Groceries We Use	We're Out List Put a check mark when you're out of something. Use one column per shopping trip. When you're done shopping, draw a line straight down the center of the column so you'll know to go to the next column. Keep the line neat so you can still see your check marks. After about 4 weeks, you'll see a pattern forming in your shopping habits & you should have a fairly complete list of the foods you purchase.
DATE (put at top of each column)	

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