

## Shopping List

Meat /  
Deli

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Fruit/Veg/  
Herbs/  
Spices

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Bakery/  
Baking/  
Cereals

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Condiments/  
Canned  
goods

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Dairy/  
Frozen

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Bathroom/  
Cleaning

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Other

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What would you do with 30 extra hours a month?