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| 買い物リスト | 　　月　日（　） |  |  | 買い物リスト | 　　月　日（　） |
| 食料品 |  | 日用雑貨・その他 |  |  | 食料品 |  | 日用雑貨・その他 |
| 項目 | チェック |  | 項目 | チェック |  |  | 項目 | チェック |  | 項目 | チェック |
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