

A vertical grocery list template. At the top, a white banner with a black outline contains the text "MY GROCERY LIST" in a bold, black, sans-serif font. Below the banner are two identical vertical columns, each containing 20 rows. Each row consists of a small square checkbox on the left and a horizontal dotted line for writing on the right. The background is a light cream color and is decorated with various food items: a carrot, a tomato, a shopping basket with a bottle and bread, a pumpkin, a ham, a jar of jam, a can of condensed milk, and a bunch of carrots. The items are drawn in a simple, cartoonish style with soft colors.

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Fruits

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• Apples

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• Bananas

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• Berries

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• Oranges

☐

• Lemons

☐

• Limes

☐

• Grapes

☐

• Pineapple

☐

• Kiwi

☐

• Peaches

☐

• Mangoes

☐

• Watermelon

☐

Vegetables

☐

• Carrots

☐

• Broccoli

☐

• Spinach

☐

• Lettuce

☐

• Tomatoes

☐

• Cucumbers

☐

• Onions

☐

• Garlic

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• Peppers (bell, chili)

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• Zucchini

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• Squash

☐

• Avocado

☐

• Peas

☐

• Mushrooms

☐

Meat

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• Chicken (breast, thighs)

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• Beef (ground, steak)

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• Pork (chops, bacon)

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• Lamb

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• Turkey

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• Fish (salmon, tuna)

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• Shrimp

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• Sausages

☐

Dairy

☐

• Milk

☐

• Eggs

☐

• Butter

☐

• Yogurt

☐

• Cheese

☐

• Cream

☐

• Sour cream

☐

Snacks

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• Potato chips

☐

• Pretzels

☐

• Popcorn

☐

• Trail mix



- ☐ • Nuts
- ☐ • Chocolate bars
- ☐ • Cookies
- ☐ • Crackers
- ☐ Beverages
- ☐ • Water
- ☐ • Juice (orange, apple)
- ☐ • Coffee
- ☐ • Tea
- ☐ • Soda
- ☐ • Beer
- ☐ • Wine
- ☐ Condiments
- ☐ • Ketchup
- ☐ • Mustard
- ☐ • Mayonnaise
- ☐ • Soy sauce
- ☐ • Hot sauce
- ☐ • Olive oil
- ☐ • Vinegar
- ☐ • Salt
- ☐ • Pepper
- ☐ • Honey
- ☐ Grains
- ☐ • Bread

- ☐ • Pasta
- ☐ • Rice
- ☐ • Quinoa
- ☐ • Cereal
- ☐ • Oats
- ☐ • Tortillas
- ☐ • Couscous
- ☐ Frozen
- ☐ • Frozen vegetables
- ☐ • Frozen fruits
- ☐ • Ice cream
- ☐ • Frozen pizza
- ☐ • Frozen dinners
- ☐ • Frozen fish
- ☐ Baking & Spices
- ☐ • Flour
- ☐ • Sugar
- ☐ • Baking powder
- ☐ • Baking soda
- ☐ • Vanilla extract
- ☐ • Cinnamon
- ☐ • Nutmeg
- ☐ • Yeast
- ☐ Household Items (if needed)
- ☐ • Toilet paper



MY GROCERY LIST

[illegible]

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