Fruits	Huckleberry	Passion Fruit
Acai	Jack fruit	Pear
alpha	Kumquat	Pear, Asian
Banana	Lemon	Persimmons
Bilberry	Lemon Juice	Plantain
Blackberry	Lemon Rind/Peel	Plum
Boysenberry	Lime	Pomegranate
bravo	Lime Juice	Pomelo
Cantaloupe	Litchi (aka Lychee)	Prune
charlie	Loganberry	Quince
Clementine	Loquat	Raspberry
Cranberry	Mangosteen	Star Fruit
Cranberry Juice	Maqui	Strawberry
Currant	Melon, Honeydew	Tamarind
Dragon Fruit (Pitaya)	Monk Fruit (Pure)	Tangelo
Dried Fruit	Mulberry	Tangerine
Elderberry	Nectarines	Wolfberry
Fig	new food	Youngberry
Goji Berry	Noni	
Golden Berry	Orange	
Gooseberry	Orange, Blood	
Grapefruit	Orange Juice	
Grapefruit Juice	Orange Peel/Rind	
Guava	Papaya	

Nuts, Seeds, Drupes & Oils	Rice, Wild (Lundberg® - not the blend)	Haddock
Almond	Rice Bran Oil	Hake
Almond, Marcona	Sacha Inchi Seeds	Herring
Almond Butter (Artisana®)	Safflower/Safflower Seed Oil	Mackerel
Almond Flavor (natural, gluten free)	Sunflower Seed Butter	Mahi Mahi
Almond Flour (gluten free)	Sunflower Seed Lecithin	Octopus
Almond Meal (gluten free)	Sunflower Seed Oil	Orange Roughy
Annatto Seed	Sunflower Seeds	Oyster
Brazil Nut	Tahini	Perch
Caraway Seed	Tea, Ramon	Salmon, wild (fresh)
Coconut, shredded (raw, unsweetened)	Tiger Nuts	Sardines
Coconut Butter	Truffle Oil	Shrimp
Coconut Oil	Truffle Oil, Black	Sole
Cola Nut (aka Kola Nut)	Vegetable Shortening (Spectrum®)	Swai
Cottonseed/Cottonseed Oil	Fish & Shellfish	Swordfish
Hazelnut/Filbert	Anchovy	Tilapia (Wild, Non-farmed)
Hazelnut Flour	Catfish	Walleye Pike
Macadamia Nut Oil	Chilean Sea Bass	Whitefish/Turbot
Macadamia Nuts	Clam	
Palm Kernel Oil	Corvina	
Pili Nuts	Crab	
Pistachios	Crab, Immitation	
Psyllium Husk	Crayfish	
Ramon Seeds		

Vegetables	Carrot, White	Mushrooms
Agave Nectar	Carrot, Yellow	Mushrooms, Button
Alfalfa Grass	Carrot Juice	Mushrooms, Cremeni/Crimini
Alfalfa Sprouts	Cauliflower	Mushrooms, Maitake
Aloe Vera	Cauliflower, Purple	Mushrooms, Shiitake
Artichoke (not pickled)	Chard	Mustard Greens
Artichoke, Jerusalem (not pickled)	Chayote	Nori
Arugula	Chives	Oat Grass (Not For Gluten Sensitive)
Bamboo Shoot	Coconut (raw and unsweetened)	Okra
Barley Grass (can have gluten)	Coconut Concentrate	Onion, Green
Barley Greens (may contain gluten)	Collard Greens	Onion, Maui
Bean Sprout	Cucumber	Onion, Red
Beet Greens	Daikon Radish	Onion, Sweet
Bell Pepper	Dandelion Greens	Onion, Yellow
Bell Pepper Bell Pepper, Green	Dandelion Greens Dandelion Root	Onion, Yellow Parsley
Bell Pepper, Green	Dandelion Root	Parsley
Bell Pepper, Green Bell Pepper, Orange	Dandelion Root Endive	Parsley Pea, Green
Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red	Dandelion Root Endive Garlic	Pea, Green Pea, Snap
Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow	Dandelion Root Endive Garlic Hearts of Palm	Pea, Green Pea, Snap Pea, Snow
Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Burdock	Dandelion Root Endive Garlic Hearts of Palm Jicama	Pea, Green Pea, Snap Pea, Snow Pea, Split
Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Burdock Cactus (Nopales)	Dandelion Root Endive Garlic Hearts of Palm Jicama Kale, all types	Pea, Green Pea, Snap Pea, Snow Pea, Split Pea Protein
Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Burdock Cactus (Nopales) Capers	Dandelion Root Endive Garlic Hearts of Palm Jicama Kale, all types Kelp/Dulse	Pea, Green Pea, Snap Pea, Snow Pea, Split Pea Protein Pepper, Anaheim

