Drop-Pounds-Fast Diet: Your Shopping List

Shop only once this week. Use a list to get everything you need, so you won't have to go into dangerous territorythe supermarketduring your diet week. Here's everything you need to lose 5 pounds this week.

- [ ] Breads and grains
- [ ] Dairy and eggs
- [ ] Meats
- [ ] Fresh produce:
- [ ] Frozen items
- [ ] Snack aisle
- [ ] Pantry staples:
- [ ] Other

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