**Week 5 Grocery List**

* 1 bottle of generic psyllium
* Laughing Cow cheese
* Babybel Sharp cheese
* Small bag cheddar cheese, shredded
* 1 slice cheddar cheese
* Cheddar cheese cubes
* Ricotta cheese (less than ½ cup)
* 16 oz shredded Mozzarella cheese, whole milk
* Parmesan cheese, grated (less than ½ cup)
* 8 oz Cottage cheese
* Swiss cheese slices
* 3 Tbsp cream cheese, whipped
* 3 oz Brie cheese
* 1 oz Blue cheese crumbles
* 2 oz Gouda cheese
* 1 small container heavy whipping cream
* 1 can Whipped cream topping ~3 Tbsp needed
* 1 Kroger Carbmaster yogurt
* 1 stick butter, unsalted
* 13 large eggs
* 5 oz Turkey breast deli meat
* 4 oz ham deli meat
* 1 oz Roast beef deli meat
* 1-2 packages bacon
* 9 oz Chicken breast
* 1 6 oz package Canadian bacon
* 4 Sausage patties
* 3 oz Polish sausage
* 2# Pork roast/shoulder ( 6 oz edible serving)
* 1 Pork chop (4 oz edible portion)
* 1 -4 oz Hamburger patty 80/20 blend premade (may make from 80/20 ground)
* 1 # Ground meat 80/20
* 1 # Italian Sausage
* 1 package Pepperoni
* 5 oz tuna, canned in water
* 1 # jumbo Shrimp, peeled and deveined
* 2 # Salmon fillets
* 2 stalks celery
* Swiss Chard, 9 cups
* Kale, 1 cup
* Romaine lettuce ~ 2 leaves
* Green leaf lettuce ~5 cups plus 1 outer leaf
* Red leaf lettuce ~2.5 cups
* 4 cups Raw spinach
* 2 cups Arugula
* 4 radishes
* 2-3 small tomatoes
* 8 grape tomatoes
* 1 large cucumber
* 2 onions, red or yellow
* Green onion ~2 Tbsp
* 1 small green bell pepper
* 1 small red bell pepper
* 1 small yellow bell pepper
* Fresh garlic cloves
* 1 10 oz bag frozen chopped broccoli
* 1 10 oz bag of frozen green beans
* 4 Crimini mushrooms
* 1 -2 Avocado
* 1 can/jar Black olives 3 needed
* bottle of lemon juice
* Avocado Oil
* 1 bottle Extra Virgin Olive oil ~ 3 Tbsp needed
* 1 bottle Ranch regular dressing ~6 Tbsp needed
* 1 bottle bacon and tomato salad dressing ~2 Tbsp
* 1 bottle Wishbone Lite Dijon dressing 1-2 Tbsp
* 1 bottle Blue cheese salad dressing 3 Tbsp
* 1 bottle Oil & Vinegar salad dressing
* Balsamic Vinegar
* Frank’s Buffalo Wing Sauce
* Peanut butter, all natural
* Almonds
* 1 jar Walden Farms Tomato Basil
* English walnuts ~7
* 3 JELLO sugar free ready prepared gelatin (4 oz containers)
* 1 oz Beef Jerky
* 1 Jack link beef stick
* 1 oz BBQ pork skins
* 1 oz regular pork skins
* Chicken broth, small can x 4
* 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)