SH	opping List Page 4		All II	ngredients must be organic
tes	t patient			10/25/2017
	Pepper, Habanero	Squash		Water Chestnut
	Pepper, Jalapeño	Squash, Acorn		Watercress
	Pepper, Poblano	Squash, Butternut		Yams, Garnett
	Pepper, Red	Squash, Green		Yams, Japanese
	Pepper, Serrano	Squash, Spaghetti		Zucchini
	Pimento	Squash, Summer		Meat & Poultry
	Potato, Fingerling	Squash, Winter		Applegate® organic herb
	Potato, Purple	Squash, Yellow		roasted turkey Applegate® organic red pepper sausage
	Potato, Red	Sugar Beet		Applegate® organic smoked turkey breast
	Potato, Russet	Swiss Chard		Applegate® organic turkey
	Potato, White	Tomatillo		Bison (see also Buffalo)
	Potato, Yukon Gold	Tomato		Buffalo (see also Bison)
	Prickly Pear	Tomato, Cherry		Duck
	Psyllium Husk	Tomato, Heirloom		Goat, Grass-fed only (organic)
	Radicchio	Tomato, Orange		Lamb
	Radish	Tomato, Red		Ostrich
	Rainbow Chard	Tomato, Roma		Pheasant
	Red Pepper Flake	Tomato, Sun-dried		Quail
	Rutabaga	Tomato, Yellow		Rabbit
	Scallions	Tomatoes, Big Beef		Turkey (organic)
	Sea Vegetables	Tomato Paste (gluten & Vinegar-free)		
	Seaweed	Tomato Sauce (gluten & Vinegar-free)		
	Shallots	Truffle		
	Spirulina	Turnip Greens		

Non-Dairy & Eggs	Vegetable Shortening (Spectrum®)	Splenda
Almond Milk, unsweetened (no tapioca)	Vinegar, Beet	Sucanat
Almond Yogurt, unsweetened	Sweeteners	Sucralose
Coconut Kefir (No Tapioca, Carageenan)	Agave Nectar	Sugar Beet
Coconut Milk(Native Forest or Natural Value)	Aspartame	Sugar Cane
Egg, Yolks Pasture-raised	Cane Syrup	Sweetleaf® Stevia
Milk, Soy (Organic)	Coconut Palm Sugar	Xyla (Birchwood Xylitol)
Condiments, Spreads & Sauces	Coconut Sugar	Yacon Syrup
Carob	Fruit Pectin	Herbs & Spices
Coconut Aminos®	Honey, (Organic)	Allspice
Coconut Cream	Honey, Manuka	Almond Flavor (natural, gluten free)
Coconut Vinegar (Coconut Secret)	Honey, Wildflower from Mahava®	Anise
Earth Balance® Coconut Spread	Jerusalem Artichoke Syrup	Ashwaganda
Harissa	Just Like Sugar®	Astragalus
Liquid Aminos (Braggs®)(has Soy)	Lo Han	Basil
Liquid Smoke (can have gluten)	Maple Sugar	Bay Leaf
Liquid Smoke gluten free (natural)	Maple Syrup (Grade A Dark Amber Organic)	Bell Pepper, Red
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Molasses	Black Cohosh
Red Tomato Paste (gluten free)	Monk Fruit (Pure)	Capsicum
Tabasco Sauce	Monk Fruit Extract	Caramel Coloring
Tamari (Wheat Free)	Nutrasweet®	Caraway Seed
Tomato Paste (gluten & Vinegar-free)	Rebiana Leaf (Stevia)	Cardamom
Tomato Sauce (gluten & Vinegar-free)	Sorbitol	Chicory Root

