**Week 12 Grocery List**

* 1 bottle of generic psyllium
* Cheddar cheese, shredded
* Cheddar cheese, sliced
* Mozzarella cheese, whole milk, shredded
* Mozzarella cheese, 1 oz sticks
* Parmesan cheese, grated
* Cottage cheese
* Monterey jack cheese
* Cream cheese
* Sour cream
* 2 oz Blue cheese crumbles
* 2 oz Feta cheese
* 2 Kroger Carbmaster yogurts
* Laughing Cow swiss cheese 2 wedges
* Babybel Sharp or Gouda cheeses, 6 total
* 1 small container heavy whipping cream
* 1 stick butter, unsalted
* 2 dozen large eggs (if all recipes made to scale)
* 4 oz Roast beef breast deli meat
* 3 oz ham deli meat
* 4 oz Turkey breast
* 1 -2 package bacon
* 1 Rotisserie chicken (6 oz total)or may use all breast
* 1 Chicken breast 4 oz ~39 oz total needed for week
* 1 6 oz package Canadian bacon
* Sausage patties
* Pepperoni slices
* Pork loin or shoulder ( 6 oz edible serving)
* 4 oz Pork chop
* 2# 80/20 Hamburger meat, ground
* 2# ground turkey 85/15
* Flank steak 4 oz
* 6 oz Ribeye steak
* 1 5 oz can tuna, canned in water
* 2 Tilapia fillets
* 2 stalk celery
* Cabbage, 1 cup shredded
* Romaine lettuce ~ 3 cups plus 5 outer leaves
* Green leaf lettuce ~2 cups
* Red leaf lettuce ~1 cup
* Raw spinach 2 cups
* Frozen spinach 1 10 oz package
* Arugula 1 cup
* 4-5 radishes
* Asparagus frozen, 1 10 oz package
* 3-4 small tomatoes
* Kale 1 cup
* Brussel sprouts
* Frozen green beans
* 1-2 large cucumbers
* 2 onions, red or yellow
* Green onion ~1 stalk
* 1 small green bell pepper
* 1 small red bell pepper
* Fresh garlic cloves
* Fresh broccoli florets
* Yellow squash
* Artichokes
* Crimini mushrooms
* Shallots
* 1 Avocado
* 1 can/jar Green or black olives 4 needed
* bottle of lemon juice
* 1 bottle Extra Virgin Olive oil
* 1 bottle Ranch regular dressing ~4 Tbsp needed
* 1 bottle bacon and tomato salad dressing ~2 Tbsp
* 1 bottle Blue cheese salad dressing 1 Tbsp
* Balsamic Vinegar /Red wine vinegar
* 1 bottle regular mayonnaise
* Sugar free Torani syrup (caramel)
* Almonds
* Chopped walnuts
* Peanut butter, all natural
* 1 jar of Frank’s Buffalo Wing sauce
* 1 oz Bacon and beef stick
* Beef Jerky 1 oz
* 1.5 oz BBQ pork skins
* Chicken broth, large container and bouillon
* Sauerkraut
* 1 can tomato sauce
* Mustard/ Dijon mustard
* 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, cinnamon, chili powder)