Shopping List

Introduction

There's nothing particularly special about this list. It's just a simple system designed to make the chore of shopping a little easier.

The next page contains examples and the third page has blanks. There are three copies of the shopping list on each page. Use scissors to separate them.

Here's how to use the three column shopping list. In the far right column, enter the names of your frequently purchased supplies. Arrange them by category in the same order as your usual route. Use the blank rows to write in items that you rarely buy or forgot about. Use the far left column to write in the quantity or size you need. Use the middle column to check off items as you place them into your shopping cart.

I hope this tiny change helps to simplify your life.

Brad Paul

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Need	Got	Store Name		
1		Shaving Gel		
		Hair Spray		
1		Tooth Paste		
		Mouth Wash		
2	V	Dental Floss		
1	N	Bath Soap		
		Hand Soap		
2		Detteries		
	./	Batteries Water		
Large	V			
		Laundry Soap		
		Bleach		
4	V	Fabric Softener sheets		
1	V	Dish Soap TP		
		IF		
1	V	Chili Powder		
	N	Red Pepper		
2	V	Jam		
	,	Juice		
5	V	Soup		
2	V	Tuna		
3	V	Chicken Breast		
2	,	Turkey Breast		
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1		Bananas		
		Grapes		
		Fruit		
3		Cabbage Slaw		
		Broccoli Slaw		
1		Rotisserie Chicken		
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Need	Got	Store Name		
	.1			
1	N	Bread		
1	V	Broccoli Slaw		
1	N	Apples		
		Tangerines		
		Grapes		
1	V	Tomatoes		
6	V	Tofu		
6 Small	N	Tofu Egg Substitute		
Small		Egg Substitute		
		Frozen Fruit		
2		Chopped Spinach		
1	V	Brown Rice		
1	N	Tofu BQ		
		TOTU BQ		
	-			
1		Olive Oil		
		Balsamic Vinegar		
		Seasonings		
		Seasonings		
1	V	Peanut Butter		
	,	Jam		
1		Mango		
-		Prunes		
1		Dates		
		Peanuts		
		Walnuts		
		Sunflower Seeds		
		Almonds		
		Juices		
1		Sparkling Water		
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Need	Got	Store Name		
		Cards		
		Sunglasses		
1	V	Window Cleaner		
-	v	Toilet Cleaner		
		Air Freshener		
1		Air Freshener Tub & Sink Cleaner		
-	v			
		Laundry Soap		
		Fabric Softener sheets		
		Dish Soap		
1		Sponges		
		000.900		
1		Car cleaning supplies		
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