Sho	opping List Page 6		All ir	ngredients must be organic
tes	t patient			10/25/2017
	Chili Powder	Himalayan Salt		Pepper, Szechuan
	Chipotle Seasoning	Jamaican Jerk		Pine Bark Extract
	Cilantro/Coriander	Juniper Berry		Red Pepper Flake
	Cloves	Lavender		Rose Hips
	Cloves, Madagascar	Lemon Balm (Melissa Officinalis)		Saffron
	Cloves, Penang	Lemongrass		Sage
	Cramp Bark Extract	Licorice Root		Saw Plametto
	Cream of Tartar	Maca Root		Shallots
	Cumin	Mace Spice		St. John's Wort
	Dandelion Root	Marjoram		Sumac
	Dill	Mesquite		Taco Seasoning
	Dong Quai	Milk Thistle		Tamari (Wheat Free)
	Echinacea	Mustard Seeds (gluten free)		Thyme
	Garlic	Nutmeg		Tomatillo
	Garlic Powder	Onion		Uva Ursi
	Garlic Salt	Onion Powder		Valerian
	Ginger	Orange Peel/Rind		Vanilla (gluten and corn-free)
	Ginkgo Biloba	Orange Salt		Vanilla Bean
	Ginseng (All Types)	Oregano		Vanilla Powder
	Goldenseal	Paprika (smoked)		White Willow Bark Extract
	Grapefruit Seed Extract	Parsley		Wormwood
	Guarana	Pepper, Cayenne		
	Gymnema Silvestre	Pepper, Red		
	Hickory	Pepper, Sichuan		

