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| **Canned Food Quantity** | **Cereal/Snacks Quantity** | **Dairy Products Quantity** |
| 1. ----------------------------- 2. ----------------------------- 3. ----------------------------- 4. ----------------------------- 5. ----------------------------- 6. ----------------------------- 7. ----------------------------- 8. ----------------------------- 9. ----------------------------- | 1. ----------------------------- 2. ----------------------------- 3. ----------------------------- 4. ----------------------------- 5. ----------------------------- 6. ----------------------------- 7. ----------------------------- 8. ----------------------------- 9. ----------------------------- | 1. ----------------------------- 2. ----------------------------- 3. ----------------------------- 4. ----------------------------- 5. ----------------------------- 6. ----------------------------- 7. ----------------------------- 8. ----------------------------- 9. ----------------------------- |
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| **Meat Quantity** | **Frozen Foods Quantity** | **Bread/Bakery Quantity** |
| 1. ----------------------------- 2. ----------------------------- 3. ----------------------------- 4. ----------------------------- 5. ----------------------------- 6. ----------------------------- 7. ----------------------------- 8. ----------------------------- | 1. ----------------------------- 2. ----------------------------- 3. ----------------------------- 4. ----------------------------- 5. ----------------------------- 6. ----------------------------- 7. ----------------------------- 8. ----------------------------- | 1. ----------------------------- 2. ----------------------------- 3. ----------------------------- 4. ----------------------------- 5. ----------------------------- 6. ----------------------------- 7. ----------------------------- 8. ----------------------------- |
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| **Del/Beverages Quantity** | **Fruits/Veg Quantity** | **Misc Quantity** |
| 1. ---------------------------- 2. ---------------------------- 3. ---------------------------- 4. ---------------------------- 5. ---------------------------- 6. ---------------------------- 7. ---------------------------- 8. ---------------------------- 9. ---------------------------- | 1. ---------------------------- 2. ---------------------------- 3. ---------------------------- 4. ---------------------------- 5. ---------------------------- 6. ---------------------------- 7. ---------------------------- 8. ---------------------------- 9. ---------------------------- | 1. ---------------------------- 2. ---------------------------- 3. ---------------------------- 4. ---------------------------- 5. ---------------------------- 6. ---------------------------- 7. ---------------------------- 8. ---------------------------- 9. ---------------------------- |
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**Shopping List**