Fruits	Grape, Purple	Orange, Blood
Acai	Grape, Red	Orange Juice
alpha	Grape, White	Orange Peel/Rind
Apple (all types)	Guava	Passion Fruit
Bilberry	Huckleberry	Peach
Blackberry	Jack fruit	Pear
Boysenberry	Kumquat	Pear, Asian
bravo	Lemon	Persimmons
Cantaloupe	Lemon Juice	Plum
charlie	Lemon Rind/Peel	Pomegranate
Cherry	Lime	Pomelo
Clementine	Lime Juice	Prune
Cranberry	Litchi (aka Lychee)	Quince
Cranberry Juice	Loganberry	Raisin (unsulfured, organic)
Currant	Loquat	Star Fruit
Dragon Fruit (Pitaya)	Mangosteen	Strawberry
Dried Fruit	Maqui	Tamarind
Elderberry	Melon, Honeydew	Tangelo
Fig	Monk Fruit (Pure)	Watermelon
Goji Berry	Mulberry	Wolfberry
Golden Berry	Nectarines	Youngberry
Gooseberry	new food	
Grape	Noni	
Grape, Green	Orange	

Nuts, Seeds, Drupes & Oils	Flax Seed	Rice, Wild (Lundberg® - not the blend)
Almond	Grapeseed Oil, Organic	Rice Bran Oil
Almond, Marcona	Hazelnut/Filbert	Sacha Inchi Seeds
Almond Butter (Artisana®)	Hazelnut Flour	Safflower/Safflower Seed Oil
Almond Flavor (natural, gluten free)	Hemp Meal	Sesame Seed Oil
Almond Flour (gluten free)	Hemp Protein (Powder)	Sesame Seeds
Almond Meal (gluten free)	Hemp Seed	Sesame Seeds, Black
Annatto Seed	Macadamia Nut Oil	Sunflower Seed Butter
Avocado Oil	Macadamia Nuts	Sunflower Seed Lecithin
Brazil Nut	Olive Leaf Extract	Sunflower Seed Oil
Caraway Seed	Olive Oil, Virgin	Sunflower Seeds
Cashew Butter	Palm Kernel Oil	Tahini
Cashew Meal	Pecan Flour	Tea, Ramon
Cashews	Pecans	Tiger Nuts
Chestnut	Pepitas	Truffle Oil
Chia Seed (1/4 cup, max)	Pili Nuts	Truffle Oil, Black
Coconut, shredded (raw, unsweetened)	Pine Nut	Vegetable Shortening (Spectrum®)
Coconut Butter	Pistachios	Walnut Oil
Coconut Oil	Poppy seeds	Walnuts
Cola Nut (aka Kola Nut)	Psyllium Husk	Walnuts, Black
Corn Oil	Pumpkin Oil	
Cottonseed/Cottonseed Oil	Pumpkin Seed Oil	
Flax Meal	Pumpkin Seeds	

Fish & Shellfish	Salmon, wild (fresh)	Bamboo Shoot
Anchovy	Sardines	Bean, Green
Bass	Scallop	Bean Sprout
Catfish	Shrimp	Beet
Chilean Sea Bass	Sole	Beet Greens
Clam	Squid	Bok Choy
Cod/ Cod Liver Oil	Swai	Broccoli
Corvina	Swordfish	Broccolini
Crab	Tilapia (Wild, Non-farmed)	Broccoli Rabe
Crayfish	Trout	Broccoli Sprouts
Flounder	Tuna	Brussels Sprout
Haddock	Walleye Pike	Burdock
Hake	Whitefish/Turbot	Cabbage, Chinese (see also Bok Choy)
Halibut	Vegetables	Cabbage, Green
Herring	Agave Nectar	Cabbage, Purple
Lobster	Alfalfa Grass	Cactus (Nopales)
Mackerel	Alfalfa Sprouts	Capers
Mahi Mahi	Aloe Vera	Carrot, Purple
Mussel	Artichoke (not pickled)	Carrot, White
Octopus	Artichoke, Jerusalem (not pickled)	Cassava (see Tapioca and Yucca)
Orange Roughy	Arugula	Cauliflower
Oyster	Asparagus	Cauliflower, Purple
Perch	Avocado	Celery
Red Snapper		Chard

