**Week 13 Grocery List**

* 1 bottle of generic psyllium
* Cheddar cheese, shredded
* Cheddar cheese, sliced
* Mozzarella cheese, whole milk, shredded
* Mozzarella cheese, 1 oz sticks
* Provolone cheese slices
* Swiss cheese slices
* Parmesan cheese, grated
* Monterey jack cheese
* Cream cheese
* Sour cream
* Blue cheese crumbles
* Feta cheese
* 2 Kroger Carbmaster yogurts
* Laughing Cow swiss cheese 1 wedge
* Sargento string cheese
* Babybel Sharp or Gouda cheeses, 3 total
* Heavy whipping cream
* Small container almond milk
* 3 -4 sticks butter, unsalted
* 26 large eggs (if all recipes made to scale)
* 14 oz ham deli meat
* 3 oz Turkey breast
* 1 -2 package bacon and sausage patties
* 2 oz Polish sausage
* Salami sliced 1 oz
* Pepperoni slices
* 3 Deboned chicken thighs
* 16 oz Chicken breast
* 1-2 6 oz packages Canadian bacon
* Pork loin or shoulder ( 3 oz edible serving)
* 6 oz Pork chop (may do two 3 oz portions)
* 1# 80/20 Hamburger meat, ground
* 4 oz hamburger patty 80/20 or make from scratch
* 1.5# ground turkey 85/15
* Flank steak 4 oz
* 1 3 oz can tuna, canned in water
* 2 Pollock fillets
* 12 Shrimp, large, Peeled and deveined
* 2 stalk celery
* Red Cabbage, 2 cup shredded
* Romaine lettuce ~ 2 cups plus 1 outer leaves
* Green leaf lettuce ~2 cups plus 1 outer leaf
* Red leaf lettuce ~7 cups
* Frozen spinach 1 10 oz package (1/4 cup needed)
* 3 radishes
* 2-3 small tomatoes
* Grape tomatoes
* Kale 1 # plus ¼ cup
* Medium zucchini
* Frozen green beans
* 1 large cucumber
* 3 onions, red or yellow
* 2 small green bell pepper
* 1 small red bell pepper
* Fresh garlic cloves
* Fresh broccoli 1#
* Cilantro
* Dill pickle spears
* Pimientos
* Crimini mushrooms
* 1-2 Avocado
* bottle of lemon juice and lemon zest
* 1 bottle Extra Virgin Olive oil
* 1 bottle Ranch regular dressing ~1 Tbsp needed
* 1 bottle Blue cheese salad dressing 2 Tbsp
* 1 bottle Caesar salad dressing
* Balsamic Vinegar /red wine or rice vinegar
* White cooking wine
* 1 bottle regular mayonnaise
* Almonds
* Pine nuts
* 1 jar of Frank’s Buffalo Wing sauce
* 2 oz plain pork skins
* 1 oz BBQ pork skins
* 1 oz Beef stick
* 1 oz Bacon& beef stick
* 1 4oz sugar free jello
* Chicken broth, large container and bouillon
* Beef broth
* 2 10 oz cans Rotel
* Mustard
* Chunky Cilantro Salsa
* Splenda or liquid sucralose
* Seasoning (Paprika, Salt, Black pepper, Garlic powder, Onion powder, bay leaf, cayenne pepper, basil, parsley, cinnamon, chili powder, white pepper, oregano, thyme, cumin, Old Bay seasoning, dry mustard)