

SHOPPING LIST FOOD

	Grains		Protein		Vegetables		Spices, Herbs & Co.
<input type="checkbox"/>	Whole grain bread	<input type="checkbox"/>	Chicken (breast, wings)	<input type="checkbox"/>	Tomatoes	<input type="checkbox"/>	Fresh herbs
<input type="checkbox"/>	Bread roll	<input type="checkbox"/>	Turkey (breast)	<input type="checkbox"/>	Cucumbers	<input type="checkbox"/>	Dried herbs
<input type="checkbox"/>	Potatoes, sweet potatoes	<input type="checkbox"/>	Pork	<input type="checkbox"/>	Peppers	<input type="checkbox"/>	Garlic
<input type="checkbox"/>	Pasta	<input type="checkbox"/>	Beef, veal	<input type="checkbox"/>	Leafy greens	<input type="checkbox"/>	Onions
<input type="checkbox"/>	Quinoa	<input type="checkbox"/>	Minced meat	<input type="checkbox"/>	Radish	<input type="checkbox"/>	Ginger
<input type="checkbox"/>	Couscous	<input type="checkbox"/>	Fisch (salmon, trout, codfish, tuna)	<input type="checkbox"/>	Zucchini	<input type="checkbox"/>	Curcuma
<input type="checkbox"/>	Rice	<input type="checkbox"/>	Canned fish (tuna in water, sardines)	<input type="checkbox"/>	Cauliflower	<input type="checkbox"/>	Pepper
<input type="checkbox"/>	Amaranth	<input type="checkbox"/>	Ham	<input type="checkbox"/>	Broccoli	<input type="checkbox"/>	Cinnamon
<input type="checkbox"/>	Oats	<input type="checkbox"/>	Deli meat	<input type="checkbox"/>	Carrots	<input type="checkbox"/>	Salt
<input type="checkbox"/>	Cereals	<input type="checkbox"/>	Speck	<input type="checkbox"/>	Celery	<input type="checkbox"/>	Curry
<input type="checkbox"/>	Cereal bar, fruit bar	<input type="checkbox"/>	Eggs	<input type="checkbox"/>	Cabbage	<input type="checkbox"/>	Mustard
<input type="checkbox"/>	Rice cakes	<input type="checkbox"/>		<input type="checkbox"/>	Horseradish	<input type="checkbox"/>	Vinegar
<input type="checkbox"/>	Tortilla, pita bread	<input type="checkbox"/>		<input type="checkbox"/>	Beets	<input type="checkbox"/>	Ketch-up
<input type="checkbox"/>	Cracker	<input type="checkbox"/>		<input type="checkbox"/>	Mushrooms	<input type="checkbox"/>	Oil

	Fruits		Dairy		Legumes		Other
<input type="checkbox"/>	Apple	<input type="checkbox"/>	Milk	<input type="checkbox"/>	Peas	<input type="checkbox"/>	Dark chocolate
<input type="checkbox"/>	Pears	<input type="checkbox"/>	Butter	<input type="checkbox"/>	Soy beans	<input type="checkbox"/>	Biscuits
<input type="checkbox"/>	Oranges	<input type="checkbox"/>	Cream cheese	<input type="checkbox"/>	Soy nuts	<input type="checkbox"/>	White grain cookies
<input type="checkbox"/>	Lemons	<input type="checkbox"/>	Curd	<input type="checkbox"/>	Beans	<input type="checkbox"/>	Honey
<input type="checkbox"/>	Grapes	<input type="checkbox"/>	Cottage cheese	<input type="checkbox"/>	Chickpeas	<input type="checkbox"/>	Jam
<input type="checkbox"/>	Mango	<input type="checkbox"/>	Cheese	<input type="checkbox"/>	Lentils	<input type="checkbox"/>	Trail mix
<input type="checkbox"/>	Berries	<input type="checkbox"/>	Mozzarella	<input type="checkbox"/>	Tofu	<input type="checkbox"/>	Almonds
<input type="checkbox"/>	Kiwi	<input type="checkbox"/>	Feta	<input type="checkbox"/>	Seitan	<input type="checkbox"/>	Walnuts
<input type="checkbox"/>	Bananas	<input type="checkbox"/>	Ricotta	<input type="checkbox"/>	Tempeh	<input type="checkbox"/>	Peanuts
<input type="checkbox"/>	Dried fruits	<input type="checkbox"/>	Yogurt	<input type="checkbox"/>	Edamame	<input type="checkbox"/>	Nut butter/cream
<input type="checkbox"/>	Fruit juice	<input type="checkbox"/>	Buttermilk	<input type="checkbox"/>	Hummus	<input type="checkbox"/>	Cake, bakery product
<input type="checkbox"/>	Apple sauce	<input type="checkbox"/>	Milk alternative	<input type="checkbox"/>		<input type="checkbox"/>	Pretzels
<input type="checkbox"/>	Compote	<input type="checkbox"/>	Parmesan	<input type="checkbox"/>		<input type="checkbox"/>	Hard candy
<input type="checkbox"/>	Avocado	<input type="checkbox"/>	Sour cream	<input type="checkbox"/>		<input type="checkbox"/>	Chewing gum

SHOPPING LIST OTHER



	Baking		Hygiene, Household		Other		Special Dietary Needs
<input type="checkbox"/>	Flour	<input type="checkbox"/>	Toothpaste	<input type="checkbox"/>	Magazines	<input type="checkbox"/>	Diabetic
<input type="checkbox"/>	Powdered sugar	<input type="checkbox"/>	Toothbrush	<input type="checkbox"/>	Newspaper	<input type="checkbox"/>	Gluten-free
<input type="checkbox"/>	Brown/White sugar	<input type="checkbox"/>	Soap	<input type="checkbox"/>	Lottery	<input type="checkbox"/>	Lactose-free
<input type="checkbox"/>	Baking soda	<input type="checkbox"/>	Shampoo	<input type="checkbox"/>	Crosswords Booklet	<input type="checkbox"/>	Fructose-free
<input type="checkbox"/>	Puppy seeds	<input type="checkbox"/>	Foambath	<input type="checkbox"/>	Lens cleaning cloths	<input type="checkbox"/>	Other allergens
<input type="checkbox"/>	Ground nuts	<input type="checkbox"/>	Cotton ball	<input type="checkbox"/>	Prepaid phone card	<input type="checkbox"/>	
<input type="checkbox"/>	Yeast	<input type="checkbox"/>	Washing powder	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	Lemon zest	<input type="checkbox"/>	Fabric softener	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	Gelatine	<input type="checkbox"/>	Air Freshener	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	Raisins	<input type="checkbox"/>	Washing up liquid	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	Couverture	<input type="checkbox"/>	Kitchen roll	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	Caramel	<input type="checkbox"/>	Facial tissue	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	Marzipan	<input type="checkbox"/>	Toilet paper	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	Hygienic toilet block	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	Denture cleanser	<input type="checkbox"/>		<input type="checkbox"/>	