Sh	opping List Page 4	All ingredients must be organic		
tes	t patient			10/24/2017
	Chayote	Lettuce, all types		Pepper, Poblano
	Chives	Mushrooms		Pepper, Serrano
	Coconut (raw and unsweetened)	Mushrooms, Button		Pickles, Bubbies® brand only
	Coconut Concentrate	Mushrooms, Cremeni/Crimini		Pimento
	Collard Greens	Mushrooms, Maitake		Potato, Fingerling
	Corn (Gluten-free & Non-GMO)	Mushrooms, Shiitake		Potato, Purple
	Corn, Blue	Mustard Greens		Potato, Red
	Corn, White	Nori		Potato, Russet
	Cucumber	Okra		Potato, White
	Daikon Radish	Olives (without vinegar)		Potato, Yukon Gold
	Dandelion Greens	Onion, Green		Prickly Pear
	Dandelion Root	Onion, Maui		Psyllium Husk
	Eggplant	Onion, Red		Pumpkin
	Endive	Onion, Sweet		Pumpkin Powder
	Fennel	Onion, Yellow		Radicchio
	Garlic	Paprika		Radish
	Hearts of Palm	Parsley		Rainbow Chard
	Horseradish	Parsnip		Red Pepper Flake
	Jicama	Pea, Black-Eyed		Rhubarb
	Kale, all types	Pepper, Anaheim		Rutabaga
	Kelp/Dulse	Pepper, Cayenne		Sauerkraut (Bubbies® Brand only)
	Kohlrabi	Pepper, Chili		Scallions
	Kombu	Pepper, Habanero		Sea Vegetables
	Leeks	Pepper, Jalapeño		Seaweed

[Vinegar-free)	
	Spinach	Truffle	Goat, Grass-fed only (organic)
	Spirulina	Turnip Greens	Great Lake's® Beef Gelatin
	Squash	Turnips	Lamb
	Squash, Acorn	Water Chestnut	Lard (pork)
	Squash, Butternut	Watercress	Ostrich
	Squash, Green	Yams, Garnett	Pheasant
	Squash, Spaghetti	Yams, Japanese	Pork, (organic)
	Squash, Summer	Yucca	Quail
	Squash, Winter	Zucchini	Rabbit
	Squash, Yellow	Meat & Poultry	Turkey (organic)
	Sugar Beet	Applegate® organic black forest ham	Veal (organic)
	Swiss Chard	Applegate® organic chicken/apple sausage	Venison (see also Deer)
	Tomatillo	Applegate® organic ham	Non-Dairy & Eggs
	Tomato	Applegate® organic hot dogs	Almond Milk, unsweetened (no tapioca)
	Tomato, Cherry	Applegate® organic roast beef	Almond Yogurt, unsweetened
	Tomato, Heirloom	Applegate® organic sausage sweet italian	Cheese, Soy (Organic) (see Soy)
	Tomato, Orange	Beef, Grass-fed only (organic)	Coconut Kefir (No Tapioca, Carageenan)
	Tomato, Red	Bison (see also Buffalo)	Coconut Milk(Native Forest or Natural Value)
	Tomato, Roma	Buffalo (see also Bison)	Egg, Pasture-raised (from a farmer)
	Tomato, Sun-dried	Chicken, free range (organic)	Egg, Vital Farms® or Pasture Verde®
	Tomato, Yellow	Collagen Protein (Powder)	Egg, Whites, Pasture-raised
	Tomatoes, Big Beef	Deer (see also Venison)	Egg, Yolks Pasture-raised
	Tomato Paste (gluten & Vinegar-free)		

Milk, Soy (Organic)	Tamari (Wheat Free)	Maple Syrup (Grade A Dark Amber Organic)
Condiments, Spreads & Sauces	Tomato Paste (gluten & Vinegar-free)	Molasses
Apple Cider Vinegar (Bragg's®)	Tomato Sauce (gluten & Vinegar-free)	Monk Fruit (Pure)
Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Veganaise Soy-free (Follow Your Heart®)	Monk Fruit Extract
BodyPro Almond Mayo Grade A Maple Syrup	Vegetable Shortening (Spectrum®)	Nutrasweet®
BodyPro Almond Mayo with Yacon Syrup	Vinegar, Beet	Rebiana Leaf (Stevia)
Carob	Worcestershire Sauce (The Wizard's® GF)	Sorbitol
Cocoa Butter	Sweeteners	Splenda
Coconut Aminos®	Agave Nectar	Sucanat
Coconut Cream	Aspartame	Sucralose
Coconut Vinegar (Coconut Secret)	BodyPro Almond Mayo Grade A Maple Syrup	Sugar Beet
Dressing, Primal Kitchen Greek Avocado Oil	Cane Syrup	Sugar Cane
Dressing, Primal Kitchen Honey Mustard	Chocolate, Dark	Sweetleaf® Stevia
Earth Balance® Coconut Spread	Coconut Palm Sugar	Swerve® Sweetener
Horseradish Sauce, Gluten-free (Annie's®)	Erythritol (non-GMO)	Tapioca Dextrose
Hummus	Fructose	Xyla (Birchwood Xylitol)
Liquid Aminos (Braggs®)(has Soy)	Fruit Pectin	Xylitol
Liquid Smoke gluten free (natural)	Jerusalem Artichoke Syrup	Yacon Syrup
Mustard, Brown (Eden® gf mustard)	Just Like Sugar®	
Olives (without vinegar)	Lo Han	
Red Bean Paste	Maltodextrin (Corn-based, non-GMO)	
Red Tomato Paste (gluten free)	Maltodextrin (Tapioca-based)	
Sauerkraut (Bubbies® Brand only)	Maple Sugar	

