Plastic produce bags

1 romaine lettuce (or red leaf lettuce or green leaf lettuce)

1 celery

1 cucumber

1 bag spinach

2 green bell peppers

2 red peppers

1 lb. mushrooms

1 small head of broccoli

1 lb. broccoli

3 carrots

1 lb. baby carrots (or 1 lb. regular carrots if no baby carrots)

1 medium zucchini

2 servings zucchini or yellow squash

1/2 lb. green beans

1 yellow onion

1 1/2 lb. red potatoes

1 sweet potato

1 small container baby tomatoes

1 cube of firm tofu

Fruit (maybe 4 servings)

I don’t think we need more bananas, but get a few if you think we need more.

3 garlics (if look good)

1 bag of wheat dinner rolls

1 bag of bagels

16 oz. package lasagna noodles

1 package thin spaghetti

Ramen noodles

Calrose medium-grain rice

2 26-oz jars of pasta sauce (any flavor, but the 2 jars should be the same flavor)

1 jar of Alfredo sauce (any kind)

1 can 8 oz. tomato sauce, no added salt

1 can 14.5-oz. diced tomatoes

1 can whole kernel corn

1 can 15-oz. chickpeas

1 can 14-oz. coconut milk

Ginger Ale (small cans if on sale)

1 Hillshire Farm spicy sausage

15 oz. part-skim ricotta cheese

1 package shredded Parmesan cheese

1 package shredded mozzarella cheese

2 packages sliced cheese

2 packages boneless, skinless chicken thighs ($1.88/lb.)

3 containers of yogurt (blueberry, strawberry, cherry, peach, peach mango)

Milk (3 gallons of nonfat)

1 pint heavy cream

2 18-count eggs

1 package (12-oz.) frozen country-style vegetables (like before)

Gorton’s Fish Sticks ($3.99 each), enough for one dinner

Boca Burgers

Ice cream

Freezer bags (quart size)