1 large or 2 small romaine lettuce (or red leaf lettuce or green leaf lettuce)

2 small or 1 large container of baby tomatoes

1 cucumber

1 Italian parsley

1 lb. broccoli

1 serving of zucchini

2 servings zucchini, yellow squash, or other type of squash

1 iceberg lettuce

1 celery

2 red pepper

1 green pepper

1 green onion

1 lb. bean sprouts

1 yellow onion

Fruit (7 servings)

2 bagels

4 cans low-sodium Swanson’s chicken broth

Lipton dry onion soup mix

2 cans low-sodium SPAM

1 can bamboo shoots, sliced

3 cans of whole kernel corn

Kikkoman Soy Sauce

Chips

Ginger Ale

2 packages sliced cheese

1 package sliced sandwich meats (black forest ham or honey ham)

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

1 Boneless Pork Loin Roast (10 lbs./$10)

5 for $5:

Chicken thighs (3)

Chicken drumsticks (1)

1 lb. ground turkey

4 yogurt (blueberry, strawberry, cherry, peach, peach mango)

Milk (3 gallons)

Whole milk (1/2 gallon)

18 or 2 dozen eggs

2 8 oz. sour cream

2 bottles of Martinelli’s drink (grape, cranberry, etc.)

Frozen strawberries

Ice cream

Lysol

Toilet paper

Timothy Hay

Alfalfa Hay

Black boba pearls