Lettuce (Romaine preferred, but red leaf and green leaf are alright, 1 big or 2 small)

1 package baby tomatoes

3 carrots

1 cucumber

1 Italian parsley

10 oz. spinach

1 red onion

1 yellow onion

2 Russet potatoes

1 jalapeno pepper

1 green pepper

1 red pepper

1 serving zucchini or yellow squash

2 packages extra-firm tofu

7 servings of fruit (grapes, peaches, nectarines, and strawberries are on sale)

1 package of bagels

2 packages chips ($6.99/pack)

40 oz. vegetable broth

2 cups dry red lentils

14.5 oz. diced tomatoes

6 oz. can tomato paste

14 oz. can crushed tomatoes

14 oz. light coconut milk (or regular)

Fleischmann’s Active Dry Yeast (4 oz.) if available

1 package sliced cheese

1 package sliced sandwich meats (black forest ham, honey ham, etc.)

Cheese sticks

1 package Foster Farms Chicken Thighs ($1.79/lb.)

If no chicken thighs, get chicken drumsticks and 8 oz. sour cream.

If no chicken drumsticks, get chicken leg quarter and 8 oz. sour cream.

1-2 lbs. boneless pork sirloin chops (or loin)

8 oz. plain yogurt

Milk (3 gallons)

1 cup heavy cream

Eggs

1 package sweet, salted butter

Red Rose Original Full-Flavored Black Tea

Dove soap

Chlorox wipes

Lysol

Kotex Security Lightdays (Daily Liners, Extra-Coverage), coupon