1 large or 2 small Romaine lettuce (or red leaf lettuce or green leaf lettuce)

1 package baby tomatoes (can be a small pack)

Strawberries ($3.50/lb.)

10 oz. spinach

1 Italian parsley

2 cucumber

1 serving zucchini or yellow squash

1 green pepper

2 red peppers

1 cauliflower

1 lb. broccoli

10 oz. mushrooms

4 yellow onions

4 carrots

1 celery

4 cups red potato

1 cube of firm tofu

7 servings of fruit

Bananas

Yellow or white nectarines ($1.47/lb.)

Yellow or white peaches ($2.49/lb.)

8 hotdog buns

2 packages bagels

15 oz. can chickpeas (garbanzo beans)

1 can Hormel Chili with Beans

2 cans of 6 oz. tomato paste

Lawry’s Spices & Seasonings Enchilada Sauce (or other brand)

White granulated sugar (4 lb.)

4 cups of Mexican-blend shredded cheese (or mix of shredded cheese like cheddar and Monterey Jack)

8 oz. shredded cheddar cheese

2 packages Aidells Smoked Sausage (chicken and apple, etc.), $5.19/pack

1 lb. ground turkey

12 pork spareribs, Fresh Pork Shoulder Country-Style Ribs ($1.49/lb.)

Eggs

6 oz. plain yogurt

Kefir (1 cup or 8 oz.)

Half and Half (1 cup or 8 oz.)

Milk (3 gallons)

Dove soap

Chlorox wipes

Lysol