



*grocery list*  
WEEKS 1, 3, & 5

**Produce**

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**Breads/Grains**

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**Meats/Proteins**

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**Dairy**

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**Condiments**

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**Canned Goods**

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**Beverages**

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**Frozen Foods**

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**Baking/Spices**

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**Snacks**

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**Other**

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