test patient

10/25/2017

| Fruits | Lime Juice | | Pomegranate |
|-----------------------|---------------------|----------|--------------------------------------|
| Acai | Litchi (aka Lychee) | | Pomelo |
| alpha | Loganberry | | Prune |
| Bilberry | Loquat | | Quince |
| Boysenberry | Mango | | Raspberry |
| bravo | Mangosteen | | Star Fruit |
| charlie | Maqui | | Strawberry |
| Clementine | Monk Fruit (Pure) | | Tamarind |
| Currant | Mulberry | | Tangelo |
| Dragon Fruit (Pitaya) | Nectarines | | Tangerine |
| Dried Fruit | new food | | Watermelon |
| Elderberry | Noni | | Wolfberry |
| Goji Berry | Orange | | Youngberry |
| Golden Berry | Orange, Blood | | Nuts, Seeds, Drupes & Oils |
| Gooseberry | Orange Juice | | Almond |
| Guava | Orange Peel/Rind | | Almond, Marcona |
| Huckleberry | Papaya | | Almond Butter (Artisana®) |
| Jack fruit | Passion Fruit | | Almond Flavor (natural, gluten free) |
| Kiwi | Peach | | Almond Flour (gluten free) |
| Kumquat | Pear | | Almond Meal (gluten free) |
| Lemon | Pear, Asian | | Annatto Seed |
| Lemon Juice | Persimmons | | Brazil Nut |
| Lemon Rind/Peel | Pineapple | | Canola/Rapeseed Oil |
| Lime | Plum | <u>'</u> | • |

| Sh | Shopping List Page 2 | | | All ir | ngredients must be organic |
|-----|---------------------------|--|--|--------|----------------------------------|
| tes | t patient | | | | 10/25/2017 |
| | Caraway Seed | | Pecans | | Tiger Nuts |
| | Cashew Butter | | Pepitas | | Truffle Oil |
| | Cashew Meal | | Pili Nuts | | Truffle Oil, Black |
| | Cashews | | Pine Nut | | Vegetable Oil |
| | Chestnut | | Pistachios | | Vegetable Shortening (Spectrum®) |
| | Chia Seed (1/4 cup, max) | | Poppy seeds | | Walnut Oil |
| | Cola Nut (aka Kola Nut) | | Psyllium Husk | | Walnuts |
| | Corn Oil | | Pumpkin Oil | | Walnuts, Black |
| | Cottonseed/Cottonseed Oil | | Pumpkin Seed Oil | | Fish & Shellfish |
| | Flax Meal | | Pumpkin Seeds | | Catfish |
| | Flax Oil | | Ramon Seeds | | Chilean Sea Bass |
| | Flax Seed | | Rice, Wild (Lundberg® - not the blend) | | Corvina |
| | Hazelnut/Filbert | | Rice Bran Oil | | Crab, Immitation |
| | Hazelnut Flour | | Sacha Inchi Seeds | | Crayfish |
| | Hemp Meal | | Safflower/Safflower Seed Oil | | Hake |
| | Hemp Protein (Powder) | | Sesame Seed Oil | | Mahi Mahi |
| | Hemp Seed | | Sesame Seeds | | Mussel |
| | Hydrogenated Oils | | Sesame Seeds, Black | | Octopus |
| | Macadamia Nut Oil | | Sunflower Seed Butter | | Orange Roughy |
| | Macadamia Nuts | | Sunflower Seed Lecithin | | Oyster |
| | Olive Leaf Extract | | Sunflower Seed Oil | | Perch |
| | Olive Oil, Virgin | | Sunflower Seeds | | Red Snapper |
| | Palm Kernel Oil | | Tahini | | Salmon, wild (fresh) |
| | Pecan Flour | | Tea, Ramon | | |

