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

1 small container of baby tomatoes

1 Italian parsley

10 oz. spinach

1 onion

2 Russet potatoes

8 carrots

1 jalapeno pepper

2 green pepper

2 red pepper

1 medium red onion

2 servings zucchini or yellow squash

1 lb. broccoli

6 bananas

Grapes ($1.67/lb.)

1 bagel

Vlasic dill pickles (if on sale)

40 oz. vegetable broth

2 14.5 oz. vegetable broth

2 cans whole kernel corn

14.5 oz. diced tomatoes

6 oz. tomato paste

12 oz package corkscrew pasta or extra-wide egg noodles

1 package lentils

Crisco pure vegetable oil (if on sale)

5 lb. flour

1 package white granulated sugar

14 oz. light coconut milk

4 packages Master Cut boneless, skinless chicken thighs ($1.99/lb.)

8 oz. shredded cheddar cheese

1 package sliced cheese

1 package cheese sticks

1 cup heavy cream

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

Milk (3 gallons)

Eggs

Sweet, salted butter

Cheerios ($1.49)

12 oz. MorningStar Farms Chipotle Black bean Crumbles

Frozen strawberries

Ice cream

Target

Dove soap

Lysol

Shampoo (Head and Shoulders Classic Clean, 2 in 1)

Toothpaste (Sensodyne, fast relief, rapid relief, green on the box)

Kotex Security Lightdays (Daily Liners, Extra-Coverage)