

## Fruits

Acai

alpha

Apple (all types)

Apricot

Bilberry

Boysenberry

bravo

charlie

dummy food

Elderberry

Goji Berry

Golden Berry

Gooseberry

Grapefruit

Huckleberry

Kumquat

Lemon

Lemon Juice

Lemon Rind/Peel

Lime

Lime Juice

Litchi (aka Lychee)

Loganberry

Youngberry

Annatto Seed

Macadamia Nuts

[illegible]

Tea, Ramon

## Swordfish

## Cabbage, Green

[illegible]

Leeks

Pimento

Zucchini

Meat & Poultry	Non-Dairy & Eggs	Sweeteners
Applegate® organic ham	Almond Milk, unsweetened (no tapioca)	Jerusalem Artichoke Syrup
Applegate® organic roast beef	Coconut Kefir (No Tapioca, Carageenan)	Just Like Sugar®
Beef, Grass-fed only (organic)	Coconut Milk(Native Forest or Natural Value)	Monk Fruit (Pure)
Bison (see also Buffalo)	Egg, Whites, Pasture-raised	Monk Fruit Extract
Buffalo (see also Bison)	Condiments, Spreads & Sauces	Rebiana Leaf (Stevia)
Chicken, free range (organic)	Apple Cider Vinegar (Bragg's®)	Sweetleaf® Stevia
Collagen Protein (Powder)	Carob	Xyla (Birchwood Xylitol)
Deer (see also Venison)	Cocoa Butter	Herbs & Spices
Goat, Grass-fed only (organic)	Coconut Aminos®	Allspice
Great Lake's® Beef Gelatin	Coconut Cream	Almond Flavor (natural, gluten free)
Lamb	Earth Balance® Coconut Spread	Anise
Lard (pork)	Hummus	Ashwaganda
Ostrich	Liquid Smoke gluten free (natural)	Astragalus
Pheasant	Mustard, Brown (Eden® gf mustard)	Basil
Pork, (organic)	Olives (without vinegar)	Bay Leaf
Quail	Red Bean Paste	Black Cohosh
Rabbit	Sauerkraut (Bubbies® Brand only)	Caraway Seed
Turkey (organic)	Vegetable Shortening (Spectrum®)	Cardamom
Veal (organic)	Vinegar, Distilled	Celery Powder
Venison (see also Deer)	White/Distilled Vinegar	Chicory Root
		Cilantro/Coriander
		Cinnamon
		Cinnamon, Ceylon

Himalayan Salt

Parsley

Uva Ursi

[illegible]

Bean, Red

Glucomannon Flour  
(konjacfoods.com)

## Lemon Juice

