

PRODUCE		
		Carrots, 1 lb. bag / Baby
		Broccoli crowns / Beets, bunch
		Green Pepper
		Red pepper
		Mushrooms, brown, med
		Bananas Grapes o Nectarin Melon Pear Kiwi
		Cauliflower / Brussels sprouts, small, 11
		Potatoes, gold o / Yams, red n
		Zucchini, 1 / Butternut squash / Cabbage
		Red leaf lettuce / Spinach / Kale / Chard
		Garlic / Brown onion / Red onion all n
		Avocado n / Green beans
		Dried blueberries / Dried apricots / Dr cherries
		Celery o / Cucumber o / Raisins
		Tofu, xtra-firm; not sprouted
MEAT		
		Chicken breasts, boneless, skinless tenders
		Ground sirloin, 7% fat (1.13-1.2 lb) or Turkey
		Pepperoni, low fat, sliced / Sausage
		London broil, for stew
		Pork tenderloin, Farmer John
		Deli sliced turkey or grilled chicken breast
DAIRY		
		Eggs, Large, 1 doz.
		Provolone, smoked or sharp
		Cheddar cheese, sharp 2%, Lucerne
		Moz cheese, part-skim, Lucerne
		Mozzarella, part skim, 2 lb.
		Parmesan/Rom blend / Italian cheeses blend
		Milk, fat free, 1/2 gal
		Yogurt, plain, fat free, Mountain High or Greek
		Ricotta cheese, low fat, 16 oz.
		Butter, unsalted, 4 cubes
		Gouda, smoked / Brie / Feta / Gorgonzola
		Orange juice, high pulp, Simply Orange
		V-8 juice, low sodium / Pomegranate juice
		Lime juice / Lemon juice
BEVERAGES		
		La Croix Mango
		Coke, diet / Dr. Pepper, diet
		Orange soda, diet, Safeway Refreshe
		Red wine (Cab, Malbec, blend)
		White wine (PG: Josh, Maddalena, Cupcake)
		Beer (Heineken or Sierra Nevada or Modela)
		Coffee beans / Coffee filters, cone
		Vodka / Rum (light, gold, dark)
		Tequila / Gin / Whiskey
		Amaretto / Kahalua / Triple Sec / Ruby Port
PASTA		
		Brown rice, 1 lb. bag / Barley / Quinoa
		Polenta, corn grits / Couscous / Orzo
		Whole wheat Rotini /Macaroni /Lasagna/Farfal
MISC		
		Light bulbs
		Kleenex
		Toothpaste, Pro Health Crest (whitening)
		Aluminum foil / Plastic wrap
		Freezer bags, 1 qt.size / 1 gal. size
		Napkins, white
		Sandwich bags, fold n close, 300 ct
		Smokehouse almonds, blue diamond
		Humus, Organics, Trad or Garlic / Salsa
		Oreos / Nutella

CLEANING		
		Toilet bowl cleaner
		Toilet paper, 2-ply, double rolls, Safeway Strongest
		TP, 3-ply, double rolls, Quilted Northern Ultra plush
		Dishwasher powder, Cascade Complete / Rinse aid
		Paper towels, select-a-size, Bounty, 2
		Tide, liquid, color/frag free
		Joy dish soap, Ultra
		Rubber gloves, large, 2-pk, Mr. Clean
BREAD & CEREAL		
		Boboli bread shell, thin
		Bread, Oroweat 12 grain or whole wheat
		Bread, LaBrea, multi-grain / English muffins
		Flour tortillas, soft taco, 10 ct, Mission or Corn
		Shredded wheat 'n bran bites only
		Kashi Go Rise / Cheerios 9 oz.
		Pita bread / Naan / Everything cracker / Triscut
		Chips, Tostitos: trad cantina style low salt
		Pretzels (mini unsalted) / Sweet potato chips Late July
		Oatmeal, Quaker
CANNED GOODS		
		Roasted red peppers / Artichoke hearts, marinated
		Olives: Queen stuffed w/pimiento / Black lg pitted
		Tomato paste, plain / Tomato sauce, no salt
		Diced tomatoes, no salt / Stewed tom no salt
		Enchilada sauce, Las Palmas / Diced roasted chilis
		Beans, no salt: Kidney / Garbanzos / Black
		Chicken broth, low salt / Beef broth, low salt (can)
		Ketchup / Mayonaise/ BBQ sauce, hickory smo
		Peanut butter, Skippy natural creamy / Mustard
		Peaches, in juice / Pears in juice / Applesauce no sug
		Pesto, Classico / Sundried tomato / Olive tapenade
		Sweetened condensed milk, fat free, Eagle Borden
		Tuna fish, white, solid / Salmon, pink
		Red wine vinegar / Balsamic
OTHER		
		Matchbooks, 1 box
		Glucosamine 500mg / Chondroitin 400mg
		Aspirin 81 mg / Acetaminophen / Ibuprofen
		Shampoo / Body wash
		Deodorant, Sure Original, regular
		B&L BioTrue soft lens solution 2-4 oz.
		B&L (Boston) conditioning solution for gas perm
		Non-drowsy allergy (Loratadine 10 mg)
		Allergy tablets (diphenhydramine), 100 ct.
		Antacid chew tablets / Beano / Omeprazole
		Gas relief tablets/capsules (Simethicone 125 mg)
		Lactaid (Safeway Dairy Relief) caplets
		Walnuts / Almonds / Peanuts / Macadamia
		White sugar, 4 lb / Brown sugar, lite / Powder sug
		Herbs: med oregano / basil / de provence / chili flakes
BAKING & SPICES		
		Chocolate Chips, Nestles semi-sweet / Dark chocol
		Flour, white or wheat, 5 lb (check bag for tears)
		Baking chocolate bar / Semi-sweet bar / Brownie mx
		Tabasco sauce / red pepper flakes / Cholula sauce
		Oil (Olive EV / Canola) / Crisco, sm can
FROZEN		
		Chopped Spinach
		Green Beans, whole
		Peas, PE / Mixed vegetables
		Corn, Pantry Essentials
		Blueberries, wild
		Ice cream / Sorbet
		Raviolis, fresh Bertoli or Rana
		Tilapia filets