Plastic produce bags

1 Swiss chard

5 Carrots

1 Cucumber (if looks good)

1 Italian parsley (if looks really good)

Strawberries (get frozen if fresh doesn’t look good)

1 tomato

1 serving zucchini or yellow squash

1 lb. broccoli

1 red pepper

1 green pepper

4 large organic avocados (4/$5)

Red seedless grapes ($1.67/lb.)

7 servings of fruit: Bananas

Organic Honeycrisp Apples ($2.79/lb.)

Organic Bartlett Pears ($1.79/lb.)

Clementines (5 lbs./$6.99)

Sliced bread (larger sourdough)

2 packages bagels (one for Thomas)

1 can anchovies

1 can (small) tomato paste

Italian bread crumbs

1 can Campbell’s cream of mushroom soup (Healthy Request)

Lipton onion soup mix (if on sale)

Chips

3 packages sliced cheese (one for Thomas)

8 oz. shredded sharp cheddar cheese

3 packages chicken thighs (5 for $5)

2 packages chicken drumsticks (5 for $5)

4 lbs. Atlantic Salmon Whole Fillet ($7.99/lb.)

2 bags of 5-6 lbs. Pork Shoulder Butt Roast ($0.99/lb.)

3 lbs. Boneless Chuck Roast ($7.99/lb.)

1 gallon whole milk

18-count eggs

1 dozen eggs (for Thomas)

Sweet, salted butter

Neapolitan Ice Cream

Glad Cling Wrap (if on sale)

Forti-Diet Nature’s Harvest Guinea Pig Food

**Ranch 99**

Oyster sauce