Feta cheese

1 loaf of sliced bread

2 bags of bagels

8 sweet rolls

1 Napa cabbage

3 carrots

1 green onion

1/4 lb. mushrooms

5 yellow onions

2 lbs. zucchini

1 lb. broccoli

1 pint grape tomatoes

6 medium shallots

1 apple plus 2 cups Granny Smith Apples

5 bananas

7 servings fruit: Yellow peaches ($2.99/lb.)

16 oil-cured black olives, pitted and chopped

4 cans SPAM Lite or 25% less sodium

2 cans chicken broth (Swanson, 33% less sodium)

2 cans cream of chicken soup (Healthy Request)

Small bags of chips

8 oz. shredded sharp cheddar cheese

Sliced provolone cheese for 8 sandwiches

Sliced mozzarella cheese for 8 sandwiches

2 packages sliced cheese, any kind

1/2 lb. sliced salami

1/2 lb. sliced ham

4 slices bacon

1 lb. ground pork

2 packages chicken thighs (5 for $5)

1 package chicken drumsticks (5 for $5)

2 packages ground turkey (5 for $5)

Oat Bran Hot Cereal

2 gallons nonfat milk

18-count eggs

Sweet, salted butter

1 quart half-and-half

Baby shampoo (small bottle)

Dove soap

Toilet paper