

Planetary diet shopping list



Fruit

- ◯ Apples
- ◯ Bananas
- ◯ Oranges
- ◯ Grapes

Vegetables

- ◯ Potatoes (max 2 medium)
- ◯ Onions
- ◯ Garlic
- ◯ Aubergines/eggplants
- ◯ Mushrooms
- ◯ Carrots
- ◯ Courgettes/zucchinis

Listonic

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