Herbs & Spices	Dandelion Root	Lemongrass
Allspice	Dill	Licorice Root
Almond Flavor (natural, gluten free)	Dong Quai	Maca Root
Anise	Echinacea	Mace Spice
Ashwaganda	Fennel	Marjoram
Astragalus	Garam Masala	Mesquite
Basil	Garlic	Milk Thistle
Bay Leaf	Garlic Pepper	Mint
Black Cohosh	Garlic Powder	Mustard (as a Powder)
Caraway Seed	Garlic Salt	Mustard Seeds (gluten free)
Cardamom	Ginger	Nutmeg
Celery Powder	Ginkgo Biloba	Olive Leaf Extract
Chicory Root	Ginseng (All Types)	Onion
Cilantro/Coriander	Goldenseal	Onion Powder
Cinnamon	Grapeseed Extract	Orange Peel/Rind
Cinnamon, Ceylon	Guarana	Orange Salt
Cloves	Gymnema Silvestre	Oregano
Cloves, Madagascar	Herbs De Provence	Paprika
Cloves, Penang	Hickory	Paprika (smoked)
Cramp Bark Extract	Himalayan Salt	Parsley
Cream of Tartar	Jamaican Jerk	Pepper, Black (see Garlic/Lemon Pepper)
Cumin	Juniper Berry	Pepper, Cayenne
Curcumin	Lavender	Pepper, Sichuan
Curry (must be GF)	Lemon Balm (Melissa Officinalis)	Pepper, Szechuan

Sh	nopping List Page 8	All i	ngredients must be organic		
tes	st patient				10/24/2017
	Pepper/Peppercorns		Vanilla Powder		Bean, Pinto/Frijole
	Peppermint		White Willow Bark Extract		Bean, Red
	Pine Bark Extract		Wintergreen		Bean, White
	Red Pepper Flake		Wormwood		Beans
	Rose Hips		Milk-Containing Foods		Chickpea (see also Garbanzo Bean)
	Rosemary		Cheese, American		Coffee Bean, Organic
	Saffron		Cheese, Asiago		Edamame (must be organic)
	Sage		Cheese, Bleu		Fava Bean
	Saw Plametto		Yogurt (See Xanthan Gum)		Fava Bean Flour
	Sesame Seeds		Legumes & Pulses		Garbanzo Bean
	Sesame Seeds, Black		Bean, Azuki		Garbanzo Flour
	Shallots		Bean, Black		Kidney Bean
	Spearmint		Bean, Butter		Lentil(s)
	St. John's Wort		Bean, Cannellini		Miso
	Sumac		Bean, Chana Dahl		Peanut (Organic, Valencia)
	Tamari (Wheat Free)		Bean, Chili		Peanut Butter (Organic, Maranatha®)
	Tarragon		Bean, Green		Peanut Oil (Organic)
	Thyme		Bean, Italian		Red Bean Paste
	Tomatillo		Bean, Kidney		Soybean oil(must be organic)
	Turmeric		Bean, Lima		Soy Beans (must be organic)
	Uva Ursi		Bean, Mung		Vanilla Bean
	Valerian		Bean, Navy		Vanilla Powder
	Vanilla (gluten and corn-free)		Bean, Ninja		
\Box	Vanilla Bean	Ш	samp empa		

