



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	 □ Olive oil □ Flaxseeds □ Walnuts □ Almonds □ Adzuki beans □ Black-eyed peas □ Brown rice bread □ Curry powder □ Carob □ Parsley □ Pepper, cayenne □ Ginger tea □ Green tea □ Seltzer
BAKING:	MEAT/SEAFOOD:	OTHER:
 □ Brown rice flour □ Millet flour □ Arrowroot starch □ Baking powder □ Sea salt □ Agave 	□ Beef □ Lamb □ Turkey □ Cod □ Red snapper □ Halibut	