Plastic produce bags

Romaine lettuce (or other lettuce, enough to last 1 week)

Baby tomatoes (2 small containers or 1 big container)

Italian parsley

1 iceberg lettuce

1 cauliflower

1 tomato

1 green onion

2 green pepper

3 red peppers

1 cucumber

8 carrots

1 serving zucchini or yellow squash

Fruit for 1 week

Strawberries (buy 1 get 1 free)

Bananas

Peaches (white or yellow)

Nectarines

Tangerines

Oranges

French bread

1 package of bagels

Mayonnaise (Best Foods)

2 cans vegetable broth (or one 32 oz. carton)

5 cans whole kernel corn

1 can beans

1 can cream of chicken soup (Healthy Request)

15 oz. can of tomato sauce, no salt added (or 2 8-oz. cans)

2 cans 6 oz. tomato paste

12 oz. extra-wide egg noodles

Ramen noodles

Light brown (also called golden brown) sugar

12 oz. can evaporated fat free milk (regular is also fine)

1 package Lawry’s Spices and Seasonings Enchilada Sauce (or other brand)

Dried Italian bread crumbs

1 package sliced cheese

8 oz. cream cheese

8 oz. shredded sharp cheddar cheese

4 cups Mexican cheese blend (this is two 8-oz. packages; if can’t find this, you can get 1 package of 8 oz. shredded sharp cheddar cheese and 1 package of 8 oz. shredded Monterey Jack)

1 package chicken thighs with bones ($0.99/lb.)

2 lbs. ground turkey ($5.99/lb. or $2.66/lb.)

6 yogurts (blueberry, strawberry, cherry, peach, peach mango)

Milk (3 gallons)

Eggs

8 oz. sour cream

1 package sweet, salted butter

1 can of pineapple rings

12 oz. MorningStar Farms Chipotle Black Bean Crumbles

Ice cream (any kind but not just vanilla)

Toilet paper

**Ranch 99**

Boba balls (black preferred, but colorful okay)

Ramen

1 jar of bamboo

Seaweed seasoning