Crisco pure vegetable oil (if on sale) (C27)

Star Extra Virgin Olive Oil (if on sale) (C27?)

All-Purpose Flour (C27)

1 can refried beans (C26)

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

1 can (14.5-oz.) diced tomatoes (C25)

1 carton chicken broth, Swanson, 33% less sodium (C24)

1 can whole kernel corn (C23)

4 cups shredded Mexican blend cheese (or 2 cups cheddar and 2 cups Monterey Jack)

1 package sliced cheese

1 lb. ground turkey

18-count eggs

8 oz. sour cream

Frozen strawberries (Lucky 90oz-$10)

Bananas

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

1 small container of baby tomatoes

1 celery

1 cucumber

1 Italian parsley

2 lbs. broccoli, separated

2 servings of zucchini or yellow squash

1 lb. zucchini

1 red pepper

1 green pepper

1 jalapeño pepper

2 garlic (if looks good)

5 Fuji apples ($0.77/lb.)

Extra Large Haas Avocados (4/$5)

6 servings of fruit

Navel oranges ($0.77/lb.)

Best Foods Mayonnaise (if on sale)

Vlasic dill pickles (if on sale)

1 can (8 oz.) tomato sauce, no salt added

1 can (14 oz.) coconut milk

Rice, medium grain, Calrose

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

Coke Cola

Cheese sticks

2 lbs. Atlantic salmon whole fillet ($6.99/lb.)

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

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

Biobags