**Week 4 Grocery List**

* 1 bottle of generic psyllium
* ~8-10 oz cheddar cheese, shredded
* 1 slice cheddar cheese
* 2 Babybel Sharp cheddar
* 1 Babybel Gouda cheese
* 1 pack Mozzarella string cheese only need 1 serving
* 2 oz shredded Mozzarella cheese, whole milk
* Parmesan cheese, grated (less than ½ cup)
* 4 oz Cottage cheese
* 2 slice Provolone cheese
* Swiss cheese slices only one needed
* 1 Tbsp cream cheese, whipped
* 2 oz Brie cheese
* 3 oz Blue cheese crumbles
* 1 oz Feta 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
* 3 oz Turkey breast deli meat
* 6 oz ham deli meat
* 4 oz Roast beef deli meat
* 1 package bacon
* 1 Rotisserie chicken (6-7 oz total)
* 1 3 oz Chicken breast
* 1 6 oz package Canadian bacon
* 3# Beef roast ( 3 oz edible serving)
* Ribeye steak (6 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
* Sausage patties
* 4 oz Pork chop
* 1 package Pepperoni
* 2 oz Salami
* 1 can tuna, canned in water (4 oz)
* 2 Tilapia fillet
* 3-4 stalks celery
* 1 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.
* 2 cups Spring mix, Arugula, Kale or Radicchio
* Cabbage, frozen or raw
* 4-6 radishes
* 2-3 small tomatoes
* 1 large cucumber
* 1-2 onions, red or yellow
* Green onion ~1 Tbsp
* 1 small green bell pepper
* 1 small yellow 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 Blue cheese salad dressing ~2 Tbsp
* 1 jar natural peanut butter
* Balsamic Vinegar
* 1 bottle regular mayonnaise
* 1 bottle prepared yellow mustard
* 1 jar Walden Farms Tomato Basil
* 1 large container unsalted Almonds
* 2 JELLO sugar free ready prepared gelatin (4 oz containers)
* 2 beef sticks
* Chunky Cilantro Salsa
* 1 oz Pork rinds, BBQ
* Seasoning (Paprika, Salt, Black pepper, Garlic powder or garlic cloves, Onion powder, Tabasco, Worcestershire, bay leaf, cayenne pepper, tarragon, basil, parsley)