1 romaine lettuce (or red leaf lettuce or green leaf lettuce)

1 Celery

1 Cucumber

Strawberries

1/2 lb. mushrooms

Flavor Gator Mottled, Gold Rush Green, and/or King Kong Black Plumcots ($1.49/lb.)

1 lb. zucchini

2 servings zucchini or yellow squash

1 lb. broccoli

1 yellow onion

1 red pepper

1 green pepper

1 cube of firm tofu

2 cans yellow corn

1 can cream of mushroom soup with roasted garlic

SPAM Lite or 25% less sodium (if on sale)

1 cup unsweetened coconut milk

All-purpose flour (unbleached is okay)

Small bags of chips

5 Pork loin fillets (5 for $5)

Impossible Burger Brick ($6.99)

Milk (3 gallons)

18-count eggs

Sweet, salted butter

Chlorox wipes

Shampoo (Head and Shoulders Classic Clean, 2 in 1), if on sale

Refresh Plus, Lubricant Eye Drops, preservative-free, moisturizing relief, 30 single-use containers, 0.01 fl oz (0.4 ml) each, sterile

Advil (200 mg, caplets preferred but round okay)

Carefresh