**Week 9 Grocery List**

* 1 bottle of generic psyllium
* Cheddar cheese, shredded and cubed
* 1 slice cheddar cheese
* Mozzarella cheese, whole milk, shredded
* Parmesan cheese, grated
* 1 Swiss cheese slice
* Cream cheese, whipped
* 2 oz Brie cheese
* Blue cheese crumbles
* 1 oz Goat cheese
* Cottage cheese
* Provolone cheese 1 slice (may sub mozzarella)
* Laughing Cow swiss cheese 2 wedges
* Babybel Sharp or Gouda cheeses, 3 total
* 1 large container heavy whipping cream
* 2 sticks butter, unsalted
* 2-3 dozen large eggs (if all recipes cooked to scale)
* Sour cream
* Whipped cream
* 2 oz ham deli meat
* 1 oz Turkey deli meat
* 3 oz Roast beef deli meat
* 1-2 package bacon
* 1 package Canadian bacon
* Rotisserie chicken (10 oz total)
* Chicken breast 3-8 oz
* Polish sausage 3 oz
* 2# ground beef 80/20
* 1# Ground Turkey 85/15
* Flank steak 3 oz
* 2# Beef chuck
* 8 oz medium Shrimp
* 3 oz Tuna
* 1 fillet Tilapia
* 3 stalk celery
* Romaine lettuce ~ 1 cups + 3 outer leaves
* Green leaf lettuce ~1 cup +1 outer leaf
* Red leaf lettuce ~3 cups
* Raw spinach 3 cups
* Fresh basil
* Arugula 1 cup
* Swiss chard frozen or raw
* Frozen peas and carrots
* 2 Zucchini
* 2 small tomatoes
* 3 cherry tomatoes
* 1 can Tomato sauce
* 1 can tomato paste
* 1 can crushed tomatoes
* Brussel sprouts frozen or raw
* Frozen squash
* 1 large cucumber
* 1 cup Kale
* 2-3 onions
* Green onion
* 2 carrots
* 1 small green bell pepper
* 1 -2 small red bell pepper
* Cauliflower ~ 4 cups
* Frozen broccoli
* Asparagus
* Crimini mushrooms
* 1 Avocado
* 1 bottle Extra Virgin Olive oil
* 2 tsp sesame oil (may sub another oil if necessary)
* 6 olives
* 1 bottle Ranch regular dressing ~1 Tbsp needed
* 1 bottle Caesar salad dressing 2 Tbsp
* Oil and vinegar salad dressing 1 Tbsp
* 1 bottle Wishbone Lite Dijon Vinaigrette 1 Tbsp
* 1 bottle of Bacon & Tomato dressing 1 Tbsp
* 1 can Sauerkraut
* Balsamic Vinegar/ Red wine vinegar
* Lemon juice
* 1 bottle regular mayonnaise
* 1 small jar of almonds
* 1 jar of Frank’s Buffalo Wing sauce
* 1.5 oz plain pork skins
* Sugar free jello 4 oz cups- 1
* Chicken broth, large container and bouillon cubes
* Beef Broth and bouillon cubes
* Classico Pesto sauce
* Worcestershire sauce and Soy sauce
* Mustard
* Pace Cilantro salsa
* Seasoning (Paprika, Salt, Black pepper, Garlic powder or garlic cloves, bay leaf, cayenne pepper, tarragon, basil, parsley, Italian seasoning, caraway seeds, nutmeg)