Plastic produce bags

1 Romaine lettuce (or other lettuce)

1 large container or 2 small containers of baby tomatoes ($2.50)

2 Carrots

1 Cucumber

1 Italian parsley

1 package spinach

1 red pepper

1 green pepper

1 serving of zucchini and/or yellow squash

1 lb. bean sprouts

1 1/4 lb. broccoli

3 large lemons, 4 medium lemons, or 5 small lemons

1 1/2 lbs. Russet potatoes

Fruit (4 servings), grapes are $2.99/lb

Sliced bread

Bagels

2 cans whole kernel corn

2 cans cling peaches

Lipton onion soup mix

16 oz. elbow macaroni

Argo 100% Pure Corn Starch

Chips

Low-sodium peanuts ($3)

Coke Cola (if on sale)

Ginger Ale (if on sale)

2 packages 8-oz. shredded sharp cheddar

Cheese sticks

2 packages boneless, skinless chicken thighs ($1.99/lb.)

Milk (3 gallons)

Eggs

Sherbet or ice cream

Clear Scotch tape

Toothpaste (Sensodyne)