Romaine lettuce or other lettuce (1)

Baby tomatoes

Celery (1)

Carrots (4)

Cucumbers (3)

Italian parsley (1)

1 1/4 lb. broccoli

1 cauliflower

6 zucchini or yellow squash

1 red pepper

1 package bean sprouts

1 bunch green onions

1 package firm tofu

7 servings fruit of some kind (bananas, peaches, tangerines, etc.)

Ketchup

Sliced bread (1)

Bagels (1)

8 oz. corkscrew pasta (egg noodles fine)

1 can whole kernel corn

8 oz. tomato sauce

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

1 can cream of mushroom

12 oz. canned tuna

1 package of long-grain rice

1 package sliced cheese

2 packages of sliced sandwich meats (honey ham, black forest ham, and smoked ham)

Cheese sticks

1 package 8 oz. shredded mozzarella cheese

1 package Parmesan cheese

Ginger ale

Coka-Cola

3 lbs. boneless, skinless chicken thighs

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

Milk (3 gallons)

Eggs

Sweet, salted butter

Vegi burgers

Chlorox wipes

Lysol

Toilet paper

Emergen-C