from audioop import reverse

from tkinter import \*

root = Tk()

tovar= ['cucumber','carrot',"burgar","chips"]

lbox = Listbox(width=15,height=8)

for tov in tovar:

lbox.insert(END,tov)

lbox.pack(side=LEFT)

lbox2 = Listbox(width=15,height=8)

lbox2.pack(side=RIGHT)

def change1():

select = lbox.curselection()

for i in select:

lbox2.insert(END,lbox.get(i))

for i in reversed(select):

lbox.delete(i)

def change2():

select = lbox2.curselection()

for i in select:

lbox.insert(END,lbox2.get(i))

for i in reversed(select):

lbox2.delete(i)

b1 = Button(width=3,height=2,command=change1,text=">>").pack(expand=1)

b2 = Button(width=3,height=2,command=change2,text="<<").pack(expand=1)

root.mainloop()