**Lucky’s**

2 apples

1 large container or 2 small containers of baby tomatoes

1 celery

2 carrots

1 cucumber

1 Italian parsley (or curly parsley)

1 red pepper

1 green pepper

1 yellow onion

1 lb. zucchini

1 serving squash (zucchini, yellow squash, or Mexican squash)

2 lbs. broccoli

1 cube of firm tofu

Bananas

7 servings of fruit

2 garlics (if looks good)

1 bag bagels

1 loaf sourdough bread

2 loaves of French bread

1 can SPAM (lite or low sodium)

15 oz. tomato sauce (or 2 cans of 8-oz. tomato sauce), no added salt

1 box powdered sugar

Free sparkling ice

Small bags of chips

1 large bag of potato chips (any flavor)

2 packages sliced sandwich meat (Black Forest ham, honey ham, honey smoked turkey)

1 Hillshire Farms sausage

2 lbs. ground turkey

1 package boneless, skinless chicken thighs

3 yogurts (blueberry, strawberry, cherry, peach, peach mango)

Cheerios (safeway)

Ice cream (with chocolate)

**Target**

Plastic produce bags

Cheese cloth-M35

1 Head and Shoulders Classic Clean shampoo (?)

Hand soap

8 oz. sour cream (C4)

16 oz. sour cream (C4)

1 lb. ground pork

2 packages of 8 oz. cream cheese (C15)

8-oz. shredded cheddar cheese

2 packages sliced cheese

18 Eggs

Milk (3 gallons non-fat)

8 oz. can crushed pineapple (C23)

32 oz. low-sodium Swanson chicken broth (C24)

1 package vermicelli pasta (C25)

1 package penne pasta (C25)

12 oz. extra-wide egg noodles (C25)

1 jar Alfredo sauce (C25)

1 package shredded coconut (C27)

Pancake syrup(C28)

Pure maple syrup(C28)