Romaine lettuce (or other lettuce)

2 cucumbers

Celery

Italian parsley

3 servings of zucchini or yellow squash

1 cauliflower

2 red peppers

1 green pepper

6 carrots

1 package bean sprouts

10 oz. spinach

8 oz. mushrooms

5 servings of fruit

Fresh pineapple

Strawberries or grapes

Kiwi (1-2)

Canned pineapple chunks (not crushed)

Sliced bread (1)

Bagels (1)

Best Foods Mayonnaise

2 cans whole kernel corn

15 oz. can chickpeas (garbanzo beans)

1 can 6 oz. tomato paste

29 oz. Alfredo-style pasta sauce

Rice (Calrose)

1 package Lawry’s Spices and Seasonings Enchilada Sauce (or other brand)

Flour

White sugar

3 boxes of Knox gelatin

4 boxes of Jello (lighter color, like lemon or lime, not red or blue)

10 corn tortillas

2 packages sliced sandwich meats (Black Forest or Honey Ham)

Chicken drumsticks ($0.99/lb.)

Chicken thighs ($0.99/lb.)

1 lb. ground turkey

About 2 lbs. Atlantic Salmon Whole Fillet ($5.99/lb.)

6 oz. plain yogurt

Milk (3 gallons)

Eggs

Sweet, salted butter

Chlorox wipes

Lysol

Paper towels

Toilet paper

Listerine Freshburst Antiseptic (1.0 L or any size))