2 lbs. broccoli (separated)

1 lb. green beans

2 servings zucchini or yellow squash

1 red pepper

1 yellow onion

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

1 large or 2 small containers of baby tomatoes

1 celery

2 carrots

1 cucumber

1 Italian parsley (or curly parsley if looks good)

7 servings of fruit

Bananas

Red or green seedless grapes ($1.47/lb.)

Yellow peaches ($1.37/lb.)

White peaches ($2.99/lb.)

Strawberries ($3.50/lb.)

Rice (Calrose, medium grain)

Ramen noodles

1 bag bagels

8 sausages

2 lbs. steelhead trout fillet

1 lb. Pacific true cod fillet

1 lb. Tilapia

3 pork loin, marinated (5 for $5)

1 package chicken thighs (5 for $5)

1 package chicken drumsticks (5 for $5)

yokult

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

====================================================

Plastic produce bags

Garlic powder (C25)

1 can chili with beans (C24)

1 can whole kernel corn (C23)

2 packages sliced cheese

1 carton 18-count eggs

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

Shampoo (Head and Shoulders Classic Clean, 2 in 1), if on sale