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# Boiled Egg Diet Shopping List

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## Vegetables

- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Mushrooms
- Spinach
- Zucchini/courgette

## Protein

- Eggs
- Chicken
- Fish
- Turkey

## Fruit

- Apples
- Citrus fruit
- Grapefruit
- Oranges

## Drinks

- Water



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

