

SHOPPING LIST TYPE B

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PRODUCE:	DAIRY:	MISCELLANEOUS:
 Beets Broccoli Cabbage Carrots Eggplant Ginger Kale Peppers Sweet potatoes Bananas Cranberries Grapes Pineapple Watermelon 	 Eggs Butter Mozzarella cheese Feta cheese Cottage cheese Goat cheese Ricotta Cow's milk Yogurt 	 Olive oil Walnuts Almonds Almond butter Kidney beans Navy beans Spelt bread Oat bread Parsley Pepper, cayenne Ginger tea Peppermint tea Green tea
BAKING:	MEAT/SEAFOOD:	OTHER:
 Spelt flour Brown rice flour Oat flour Millet flour Baking powder Sea salt Blackstrap molasses Agave 	 Lamb Venison Turkey Cod Flounder Salmon Mahi Mahi Halibut 	