**Week 8 Grocery List**

* 1 bottle of generic psyllium
* Cheddar cheese, shredded
* 1 slice cheddar cheese
* Cheddar cheese cubes
* Mozzarella cheese, whole milk, shredded
* Parmesan cheese, grated
* 1 Swiss cheese slice
* 2 Tbsp cream cheese, whipped
* Cream cheese for cheesecake fluff
* 2 oz Brie cheese
* 7 oz Blue cheese crumbles
* 1 oz Feta cheese
* 2 oz Gouda cheese
* 4 oz Monterey Jack cheese (may sub cheddar)
* Provolone cheese 6 slices (may sub mozzarella)
* Laughing Cow swiss cheese 1 wedge
* Babybel Sharp or Gouda cheeses, 7 total
* 1 large container heavy whipping cream
* 2 sticks butter, unsalted
* 2-3 dozen large eggs (if all recipes cooked to scale)
* Sour cream
* 6 oz ham deli meat
* 2 oz Turkey deli meat
* 1 package bacon
* 4 sausage patty
* Rotisserie chicken (10 oz total)
* Chicken breast 4 oz
* Polish sausage 3 oz
* 1 pack Salt pork
* 1# ground beef 80/20
* 1.5# Ground Turkey 85/15
* Flank steak 1.5#
* Beef Roast
* 1 package Pepperoni
* 2 oz Salami
* 1 can Salmon
* 1 can Crab meat, 16 oz
* 1 # medium Shrimp
* 1-2 stalk celery
* Romaine lettuce ~ 2 cups + 1 outer leaf
* Green leaf lettuce ~3 cups
* Red leaf lettuce ~3 cups
* Raw spinach 2 cups
* Arugula 3 cups
* 1 package frozen snow peas
* Broccoli frozen, 1 10 oz package
* 2 Zucchini
* 1-2 small tomato
* 1 can Tomato sauce
* 1 can tomato paste
* Turnip greens, raw or frozen 1 cup
* 1 small package frozen Okra
* 1 large cucumber
* 3-4 onions, red or yellow
* Green onion
* 2 small green bell pepper
* 1 small red bell pepper
* 1 small yellow bell pepper
* 1 cup Cabbage
* ~8-9 Medium Radishes
* Crimini mushrooms
* 1 Avocado
* 1 packet of Splenda
* 1 bottle Extra Virgin Olive oil
* 12 olives
* 1 bottle Ranch regular dressing ~4 Tbsp needed
* 1 bottle Blue cheese salad dressing 5 Tbsp
* 1 bottle of Bacon & Tomato dressing 2 Tbsp
* 1 can Sauerkraut
* Balsamic Vinegar/ Red wine vinegar
* Lemon juice / lime juice
* 1 bottle regular mayonnaise
* 1 small container hummus 1 Tbsp
* 1 small jar of almonds
* Sunflower Seeds
* 1 jar of Frank’s Buffalo Wing sauce
* 1 Jack link beef stick
* 1 oz plain pork skins
* Chicken broth, large container and bouillon cubes
* Beef Broth and bouillon cubes
* Tabasco sauce
* Worcestershire sauce
* Torani Sugar Free syrup (found in coffee aisle)
* Seasoning (Paprika, Salt, Black pepper, Garlic powder or garlic cloves, bay leaf, cayenne pepper, tarragon, basil, parsley, Italian seasoning, caraway seeds, nutmeg)