# Shopping List

**Date:**

## Fruit & Vegetables

- [ ] 7x frozen vegetables in bags
- [ ] Mini tomatoes
- [ ] Frozen berry mix
- [ ]
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## Dairy & Eggs

- [ ] 18 eggs
- [ ] Pasture butter (with rapeseed oil)
- [ ] 7x shepherd's cheese
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## Meat & Fish

- [ ] Chicken strips
- [ ] Turkey strips
- [ ] Frozen salmon fillet
- [ ] Frozen shrimp
- [ ] Bacon strips
- [ ]
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## Supplies

- [ ] Canola oil
- [ ] Flaxseed oil
- [ ] Coconut oil
- [ ] Chia seeds
- [ ] Porridge base
- [ ] Stevia sweetener tablets
- [ ]
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## Snacks

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## Beverages

- [ ] Coffee
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# Shopping List

**Date:**

## Fruit & Vegetables

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## Dairy & Eggs

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## Meat & Fish

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## Supplies

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## Snacks

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## Beverages

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