TARGET

Plastic produce bags

14 oz. coconut milk (C27)

All-Purpose Flour (C27)

White sugar (C27)

10 corn tortillas (medium) (C26)

14.5 oz. diced tomatoes (C25)

1 can (6 oz.) tomato paste (C25)

2 cans cream of chicken soup (Campbell’s, Healthy Request) (C24)

15 oz. can chickpeas (C23)

4 Beyond Meat Burgers ($4.99 each) (C13)

2 packs of sliced cheese

4 cups shredded Mexican blend mix (or 8 oz. Cheddar and 8 oz. Monterey Jack)

8 oz. shredded Cheddar cheese

8 oz. Mozzarella cheese

3 gallons nonfat milk

18-count eggs

Butter

Bananas

detergent

Toothpaste (Sensodyne, fresh mint, not rapid relief, green on the box) (B27)

LUCKY

1 Romaine lettuce (or Red leaf lettuce or Green leaf lettuce)

1 Cucumber

1 Italian parsley

1 green onion

3 lbs. broccoli

1 package spinach

2 servings of zucchini or yellow squash

5 extra-large avocados (5/$5), if look good

3 yellow onions

2 bunches asparagus ($3.99/lb.)

1 cauliflower

4 lbs. sweet potatoes plus 1 sweet potato ($1.29/lb.)

7 servings fruit

Vlasic dill pickles (if on sale)

2 bags of bagels

2 cans (8 oz.) tomato sauce, no added salt

Calrose Medium-Grain Rice

1 package of Lawry’s Spices & Seasonings Enchilada Sauce (or any other brand

Dry Roasted Peanuts, Lightly Salted

Christian Brothers California Dry Sherry (or Fairbanks)

2 lbs. ground turkey (2/$5)

4 lbs. boneless pork loin roast ($1.99/lb.)

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

3 cups frozen mixed vegetables (Country style with carrots, corn, and beans), around 20 oz.