



# ESSENTIAL GROCERY LIST



## Fruits & Vegetables

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## Meat, Poultry & Seafood

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## Dairy & Eggs

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## Bakery & Breads

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## Pantry & Dry Goods

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## Spices, Oils & Condiments

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## Frozen Foods

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## Drinks & Beverages

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## Household Supplies

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## Personal Care

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## Baby Items

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## Pets

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## Other / Miscellaneous

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# GROCERY LIST



## FRUIT & VEGETABLES

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## PANTRY

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## MEAT & SEAFOOD

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## DAIRY

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## BAKING & SPICE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## PERSONAL CARE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



## DAIRY

[illegible]

## BREAD/CEREAL

[illegible]

## OTHERS



# Grocery List Planner

MEAT



BAKERY



DAIRY



VEGETABLES



FROZEN



FISH



DRY GOODS



SNACK



DRY GOODS



PRODUCE

