1 small container of baby tomatoes

1 cucumber

1 Italian parsley

5 medium Granny Smith apples

1 iceberg lettuce

1 lb. broccoli

5 avocados (5 for $5)

4 servings fruit

Navel oranges ($1.39 per pound)

Green or red grapes ($2.99 per pound)

Honeycrisp apples ($1.99 per pound)

5 small lemons (5 for $1)

1 serving zucchini or yellow squash

1 large acorn squash ($1.49 per pound)

1 butternut squash ($1.49 per pound)

1 red onion ($1.29 per pound)

1 yellow onion

1 cauliflower

1 tomato

1 package firm tofu

1 package of bagels

1 loaf of sliced bread

Tartar Sauce with Dill

Grey Poupon Dijon Mustard

Mayonnaise (if on sale)

15 oz. can straw mushrooms

2 cans of whole kernel corn

2 cans of SPAM (low sodium or lite)

1 bag of Calrose medium-grain rice

Cheese sticks

Pork Spareribs ($1.59 per pound)

Boneless, skinless chicken thighs ($2.99 per pound)

1 package of Gorton’s fish sticks (2 for $9)

Boca Burgers

Target

$Freezer bags (gallon size)

$Freezer bags (quart size)

l'Oreal Preference, Number 3, Soft Black

1 cup chopped pecans (can get half or whole pecans)

1 pint heavy cream

2 gallons nonfat milk

1 gallon whole milk

Sweet, salted butter

2 can of 8-oz. tomato sauce (no salt added)

5 lb. all-purpose flour

1 bottles of Pure Vanilla Extract ($3.99 for 1 oz.)

$Dried basil

$Paprika

Costco

Toilet paper

Adult Vitamin C Gummies