TARGET

Decaf black tea (C31)

Baking soda (Arm & Hammer) (C27)

Large container parmesan cheese (grated) (C25)

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

2 cartons (32-oz) chicken broth (Swanson, 33% less sodium)

2 cans cream of chicken soup (healthy)

1 can chili

2 cans SPAM Lite or 25% less sodium

2 cans of whole kernel corn (C23)

2 packages of sliced cheese

7-8 oz. higher quality parmesan cheese

18-count eggs

3 gallons nonfat milk

Bananas

Small bags of chips

LUCKY

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

1 small container of baby tomatoes

1 celery

1 cucumber

1 Italian parsley

5 apples (Fuji or Honey Crisp)

4 lbs. sweet potatoes ($0.99/lb.)

2 bunches of asparagus ($1.99/lb.)

1 lb. green beans ($1.99/lb.)

1 red pepper

1 green pepper

1 yellow onion

pineapple

7 servings of fruit

Navel oranges ($1.29/lb.)

Red seedless grapes ($2.99/lb.)

Driscoll’s Strawberries ($1.99 each)

1 bag of bagels

8 hotdog buns

Vlasic dill pickles (if on sale)

1 lb. dried split peas

Rice, medium grain, Calrose

Vitamin water

Cheese sticks

8-10 sausages

5-6 lbs. leg of lamb ($4.99/lb.)

1 Ham, choice in this order

Cook’s Ham Butt Portion ($0.99/lb.)

Cook’s Ham Shank Portion ($0.88/lb.)

Cook’s Hickory Smoked Spiral Sliced Half Ham ($1.45/lb.)

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

Martinelli’s Apple Cider (2/$5)

Regular black tea

Decaffeinated black tea

3 cups frozen mixed vegetables (country-style with corn, carrots, and beans), about 20 oz.

Boca burger