	Milk-Containing Foods		Pea, Split	Gluten-Free Grains
	No foods in this Category		Soybean oil(must be organic)	Almond Flour (gluten free)
	Legumes & Pulses		Soy Beans (must be organic)	Amaranth
	Bean, Azuki		Vanilla Bean	Basmati Rice (gluten free)
	Bean, Black		Vanilla Powder	Buckwheat
	Bean, Butter		Corn-Derived Foods	Buckwheat Flour
	Bean, Cannellini		No foods in this Category	Chicory Root
	Bean, Chana Dahl		Gluten-Containing Foods	Coconut Flour (gluten free)
	Bean, Italian		Barley	Coconut Meal (gluten free)
	Bean, Mung		Barley Grass (can have gluten)	Fava Bean Flour
	Bean, Navy		Barley Greens (may contain	Glucomannon Flour (konjacfoods.com)
\Box	Bean, Ninja		gluten) Barley Juice (may contain	Hazelnut Flour
ш		<u> </u>	aluten)	
	Bean, Pinto/Frijole		gluten) Caramel Coloring	Konjac Glucomannon Flour
	· · · · · · · · · · · · · · · · · · ·			Millet
	Bean, Pinto/Frijole		Caramel Coloring	
	Bean, Pinto/Frijole Bean, White		Caramel Coloring Coffee, Instant (has gluten)	Millet Oats (Bob's Red Mill Gluten
	Bean, Pinto/Frijole Bean, White Beans		Caramel Coloring Coffee, Instant (has gluten) Crab, Immitation	Millet Oats (Bob's Red Mill Gluten Free Version)
	Bean, Pinto/Frijole Bean, White Beans Coffee Bean, Organic		Caramel Coloring Coffee, Instant (has gluten) Crab, Immitation Gluten	Millet Oats (Bob's Red Mill Gluten Free Version) Oats (Certified GF)
	Bean, Pinto/Frijole Bean, White Beans Coffee Bean, Organic Edamame (must be organic)		Caramel Coloring Coffee, Instant (has gluten) Crab, Immitation Gluten Kamut Liquid Smoke (can have gluten) Oat Grass (Not For Gluten	Millet Oats (Bob's Red Mill Gluten Free Version) Oats (Certified GF) Potato Flour (gluten free)
	Bean, Pinto/Frijole Bean, White Beans Coffee Bean, Organic Edamame (must be organic) Fava Bean		Caramel Coloring Coffee, Instant (has gluten) Crab, Immitation Gluten Kamut Liquid Smoke (can have gluten)	Millet Oats (Bob's Red Mill Gluten Free Version) Oats (Certified GF) Potato Flour (gluten free) Potato Starch (gluten free)
	Bean, Pinto/Frijole Bean, White Beans Coffee Bean, Organic Edamame (must be organic) Fava Bean Fava Bean Flour		Caramel Coloring Coffee, Instant (has gluten) Crab, Immitation Gluten Kamut Liquid Smoke (can have gluten) Oat Grass (Not For Gluten Sensitive) Oats Oats, GF (not Certified) can	Oats (Bob's Red Mill Gluten Free Version) Oats (Certified GF) Potato Flour (gluten free) Potato Starch (gluten free) Quinoa (gluten free)
	Bean, Pinto/Frijole Bean, White Beans Coffee Bean, Organic Edamame (must be organic) Fava Bean Fava Bean Flour Lentil(s)		Caramel Coloring Coffee, Instant (has gluten) Crab, Immitation Gluten Kamut Liquid Smoke (can have gluten) Oat Grass (Not For Gluten Sensitive) Oats	Millet Oats (Bob's Red Mill Gluten Free Version) Oats (Certified GF) Potato Flour (gluten free) Potato Starch (gluten free) Quinoa (gluten free) Quinoa, Black (gluten free)
	Bean, Pinto/Frijole Bean, White Beans Coffee Bean, Organic Edamame (must be organic) Fava Bean Fava Bean Flour Lentil(s) Miso		Caramel Coloring Coffee, Instant (has gluten) Crab, Immitation Gluten Kamut Liquid Smoke (can have gluten) Oat Grass (Not For Gluten Sensitive) Oats Oats, GF (not Certified) can have gluten	Millet Oats (Bob's Red Mill Gluten Free Version) Oats (Certified GF) Potato Flour (gluten free) Potato Starch (gluten free) Quinoa (gluten free) Quinoa, Black (gluten free) Quinoa, Red (gluten free)

