**Healthy Eating Shopping List**

**Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **VEGETABLES** | |
| ITEM | NOTE |
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| **WHOLE GRAINS** | |
| ITEM | NOTE |
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| **PROTEINS** | |
| ITEM | NOTE |
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| **BEVERAGES** | |
| ITEM | NOTE |
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| **SNACKS** | |
| ITEM | NOTE |
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| **DAIRY AND ALTERNATIVES** |
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| **HEALTHY FATS** |
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| **FRUITS** | |
| ITEM | NOTE |
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