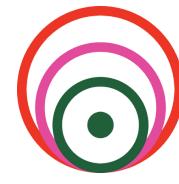


shopping list.



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

shopping list.



○ Vegetables

○ Carrot or celery sticks

○ Cucumber or capsicum slices

○ Cherry tomatoes

○ Avocado

○ Snow peas

○ Raw green beans

○ Corn

○ Broccoli

○

○

○

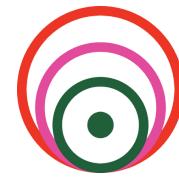
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shopping list.



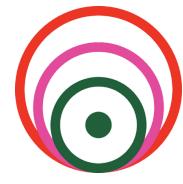
○ Pantry

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

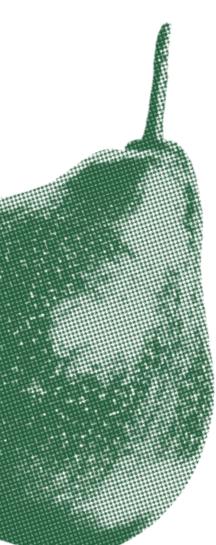
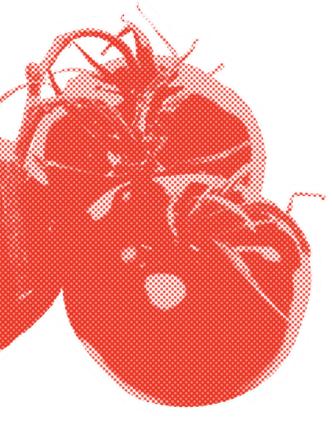
○ Fridge

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

shopping list.



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shopping list.



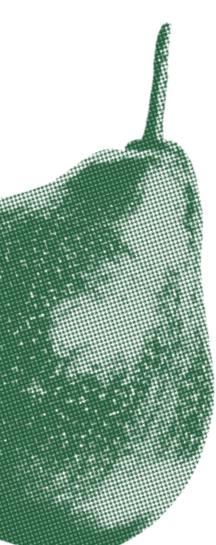
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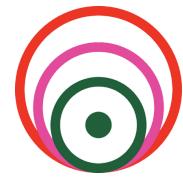
shopping list.



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shopping list.



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