

## SHOPPING LIST TYPE O

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PRODUCE:	DAIRY:	MISCELLANEOUS:
□ Artichokes □ Broccoli □ Kale □ Lettuce □ Onion □ Sweet potatoes □ Spinach □ Bananas □ Blueberries □ Cherries □ Figs □ Mangos □ Watermelon	□ Eggs □ Butter □ Mozzarella cheese □ Feta cheese	<ul> <li>□ Olive oil</li> <li>□ Flaxseeds</li> <li>□ Walnuts</li> <li>□ Almonds</li> <li>□ Adzuki beans</li> <li>□ Black-eyed peas</li> <li>□ Brown rice bread</li> <li>□ Curry powder</li> <li>□ Carob</li> <li>□ Parsley</li> <li>□ Pepper, cayenne</li> <li>□ Ginger tea</li> <li>□ Green tea</li> <li>□ Seltzer</li> </ul>
BAKING:	MEAT/SEAFOOD:	OTHER:
<ul> <li>□ Brown rice flour</li> <li>□ Millet flour</li> <li>□ Arrowroot starch</li> <li>□ Baking powder</li> <li>□ Sea salt</li> <li>□ Agave</li> </ul>	□ Beef □ Lamb □ Turkey □ Cod □ Red Snapper □ Halibut	