

Grocery List

PRODUCE

- APPLES
- BANANAS
- BERRIES
- CITRUS
- GRAPES
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- BROCCOLI
- CARROTS
- CAULIFLOWER
- CUCUMBERS
- LETTUCE/GREENS
- ONIONS
- PEPPERS
- POTATOES
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PROTEIN

- CHICKEN
- FISH
- BEEF
- PORK
- TOFU

DELI

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-
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DAIRY/ALT

- MILK
- BUTTER/GHEE
- EGGS
- CHEESE
- CREAM CHEESE
- YOGURT
-
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BREAD/GRAINS

- BREAD
- BAGELS/MUFFINS
- TORTILLAS
- CEREAL
- OATMEAL/GRANOLA
- PASTA
- RICE/QUINOA
-
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SNACKS

- CHIPS
- POPCORN
- CRACKERS
- SNACK BARS
- NUTS
- COOKIES
- FRUIT SNACKS
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FROZEN

- MEALS
- PIZZA
- FRUIT/VEGGIES
- ICE CREAM
- WAFFLES
-
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CANNED GOODS

- BEANS
- SOUP/BROTH
- TOMATO SAUCE
- TUNA
- VEGGIES
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CONDIMENTS

- NUT BUTTERS
- JELLY/JAM
- TOMATO SAUCE
- MAYO
- KETCHUP
- MUSTARD
- OLIVE OIL
- VINEGAR
- SALAD DRESSING
- BBQ SAUCE
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BAKING/SPICES

- FLOUR
- SUGAR
- SALT
- VANILLA
- CAKE MIX
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HOME

- LAUNDRY DETERGENT
- BLEACH/ALT
- DRYER SHEETS
- DISH SOAP
- DISH PODS
- HAND SOAP
- CLEANING SPRAY
- SPONGES
- BATTERIES
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TOILETRIES

- SHAMPOO
- CONDITIONER
- BODY WASH
- RAZORS
- TOOTHPASTE
- DEODERANT
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