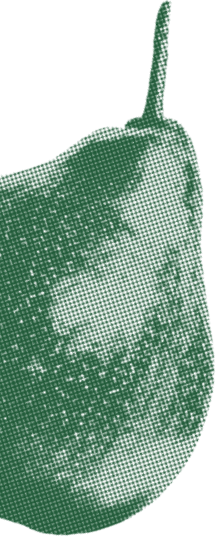


# shopping list



- ☐ **Fruit**  
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- ☐ Seasonal berries (summer)  
.....
- ☐ Apples/Oranges  
.....
- ☐ Bananas  
.....
- ☐ Mandarin  
.....
- ☐ Pears  
.....
- ☐ Peaches  
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- ☐ Nectarines  
.....
- ☐ Kiwi fruit  
.....
- ☐ Mango  
.....
- ☐ Oranges  
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- ☐ Watermelon  
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- ☐ Tinned fruit (in natural juice)  
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- ☐ Lychees  
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- ☐ Pineapple  
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- ☐ Rockmelon  
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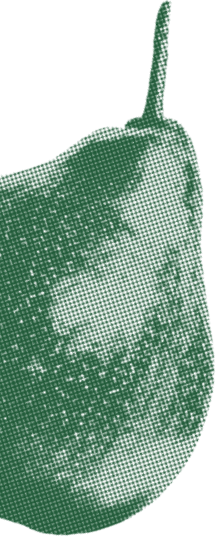
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# shopping list



- ☐ **Pantry**

- ☐ Wholegrain sandwiches/wraps
- ☐ Wholegrain crackers
- ☐ Chickpeas (canned or roasted)
- ☐ Dried fruit
- ☐ Canned corn
- ☐ Canned tuna/salmon
- ☐ Plain popcorn

- ☐ **Fridge**

- ☐ Yoghurt
- ☐ Cubed cheese
- ☐ Slice cheese
- ☐ Cubed cheese
- ☐ Hummus
- ☐ Eggs
- ☐ Falafel balls

# shopping list



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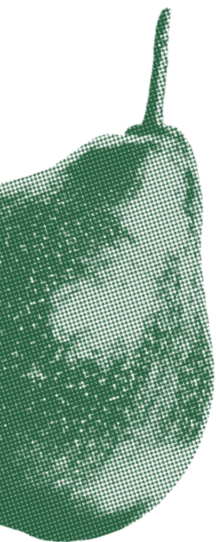
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# shopping list



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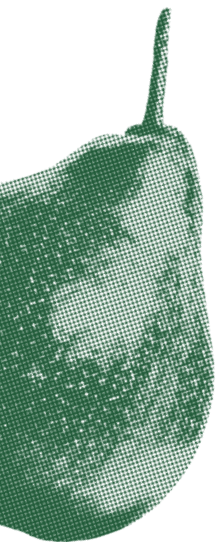
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