Romaine lettuce (or red leaf lettuce or green leaf lettuce)

1 Celery

2 Carrots

1 Cucumber

1 green pepper

4 medium avocados (4/$5)

1 cube tofu (firm)

2 servings zucchini or yellow squash

1 lb. zucchini

1 cauliflower

1 lb. broccoli

1 tomato

12 pieces of fruit

Bananas

White peaches ($2.79/lb.)

Grapes ($2.99/lb.)

Cherries ($1.87/lb.)

1 bag bagels

Mayonnaise (if on sale)

2 SPAM Lite or 25% less sodium

Cheese sticks

Frozen vegetables (country style with carrots, corn, and beans), about 20 oz.

Tater Tots or something like that

**Target**

Pot saver

Forti-Diet Nature’s Harvest Guinea Pig Food

Plastic produce bags

Strawberries

Baking powder (Clabber Girl) (C27)

1 can Campbell’s cream of chicken soup (Healthy Request) (C24)

1 can whole kernel corn (C23)

2 packages sliced cheese

18-count eggs

Protein bar

Qtips

Aim toothpaste

**Costco**

Milk (4 gallons nonfat)

Adult Vitamin C Gummies

**Pet Food Express**

Carefresh

**Ranch 99**

Light soy sauce (Kimlan Sang Chau Soy Sauce)

Lee Kum Kee Premium Oyster Sauce

Sriracha sauce

Koon Chun Bean sauce

Wrappers for potstickers

Wrappers for wontons

Strawberry Mango Pudding from Asian market