**Week 11 Grocery List**

* 1 bottle of generic psyllium
* Cheddar cheese, shredded and sliced
* Mozzarella cheese, 3 - 1oz sticks
* Mozzarella cheese, shredded
* Parmesan cheese, grated
* Swiss cheese 1 oz
* Cream cheese, 2 oz
* 1 oz Brie cheese
* Blue cheese crumbles 1 oz
* 1 Kroger Carbmaster yogurt
* Goat cheese, semisoft 1 oz
* Laughing Cow swiss cheese 1 wedge1
* Babybel Sharp or Gouda cheeses x 2
* 1 large container heavy whipping cream
* 2 sticks butter, unsalted
* 2 dozen large eggs (if all recipes cooked to scale)
* Sour cream
* 10 oz ham sliced
* 6 oz Turkey deli meat
* 4 oz Turkey breast
* 4 oz Roast beef deli meat
* 1-2 package bacon
* 1 package Canadian bacon
* Rotisserie chicken (5 oz total)
* Chicken breast 7 oz
* 1# Italian sausage
* Pork sausage patty x 5
* Polish sausage 3 oz
* 2# Pork roast
* 1# Ground beef 80/20 plus 4 oz patty
* Ribeye steak 6 oz
* 2# Salmon fillet, frozen or fresh
* 2 Tilapia fillets
* 1-2 stalk celery
* Romaine lettuce ~ 2 cups + 4 outer leaves
* Green leaf lettuce ~2 outer leaves
* Red leaf lettuce ~3 cups
* Raw spinach 4 cups
* Arugula 1 ¼ cup
* 1-2 Zucchini
* 1 small Spaghetti squash (or ½ c frozen)
* 1 cup yellow squash
* 3-4 small tomatoes
* Broccoli florets 20 oz frozen
* Frozen cauliflower, 2 cups
* 1-2 large cucumbers
* 4 oz canned Mushrooms
* 1-2 Avocados
* 2-3 onions
* Chives
* 1 small green bell pepper
* 1 -2 small red bell pepper
* 1 small yellow pepper
* 3 Radishes
* Crimini mushrooms
* Avocado oil (may use EVOO)
* 1 bottle Extra Virgin Olive oil
* 1 bottle Ranch regular dressing ~5 Tbsp needed
* 1 bottle Caesar salad dressing 2 Tbsp
* 1 bottle of Blue cheese dressing 1 Tbsp
* 1 bottle Wishbone Dijon Vinaigrette dressing
* Balsamic Vinegar/ Red wine vinegar
* Lemon juice and lime juice
* 1 jar regular mayonnaise
* 1 oz Peanuts unsalted
* Unsalted almonds
* ½ oz Sunflower seeds
* 1 jar of peanut butter, all natural
* 1 oz BBQ pork skins
* 2 Bacon & Beef stick
* 1 oz Beef jerky
* Chicken broth, large container x 3
* Mustard, yellow and Dijon
* Pace Cilantro salsa
* Seasoning (Paprika, Salt, Black pepper, Garlic powder or garlic cloves, bay leaf, cayenne pepper, tarragon, basil, parsley, Italian seasoning, caraway seeds, nutmeg, curry, cinnamon)