



# GROCERY SHOPPING LIST

## Meal Ideas

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② \_\_\_\_\_

③ \_\_\_\_\_

④ \_\_\_\_\_

⑤ \_\_\_\_\_

⑥ \_\_\_\_\_

## Fruits/Vegetables

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## Dairy

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## Meat/Protein

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## Frozen Food

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## Fats

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## Canned Items

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## Carbs/Starches

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## Other

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