grocery shopping list

need to buy
all bought

fru	ıit notes
	apples
	bananas
	blueberries
	raspberries
	strawberries
	cherries
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vegetables	notes
carrots	110103
green capsicum	
red capsicum	
tomatoes	
eggplant	
asparagus	
avocado	
carisma potato	
broccoli	
cauliflower	
corn	
sweet potato	
pumpkin	
spinach	
mushrooms	
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seafood		notes	
seafood salmo		notes	
		notes	

meat	notes
chicken	
beef	
lamb	

da	iry & soy notes
	eggs
	milk
	yogurt
	cream cheese

de	deli meat notes	
	ham	
	bacon	

ch	eese notes
	tasty
	feta
	haloumi

110103
helga's low carb 5 seeds

grain	S	notes
oa	ts	
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sa	sauces &		
CO	ondiments notes		
	vinegar		
	olive oil		
	balsamic vinegar		
	red wine vinegar		
	worceshire sauce		
	blue cheese sauce		
	tomato chutney		
	burger relish		
	tomato & cracked pepper		
	caramelised onion		
	tomato sauce		
	rib sauce		
	mustard pickle		

canned & notes		
chickpeas		
honey		
maple syrup		
raspberry jam		
strawberry jam		
treacle		
vegemite		
peanut butter		

sn	acks notes
	walnuts
	pistachios
	pine nuts
	almonds
	flax seed
	sesame seed

drinks notes		
	softdrink	
	cordial	
	alcohol	

frozen notes		
	mixed vegs	
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baking notes		
	Plain flour	
	self-raising flower	
	caster sugar	
	icing sugar	
	brown sugar	
	baking powder	

otl	ner notes
	popcorn
	jelly
	pancake mix
	vanilla bean extract