

# Food List

Vegetables	Fruits	Herbs, Spices & eggs
		Basil
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		Oregana
		Cinnamon
		Eggs
		Coriader
		Parsley
		Mint
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Seafood	Poultry, meat & dairy	Fats, beans & grains
Shrimp	chicken	Cereal
Crab	Milk	Beans

