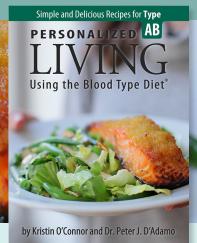


## SHOPPING LIST TYPE AB

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PRODUCE:	DAIRY:	MISCELLANEOUS:
<ul> <li>□ Beets</li> <li>□ Broccoli</li> <li>□ Cauliflower</li> <li>□ Eggplant</li> <li>□ Kale</li> <li>□ Garlic</li> <li>□ Parsnip</li> <li>□ Sweet potatoes</li> <li>□ Figs</li> <li>□ Grapes</li> <li>□ Grapefruit</li> <li>□ Pineapple</li> <li>□ Watermelon</li> </ul>	□ Eggs □ Ghee □ Mozzarella cheese □ Feta cheese □ Cottage cheese □ Goat cheese □ Ricotta □ Goat's milk □ Yogurt	<ul> <li>Olive oil</li> <li>Walnuts</li> <li>Peanuts</li> <li>Almonds</li> <li>Peanut butter</li> <li>Lentils</li> <li>Navy beans</li> <li>Soy beans</li> <li>Tempeh</li> <li>Tofu</li> <li>Spelt bread</li> <li>Oat bread</li> <li>Sprouted wheat</li> <li>Parsley</li> <li>Curry</li> <li>Ginger tea</li> <li>Chamomile tea</li> <li>Red wine</li> </ul>
BAKING:	MEAT/SEAFOOD:	OTHER:
□ Spelt flour □ Brown rice flour □ Oat flour □ Soy flour □ Baking powder □ Sea salt □ Blackstrap molasses □ Agave	□ Lamb □ Turkey □ Cod □ Salmon □ Mahi Mahi □ Tuna □ Red Snapper	