<table>
<thead>
<tr>
<th>Category</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits and vegetables</td>
<td></td>
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<tr>
<td>Protein</td>
<td></td>
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<tr>
<td>Bread and dry foods</td>
<td></td>
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<tr>
<td>Dairy products and eggs</td>
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<tr>
<td>Frozen and other</td>
<td></td>
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<tr>
<td>Leftovers meal</td>
<td></td>
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</tbody>
</table>

**Meal ideas**
THIS WEEK’S MEAL PLAN

GROCERY LIST

- Fruits and vegetables
  - [ ]
  - [ ]
  - [ ]
  - [ ]

- Protein
  - [ ]
  - [ ]
  - [ ]
  - [ ]

- Bread and dry foods
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  - [ ]

Leftovers meal

Meal ideas