Plastic produce bags

1 Romaine lettuce

1 Swiss chard

1 Radicchio

3 carrots

9 or 10 oz. bag of spinach

1 lb. broccoli

1 Italian parsley (if looks good)

Strawberries (if looks good)

Red grapes (if looks good)

Bananas

4 servings of fruit

1 loaf of sliced bread

1 bag of bagels

Mayonnaise (if on sale)

2 cans of SPAM Lite or 25% less sodium

14.75 oz. canned salmon (small cans, not big one)

All-Purpose Flour

12-oz. evaporated milk

Low-sodium soy sauce

2 packages sliced cheese

Cheese sticks

2 packages 8 oz. shredded sharp cheddar cheese

Christian Brothers California Dry Sherry

Torani’s blueberry (or anything blue)

2 packages boneless, skinless chicken thighs ($2.88/lb.)

2 lbs. Atlantic salmon whole fillet ($6.99/lb.)

Mountain High Yogurt

1 carton of 18-count eggs

Half-and-Half

Frozen burritos

Hand soap

Glad Cling Wrap (if on sale)

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

Nitrile Gloves

Forti-Diet Nature’s Harvest Guinea Pig Food

Pet Food Express

Timothy Hay

Alfalfa Hay

**Ranch 99**

Strawberry lucky candies (in red package)

Coated peanuts

Peanut candy

Orange candy

Peach candy

Sesame candy