

STAY

...the best way to stay healthy is to eat a diet rich in fruits and vegetables. These foods are packed with antioxidants and other nutrients that help protect your cells from damage. Regular exercise is also important for maintaining a healthy weight and reducing the risk of chronic diseases. Don't forget to get enough sleep and manage your stress levels. These simple steps can make a big difference in your overall health and well-being.

Item	Quantity	Price
Apples	1 lb	\$1.99
Bananas	1 lb	\$1.49
Carrots	1 lb	\$0.99
Celery	1 lb	\$0.79
Corn	1 lb	\$0.89
Cucumbers	1 lb	\$1.29
Eggs	1 doz	\$2.99
Garlic	1 lb	\$1.49
Green Beans	1 lb	\$1.19
Lettuce	1 head	\$1.99
Onions	1 lb	\$0.89
Potatoes	1 lb	\$0.99
Spinach	1 lb	\$1.49
Tomatoes	1 lb	\$1.29
Zucchini	1 lb	\$1.19

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