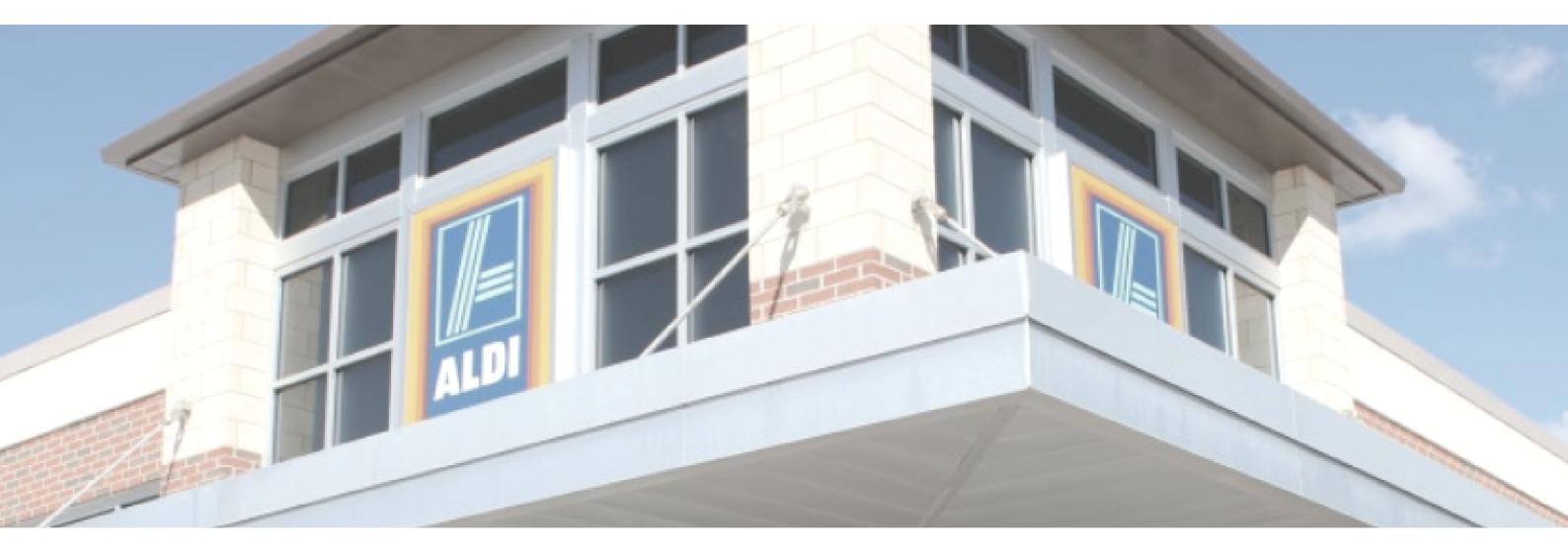
ALDISHOPPINGLIST

avocado (2) whole-grain rye bread SimplyNature Organic Whole Wheat Spaghetti SimplyNature Organic Marinara Sauce jarred pizza sauce tomato paste pre-made pizza crusts tomatoes (2) Asian chopped salad kit red bell peppers (I like the bag of small sweet bell peppers) spinach + arugula leaves for salad mushrooms asparagus broccoli brussels sprouts garlic

steel-cut oats quick oats quinoa flaxseed walnuts bread crumbs hot sauce mayo mustard soy sauce extra virgin olive oil chicken broth salt pepper thyme Greek yogurt Mozzarella cheese Parmesan cheese (grated)

white onions red onions apples strawberries unsweetened almond milk 2 dozen eggs

Parmesan cheese (grated) Cheddar cheese blue cheese crumbles 6 large chicken breasts Mediterranean Salmon (comes preseasoned) ground turkey



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