Corn-Derived Foods	Gluten-Free Grains	Oats (Bob's Red Mill Gluten Free Version)
Cheese, Soy (Organic) (see Soy)	Almond Flour (gluten free)	Oats (Certified GF)
Corn (Gluten-free & Non-GMO)	Amaranth	Potato Flour (gluten free)
Corn, Blue	Arrowroot Flour/powder	Potato Starch (gluten free)
Corn, White	Basmati Rice (gluten free)	Quinoa (gluten free)
Corn Gluten	Chicory Root	Quinoa, Black (gluten free)
Corn Meal (gluten free)	Coconut Flour (gluten free)	Quinoa, Red (gluten free)
Corn Oil	Coconut Meal (gluten free)	Rice, Basmati (gluten free)
Corn Starch (gluten free)	Corn (Gluten-free & Non-GMO)	Rice, Black (gluten free)
Erythritol (non-GMO)	Corn, Blue	Rice, Brown (gluten free)
Fructose	Corn, White	Rice, Japonica (gluten free)
GemWraps®, Sandwich Wrap (Carrot)	Corn Meal (gluten free)	Rice, Purple (gluten free)
Maltodextrin (Corn-based, non-GMO)	Corn Starch (gluten free)	Rice, Red (gluten free)
Swerve® Sweetener	Ener-G Brown Rice Yeast-Free Bread	Rice, White (gluten free)
Xanthan Gum	Fava Bean Flour	Rice, Wild (Lundberg® - not the blend)
Yogurt (See Xanthan Gum)	Flax Meal	Rice Bran
Gluten-Containing Foods	Garbanzo Flour	Rice Flour (gluten free)
Cheese, Bleu	Glucomannon Flour (konjacfoods.com)	Rice Protein Powder (gluten free)
Cheese, Bleu		
Cheese, Bleu	(konjacfoods.com)	free)
Cheese, Bleu	(konjacfoods.com) Hazelnut Flour	free) Tapioca
Cheese, Bleu	(konjacfoods.com) Hazelnut Flour Hemp Meal	Tapioca Tapioca Flour (gluten free)
Cheese, Bleu	(konjacfoods.com) HazeInut Flour Hemp Meal Hemp Protein (Powder)	Tapioca Tapioca Flour (gluten free) Tapioca Starch (gluten free) Tolerant Green Lentil & Pea

Tortilla, Siete Chia & Cassava	Soy Milk/Soy Cheese (Organic)	Bone Broth, Beef
Beverages & Protein Powders	Soy Protein (Organic)	Carrageenan Gum
Almond Milk, unsweetened (no tapioca)	Sparkling Water, unflavored	Chewing Gum, Xylichew®
Apple Cider	Tea, Black	Chicory Root
Apple Juice	Tea, Chamomile	Cocoa/Cacao (raw, pure, & unsweetened)
Bone Broth Protein, Beef	Tea, Green	Collagen Protein (Powder)
Coconut Kefir (No Tapioca, Carageenan)	Tea, Hibiscus	Formaldehyde
Coconut Milk(Native Forest or Natural Value)	Tea, Oolong	GemWraps®, Sandwich Wrap (Carrot)
Coconut Water (low sugar)	Tea, Ramon	GemWraps®, Sandwich Wrap (Kale-Apple)
Coffee	Tea, Roobios	GemWraps®, Sandwich Wrap (Tomato)
Coffee Bean, Organic	Tea, Unflavored	Glucomannon Flour (konjacfoods.com)
Collagen Protein (Powder)	Tea, White	Great Lake's® Beef Gelatin
Echinacea Tea	Water	Guar Gum
Great Lake's® Beef Gelatin	Yerba Matte Tea (Organic/Pure)	Hops
Green Tea	Zevia Drinks	Inulin
Hemp Protein (Powder)	Miscellaneous	Julian Bakery Almond Bread
Lemon Juice	Acacia Gum	Julian Bakery Coconut Bread
Licorice Tea	Agar Gum	Julian Bakery Paleo Wraps
Lime Juice	Antimony	Konjac Glucomannon Flour
Milk, Soy (Organic)	Arabic Gum	Lard (pork)
Mineral Water	Baking Powder	Latex
Orange Juice	Baking Soda (Arm & Hammer®)	Locust Bean Gum
Rice Protein Powder (gluten free)	Blue Food Dye	Lycopene
*		Modified Food Starch (Tapioca-based)

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	Palm Wax
	Pycnogenol
	Red Food Dye
	Red Tomato Paste (gluten free)
	Resveratrol
	Rice Starch (if certified gluten free)
	Silver
	Skinny Crisps® (Plain Jane)
	Tofu (Organic)
	Tragacanth Gum
	Xanthan Gum
	Yeast, Baker's
	Yeast, Nutritional
	Snacks
	Apple Sauce
	new category
	alpha
	bravo
	charlie
\Box	new food