

# GROCCERY *{list}*

## BREAD & GRAINS

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## PRODUCE

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## MEAT & SEAFOOD

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## DAIRY & EGGS

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## CANNED GOODS

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## FROZEN GOODS

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## BAKING

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## HOUSEHOLD

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## PERSONAL

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*"We all eat and it would be a sad waste of opportunity to eat badly."*

*-Anna Thomas*