

## Shopping list

Group T		Group B		Group A		Group C	
Pickles		Beets		Hydrochloric acid		Arugula	
Ketchup		Carrots		Apple cider vinegar		Rhubarb	
Mustard		Essential oils (jasmine, ylang- ylang)		Lemon juice		Cilantro	
Salad dressing		Leafy green vegetables		Black olive		Butter leaf lettuce	
Marinades		Lettuce		Celery		Basil	
Vinegar		Raspberries		Spinach		Beet greens	
Grapes		Tea		Apples		Oak leaf lettuce	
Apples				Organic bases		Swiss chard	
Blueberries				Almonds		Beet juice	
Cherries				Grapefruit		Spinach	
Cranberries				Mushroom		chocolate (75% cocoa)	
				beans		Coffee	
				Peaches		Raspberries	
Lemons				Bell pepper		Salmon	
Oranges				Radish			
Limes or lime							

