

# meal plan & shopping list

*so you don't freak out in the store*

<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
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**PRODUCE & DAIRY**

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**MEAT & SEAFOOD**

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**CEREAL & BREAKFAST**

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**PASTA & RICE**

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**BREAD**

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**FROZEN FOODS**

**OTHER**