 1 package bacon
* 1 sausage patty
* Rotisserie chicken (4 oz total)or may use all breast
* Chicken breast ~44 oz total needed for week
* 1 6 oz package Canadian bacon
* Pork chop( 4 oz edible serving)
* 1 pack Salt pork
* 2# ground beef 80/20
* Flank steak 4 oz
* Beef Brisket
* Sirloin beef tips, 3 oz
* 1 package Pepperoni
* 1 can tuna, canned in water
* 1 Tilapia fillet
* Canned artichokes
* 2-3 stalk celery
* Romaine lettuce ~ 3 outer leafs
* Green leaf lettuce ~2 cups plus 1 outer leaf
* Red leaf lettuce ~1 cup
* Raw spinach 2 cups
* Mixed greens 1 cup
* Arugula 2 cups
* Kale
* 1 package frozen snow peas
* Asparagus frozen, 1 10 oz package
* Brussel sprouts, raw or frozen ½ cup
* 2 small tomatoes and ~4-6 Roma Tomatoes
* Collards, raw or frozen 1 cup
* 1 large cucumber
* 2 -3 onions, red or yellow
* Green onion
* 2 small green bell pepper
* 1 small red bell pepper
* 1 small yellow bell pepper
* 2 medium carrots
* 2 medium to large Cauliflower, raw
* ½ cup yellow squash
* Crimini mushrooms
* 1 Avocado
* 1 can/jar Black olives 10 needed
* Liquid sweetener and 1 packet of Splenda
* 1 bottle Extra Virgin Olive oil
* 1 bottle Ranch regular dressing ~1 Tbsp needed
* 1 bottle Sesame Oil
* 1 bottle Wishbone Lite Dijon dressing 2 Tbsp
* 1 bottle Blue cheese salad dressing 1 Tbsp
* 1 bottle of Caesar salad dressing 2 Tbsp
* 1 can Sauerkraut
* Balsamic Vinegar and rice vinegar
* 1 bottle regular mayonnaise
* 1 jar Pizza sauce
* 1 small container hummus 1 Tbsp
* 1 small jar of almonds, pine nuts (1T), walnuts (7)
* 1 JELLO sugar free ready prepared gelatin (4 oz containers)
* Soy sauce
* 1 jar of Frank’s Buffalo Wing sauce
* 1 Jack link beef stick
* 1 oz plain pork skins
* Chicken broth, large container and bouillon cubes
* Peanut butter, all natural 1 Tbsp
* Chunky Cilantro Salsa
* Seasoning (Paprika, Salt, Black pepper, Garlic powder or garlic cloves, bay leaf, cayenne pepper, tarragon, basil, parsley, Italian seasoning, caraway seeds)