Plastic produce bags

English Muffins

Romaine lettuce

2 red peppers

1 green pepper

1 package bean sprouts

1 green onion

2 packages 10 oz. spinach

1 iceberg lettuce

4 onions

1 cauliflower

1 tomato

1 package Porcini mushrooms (or 1/2 lb. mushrooms)

2 lbs. small Yukon Gold potatoes

1 serving zucchini or yellow squash

12 oz. strawberries (at least)

1 can whole corn kernel

1 can of cream of chicken, healthy request

6 oz. tomato paste

8 oz. pasta sauce (any kind)

1 package lasagna noodles

Chips

Coke Cola

7-Up

4 pork chops, boneless

2 1/2 to 3 lbs. boneless beef chuck-eye roast

Sliced cheese

3 packages 8 oz. shredded sharp cheddar cheese

8 oz. ricotta cheese

8 oz. mozzarella cheese

Cheese sticks

Canadian bacon

8 oz. sour cream

1 pint half-and-half

1 quart whole milk

Eggs

Orange juice (no pulp)

Veggie burgers

Ice cream

Coffee, cold brewed or strong (16 oz.)

Swiss Miss Hot Chocolate (dark chocolate or rich chocolate)

6 tsp Matcha Powder (at least)

Chlorox wipes

Lysol

Toothpaste (Sensodyne, rapid relief, extra fresh)

Reach floss (mint waxed)

Dark soy sauce