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1. Create a Test Plan in JMeter.

2. Add a Thread Group to the Test Plan and configure it with the desired number of threads, ramp-up time, and loop count.

3. Add a HTTP Request Sampler to the Thread Group and configure it to send an HTTP request to a web server that returns a list of items.

4. Add a Regular Expression Extractor to the HTTP Request Sampler and configure it to extract the list of items from the response.

5. Add a ForEach Controller to the Thread Group.

6. Configure the ForEach Controller to iterate over the list of items extracted by the Regular Expression Extractor.

7. Add a HTTP Request Sampler to the ForEach Controller and configure it to send an HTTP request to a web server using each item in the list as a parameter.