



Quick & Healthy *Grocery List*

Fresh Vegetables

2 medium tomatoes

Fresh Fruit

Cereals/Canned/Packaged Foods

Staples/Spices

chopped garlic(or fresh)

dried basil, salt (optional), ground black pepper

Paper/Cleaning Products

Bread

Meat/Poultry/Seafood

Milk/Yogurt/Cheese/Eggs

Frozen Foods

Miscellaneous

Above ingredients are for Basil Tomatoes



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