1 large or 2 small containers of baby tomatoes

1 celery

2 carrots

1 cucumbers

1 Italian parsley

5 medium avocados (5/$5)

Organic Driscoll’s strawberries (buy 1 get one free), if looks good

3 servings zucchini or yellow squash

2 lbs. broccoli, separated

1 lb. green beans

1 lb. russet potatoes (if get the Beyond Meat ground “meat”)

1 tomato (if get the Beyond Meat ground “meat”)

Vlasic dill pickles

1 15-oz. can or 2 8-oz. cans tomato sauce, no salt added

Sparkling ice

Cheese sticks

2 lbs. fresh Pacific Rock Cod Fillet ($6.99/lb.)

Laundry detergent

White sugar (C27)

Garlic powder (dried spices section) (C25)

12 oz. extra-wide egg noodles (C25)

2 cans chicken broth (Swanson, 33% less sodium) (C24)

32-oz. chicken broth (Swanson, 33% less sodium) (C24)

1 can cream-style corn (C23)

2 packages of sliced cheese

8 oz. cream cheese

8 oz. shredded sharp cheddar cheese

2 18-count eggs

Sweet, salted butter

16 oz. sour cream

Whole milk

1 lb. Beyond Meat ground “meat” or Pork Loin Fillet (Teriyaki or other flavor)

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