Plastic produce bags

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

1 large container or 2 small containers of baby tomatoes

2 Carrots

2 Cucumbers

1 Italian parsley

2 red peppers

1 green pepper

2 yellow onions

2 white onions

4 medium russet potatoes (or 2 large potatoes)

1 1/4 lb. broccoli

Watermelon, $3.99 each

7 servings of fruit

1 small loaf of rye bread

2 packages of bagels

Vlasic dill pickles (if on sale)

3 8-oz. cans tomato sauce (no salt)

1 can 8-oz. diced tomato

1 6-oz. can tomato paste

2 28oz. can of whole peeled tomatoes (56 oz. total, preferably Italian San Marzano tomatoes)

Crisco pure vegetable oil (if on sale)

Crisco all-vegetable shortening

Rice (Calrose, medium grain)

Light brown (or golden brown) sugar

1 packet Italian dressing seasoning

8 sausage buns

8 hamburger buns

1 package of gummy worms

1 bottle of blue Gatorade

1 bottle of Ocean Spray cranberry juice

1 bottle of dark grape juice

1 small container of plain cream cheese

1 small package of smoked salmon or lox, whatever is cheaper

8 or 10 sausages

1 package chicken thighs (or drumsticks or leg quarters), $0.97/lb.

2 lbs. top round beef or beef chuck roast or beef stew cubes

Milk (3 gallons)

1 pint heavy cream

Eggs

Sweet, salted butter

1 small package whole frozen strawberries

Ice cream

Reach floss (mint waxed)

Lysol

Toothpaste (Sensodyne, fast relief, rapid relief, green on the box)

Barbasol Thick and Rich Shaving Cream for Sensitive Cream

1 disposable Gillette razor