My Shopping List

✔	Dairy	✔	Grains	✔	Fruit Fresh/Frozen
☐		☐		☐	
☐		☐		☐	
☐		☐		☐	
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☐		☐		☐	
☐		☐		☐	

✔	Meats and Beans	✔	Vegetables Fresh/Frozen	✔	Snack Foods
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✔	Staples/Condiments			✔	Miscellaneous
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☐		☐		☐	
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☐		☐		☐	

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