**Lucky’s**

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

1 large or 2 small baby tomatoes

1 Italian parsley (or curly)

2 bunches of asparagus

7 servings of fruit (Cuties)

Bananas

1 apple

Celery ($0.99)

2 green peppers

3 red pepper

1 lb. bean sprouts

8 carrots

1 yellow onion

1 green onion

1 serving zucchini or yellow squash

1 bag sliced wheat bread

1 bag sliced sourdough bread

1 bag of bagels

1 Best Foods Mayonnaise

4 cans Snow’s clams, minced preferred (3/$5)

Ramen noodles

4 lbs. sugar ($2.29 each)

Cheese sticks

4 lbs. boneless leg of lamb ($5.99/lb.)

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

2 Boca Burgers

**Target**

Chips (7.99)

Sliced cheese

8 oz. shredded sharp cheddar

Eggs

Sweet, salted butter

2 lbs. ground pork (from Target)

3 gallons nonfat milk

12 oz. MorningStar Farms Chipotle Black Bean Crumbles (C19)

2 cans whole kernel corn (C23)

1 can beans (C23)

6 cans of Swanson chicken broth (33% less sodium) (C24)

28 oz. vegetable broth (C24)

2 cans water chestnut (C26)

10 oz. evaporated fat free milk (C27)