Rice, Japonica (gluten free)		Lemon Juice	Miscellaneous
Rice, Purple (gluten free)		Licorice Tea	Acacia Gum
Rice, Red (gluten free)		Lime Juice	Agar Gum
Rice, White (gluten free)		Milk, Soy (Organic)	Antimony
Rice, Wild (Lundberg® - not the blend)		Mineral Water	Arabic Gum
Rice Bran		Orange Juice	Baking Soda (Arm & Hammer®)
Rice Flour (gluten free)		Pea Protein	Blue Food Dye
Rice Protein Powder (gluten free)		Rice Protein Powder (gluten free)	Carrageenan Gum
Sorghum		Soy Milk/Soy Cheese (Organic)	Chewing Gum, Xylichew®
Teff		Soy Protein (Organic)	Chicory Root
Tolerant Green Lentil & Pea Pasta		Sparkling Water, unflavored	Formaldehyde
Tolerant Red or Green Lentil Pasta		Tea, Black	GemWraps®, Sandwich Wrap (Mango/Chipotle)
			(11 5 1 1 1 1 1 1
Beverages & Protein Powders	🗆	Tea, Chamomile	GemWraps®, Sandwich Wrap (Tomato)
Almond Milk, unsweetened (no	l □ □	Tea, Chamomile Tea, Hibiscus	GemWraps®, Sandwich Wrap
			GemWraps®, Sandwich Wrap (Tomato) Glucomannon Flour
Almond Milk, unsweetened (no tapioca) Carrot Juice Coconut Kefir (No Tapioca,		Tea, Hibiscus	GemWraps®, Sandwich Wrap (Tomato) Glucomannon Flour (konjacfoods.com)
Almond Milk, unsweetened (no tapioca) Carrot Juice Coconut Kefir (No Tapioca, Carageenan) Coconut Milk(Native Forest or		Tea, Hibiscus Tea, Oolong	GemWraps®, Sandwich Wrap (Tomato) Glucomannon Flour (konjacfoods.com) Guar Gum
Almond Milk, unsweetened (no tapioca) Carrot Juice Coconut Kefir (No Tapioca, Carageenan)		Tea, Hibiscus Tea, Oolong Tea, Ramon	GemWraps®, Sandwich Wrap (Tomato) Glucomannon Flour (konjacfoods.com) Guar Gum Inulin
Almond Milk, unsweetened (no tapioca) Carrot Juice Coconut Kefir (No Tapioca, Carageenan) Coconut Milk(Native Forest or Natural Value)		Tea, Hibiscus Tea, Oolong Tea, Ramon Tea, Roobios	GemWraps®, Sandwich Wrap (Tomato) Glucomannon Flour (konjacfoods.com) Guar Gum Inulin Konjac Glucomannon Flour
Almond Milk, unsweetened (no tapioca) Carrot Juice Coconut Kefir (No Tapioca, Carageenan) Coconut Milk(Native Forest or Natural Value) Coconut Water (low sugar)		Tea, Hibiscus Tea, Oolong Tea, Ramon Tea, Roobios Tea, White	GemWraps®, Sandwich Wrap (Tomato) Glucomannon Flour (konjacfoods.com) Guar Gum Inulin Konjac Glucomannon Flour Latex
Almond Milk, unsweetened (no tapioca) Carrot Juice Coconut Kefir (No Tapioca, Carageenan) Coconut Milk(Native Forest or Natural Value) Coconut Water (low sugar) Coffee		Tea, Hibiscus Tea, Oolong Tea, Ramon Tea, Roobios Tea, White Water	GemWraps®, Sandwich Wrap (Tomato) Glucomannon Flour (konjacfoods.com) Guar Gum Inulin Konjac Glucomannon Flour Latex Locust Bean Gum
Almond Milk, unsweetened (no tapioca) Carrot Juice Coconut Kefir (No Tapioca, Carageenan) Coconut Milk(Native Forest or Natural Value) Coconut Water (low sugar) Coffee Coffee, Instant (has gluten)		Tea, Hibiscus Tea, Oolong Tea, Ramon Tea, Roobios Tea, White Water Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap (Tomato) Glucomannon Flour (konjacfoods.com) Guar Gum Inulin Konjac Glucomannon Flour Latex Locust Bean Gum Lycopene
Almond Milk, unsweetened (no tapioca) Carrot Juice Coconut Kefir (No Tapioca, Carageenan) Coconut Milk(Native Forest or Natural Value) Coconut Water (low sugar) Coffee Coffee, Instant (has gluten) Coffee Bean, Organic		Tea, Hibiscus Tea, Oolong Tea, Ramon Tea, Roobios Tea, White Water Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap (Tomato) Glucomannon Flour (konjacfoods.com) Guar Gum Inulin Konjac Glucomannon Flour Latex Locust Bean Gum Lycopene Palm Wax

test patient 10/25/2017

Silver
Tofu (Organic)
Tragacanth Gum
Yeast, Nutritional
Snacks
No foods in this Category
new category
alpha
<u> </u>
bravo
bravo charlie