



Grocery List

Canned Goods	Quantity	Size
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Non-food	Quantity	Size
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Produce	Quantity	Size
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Cereal/Snacks	Quantity	Size
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Meats	Quantity	Size
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Dairy/Frozen Foods	Quantity	Size
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Deli/Beverages	Quantity	Size
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Bread/Bakery	Quantity	Size
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Misc.	Quantity	Size
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Mom, if you are feeling overloaded, give yourself the reward of *saved time*.
 Let someone else figure out your grocery list and dinner menu for you each week.
 It's so easy to try out. Click on the link or type it into your browser for more information.
<http://www.dinewithoutwhine.com/paintedgold>