

Weekly shopping list



Protein

- ◯ Meat
- ◯ Fish
- ◯ Eggs
- ◯ Plant protein (legumes etc)

Carbohydrates

- ◯ Pasta and grains
- ◯ Bread
- ◯ Cereal

Dairy

- ◯ Milk
- ◯ Yogurt
- ◯ Cheese (hard)

Produce

- ◯ Fruit & Veg
- ◯ Dried fruit

Listonic

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