7 Bananas

5 servings of fruit

Navel Oranges ($1.59/lb.)

3 yellow onions

3 carrots

1 cucumber

10 oz. mushrooms

4 cups red potatoes

5 medium avocados ($0.88 each)

2 red peppers

1 green pepper

1 lb. broccoli

2 broccoli (T)

2 zucchini (T)

2 tomatoes

15 oz. can chickpeas (garbanzo beans)

1 can whole kernel corn

32 oz. vegetable broth

1 package of Fajita seasoning

chips

Eggs (T)

Nonfat Milk (2 gallons)

1 gallon whole milk