

SHOPPING LIST TYPE A

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PRODUCE:	DAIRY:	MISCELLANEOUS:
 Artichokes Broccoli Carrots Celery Fennel Kale Lettuce Onions Pumpkin (when in season) Spinach Apricots Blueberries Cherries Figs Pineapple Grapefruit 	 Soy milk Eggs Ghee Mozzarella cheese Feta cheese Ricotta Goat cheese 	 Olive oil Walnut oil Flaxseeds Walnuts Peanuts Peanut butter Pumpkin seeds Adzuki beans Soy beans Lentil beans Black-eyed peas Brown rice bread Soy sauce Garlic Ginger Ginger tea Chamomile tea Green tea Coffee Red wine
BAKING:	PROTEIN:	OTHER:
 Brown rice flour Buckwheat flour Oat flour Spelt flour Brown rice flour Baking powder Sea salt Agave Blackstrap molasses 	 Tofu Tempeh Chicken Turkey Cod Salmon Red snapper Trout 	



Dr. Peter J. D'Adamo with Kristin O'Connor