6 oz. feta cheese

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

1 large or 2 small baby tomatoes

3 carrots

2 cucumbers

1 Italian parsley

2 green peppers

1 red pepper

1 jalapeno pepper

1 medium shallot

1 lb. asparagus

1 serving zucchini or yellow squash

2 packages of 10 oz. spinach

2 yellow onions

1 lb. broccoli

1 cauliflower

7 servings of fruit

2 bags of bagels

Mayonnaise (if on sale)

4 cans of chicken broth (Swanson, 33% less sodium)

8 oz. pasta sauce (any kind)

1 package lasagna noodles

Ramen noodles

Chips

Dry roasted peanuts, lightly salted (if on sale)

Sparkling water

1 pint part-skim ricotta cheese (not skim okay)

Cheese sticks

2 lbs. Angus Beef Chuck Roast Boneless ($3.99/lb.)

Swiss Miss hot chocolate (dark chocolate or rick chocolate)

Sweet, salted butter

Lysol

Target

Milk (3 gallons)

1 quart heavy cream

Eggs

8 oz. mozzarella cheese

Dove soap

Hand soap

Costco

Adult Vitamin C Gummies