Plastic produce bags

Romaine lettuce

Celery

3 cucumbers

Baby tomatoes (Safeway $2)

1 bunch of Italian parsley

10 oz. mushrooms

3 carrots

5 Zucchini

5 Yellow squash

4 yellow onions

1 lb. broccoli

1 green pepper

1 red pepper

1 cauliflower

1 tomato

4 cups red potato

Bananas (4)

Tangerines

Peaches or nectarines (Safeway $2.49/lb)

2 packages of firm tofu

1 loaf sliced bread

1-2 sleeves bagels

Two can 15 oz. chickpeas (garbanzo beans)

6 oz. tomato paste

2 cans low-sodium SPAM

2 cans 6.5-oz. minced clams

1 lb. linguine or thin spaghetti (regular spaghetti is okay if nothing else)

8 oz. mozzarella cheese

1-2 packages sliced cheese (if price is good)

1 package sliced sandwich meats (black forest, honey ham, or smoked ham)

Cheese sticks

Chicken Thighs (Safeway $1.29/lb)

Milk (3 gallons)

Eggs

6 oz. plain yogurt

Ice cream

Chlorox wipes

Lysol

Clear Scotch tape

Reach floss (mint waxed)

Emergen-C