



# my grocery list



**Meat**

- Beef
- Chicken
- Ham
- Salmon
- Shrimp
- Turkey

**Vegetables**

- Asparagus
- Artichokes
- Bell Peppers
- Brussels Sprouts
- Cauliflower
- Corn
- Cucumbers
- Eggplant
- Kale
- Leeks
- Mushrooms
- Onions
- Peas
- Spinach
- Sweet Potatoes
- Tomatoes
- Zucchini

**Fruits**

- Apples
- Bananas
- Berries
- Grapes
- Oranges
- Pineapples
- Pomegranates
- Watermelons

**Grains**

- Quinoa
- Whole Grain Bread
- Rice
- Spaghetti
- Tortillas

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**Condiments & Sauces**

- BBQ Sauce
- Balsamic Vinegar
- Butter
- Flour
- Honey
- Mayonnaise
- Olive Oil
- Soy Sauce
- Vinegar
- Yogurt

**Spices & Herbs**

- Cumin
- Garlic
- Herbs
- Onion Powder
- Paprika
- Pepper
- Salt

**Other**

- Almonds
- Apples
- Avocados
- Bananas
- Beans
- Berries
- Bread
- Butter
- Cheese
- Corn
- Cucumbers
- Eggs
- Flour
- Fruits
- Grains
- Herbs
- Lentils
- Milk
- Mushrooms
- Nuts
- Oils
- Onions
- Peas
- Peppers
- Pineapples
- Pomegranates
- Salmon
- Shrimp
- Soy Sauce
- Sweet Potatoes
- Tea
- Tomatoes
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- Vegetables
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