Shopping List

The P53

Fruits

- [ ] Apples
- [ ] Apricot
- [ ] Avocado
- [ ] Bananas
- [ ] Blackberries
- [ ] Blueberries
- [ ] Cherries
- [ ] Cranberries
- [ ] Dates
- [ ] Figs
- [ ] Grapes
- [ ] Grapefruit
- [ ] Jackfruit
- [ ] Kiwi
- [ ] Lemons
- [ ] Limes
- [ ] Mango
- [ ] Oranges
- [ ] Peaches
- [ ] Pears
- [ ] Pineapple
- [ ] Plum
- [ ] Pomegranate
- [ ] Raspberries
- [ ] Strawberries
- [ ] Watermelon

Legumes

- [ ] Adzuki Beans
- [ ] Black Beans
- [ ] Chickpeas
- [ ] Cowpeas
- [ ] Kidney Beans
- [ ] Lentils
- [ ] Lima Beans
- [ ] Navy Beans
- [ ] Pinto Beans
- [ ] Split Peas

Whole Grains

- [ ] Amaranth
- [ ] Barley
- [ ] Brown Rice
- [ ] Buckwheat
- [ ] Oats
- [ ] Rye
- [ ] Wheat

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Nuts

- [ ] Almonds
- [ ] Brazilians
- [ ] Cashews
- [ ] Chestnuts
- [ ] Hazelnuts
- [ ] Macadamias
- [ ] Peanuts
- [ ] Pecans
- [ ] Pine Nuts
- [ ] Pistachios
- [ ] Walnuts

Seeds

- [ ] Chia
- [ ] Flax
- [ ] Hemp
- [ ] Poppy
- [ ] Pumpkin
- [ ] Quinoa
- [ ] Sesame
- [ ] Sunflower

Veggies

- [ ] Artichoke
- [ ] Arugula
- [ ] Asparagus
- [ ] Beets
- [ ] Bok Choy
- [ ] Broccoli
- [ ] Brussels Sprouts
- [ ] Cabbage
- [ ] Carrots
- [ ] Cantaloupe
- [ ] Cauliflower
- [ ] Celery
- [ ] Corn
- [ ] Cucumber
- [ ] Edamame
- [ ] Eggplant
- [ ] Endive
- [ ] Fennel
- [ ] Garlic
- [ ] Ginger
- [ ] Green Beans
- [ ] Green Peas
- [ ] Kale
- [ ] Leeks
- [ ] Lettuce
- [ ] Mushrooms
- [ ] Onions
- [ ] Peppers (Bell)
- [ ] Potatoes
- [ ] Pumpkin
- [ ] Radish
- [ ] Romaine Lettuce
- [ ] Snap Peas
- [ ] Spinach
- [ ] Squash
- [ ] Sweet Potatoes
- [ ] Swiss Chard
- [ ] Tomatoes
- [ ] Turnips
- [ ] Zucchini

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