| Shopping List Page 3 | | | | | ngredients must be organic |
|----------------------|------------------------------------|--|---|--|------------------------------------|
| tes | t patient | | | | 10/25/2017 |
| | | | | | |
| | Sardines | | Barley Greens (may contain gluten) | | Carrot, White |
| | Scallop | | Bean, Green | | Carrot, Yellow |
| | Shrimp | | Bean Sprout | | Carrot Juice |
| | Sole | | Beet | | Cassava (see Tapioca and Yucca) |
| | Squid | | Beet Greens | | Cauliflower |
| | Swai | | Bell Pepper | | Cauliflower, Purple |
| | Swordfish | | Bell Pepper, Green | | Celery |
| | Tilapia (Wild, Non-farmed) | | Bell Pepper, Orange | | Chard |
| | Trout | | Bell Pepper, Yellow | | Chayote |
| | Tuna | | Bok Choy | | Chives |
| | Walleye Pike | | Broccoli | | Collard Greens |
| | Whitefish/Turbot | | Broccolini | | Corn (Gluten-free & Non-GMO) |
| | Vegetables | | Broccoli Rabe | | Corn, Blue |
| | Agave Nectar | | Broccoli Sprouts | | Corn, White |
| | Alfalfa Grass | | Brussels Sprout | | Cucumber |
| | Alfalfa Sprouts | | Burdock | | Daikon Radish |
| | Aloe Vera | | Cabbage, Chinese (see also Bok Choy) | | Dandelion Greens |
| | Artichoke (not pickled) | | Cabbage, Green | | Dandelion Root |
| | Artichoke, Jerusalem (not pickled) | | Cabbage, Purple | | Eggplant |
| | Arugula | | Cactus (Nopales) | | Endive |
| | Asparagus | | Capers | | Fennel |
| | Bamboo Shoot | | Capsicum | | Garlic |
| | Barley Grass (can have gluten) | | Carrot, Orange | | Hearts of Palm |
| _ | | | Carrot, Purple | | Horseradish |

| Sho | opping List Page 4 | All ingredients must be organ | | |
|------|---|-------------------------------|--|----------------------------------|
| test | t patient | | | 10/25/201 |
| | Hydrogenated Oils | Parsley | | Psyllium Husk |
| | Jicama | Parsnip | | Pumpkin |
| | Kale, all types | Pea, Black-Eyed | | Pumpkin Powder |
| | Kelp/Dulse | Pea, Green | | Radicchio |
| | Kohlrabi | Pea, Snap | | Radish |
| | Kombu | Pea, Snow | | Rainbow Chard |
| | Leeks | Pea, Split | | Red Pepper Flake |
| | Lettuce, all types | Pea Protein | | Rhubarb |
| | Mushrooms | Pepper, Anaheim | | Rutabaga |
| | Mushrooms, Button | Pepper, Cayenne | | Sauerkraut (Bubbies® Brand only) |
| | Mushrooms, Cremeni/Crimini | Pepper, Chili | | Scallions |
| | Mushrooms, Maitake | Pepper, Habanero | | Sea Vegetables |
| | Mushrooms, Shiitake | Pepper, Jalapeño | | Seaweed |
| | Mustard Greens | Pepper, Poblano | | Shallots |
| | Nori | Pepper, Serrano | | Spinach |
| | Oat Grass (Not For Gluten Sensitive) | Pimento | | Spirulina |
| | Okra | Potato, Fingerling | | Squash |
| | Olives (without vinegar) | Potato, Purple | | Squash, Acorn |
| | Onion, Green | Potato, Red | | Squash, Butternut |
| | Onion, Maui | Potato, Russet | | Squash, Green |
| | Onion, Red | Potato, Sweet | | Squash, Spaghetti |
| | Onion, Sweet | Potato, White | | Squash, Summer |

Potato, Yukon Gold

Prickly Pear

Onion, Yellow

Paprika

Squash, Winter

Squash, Yellow

| Sh | opping List Page 5 | | All ir | ngredients must be organic |
|-----|--------------------------------------|--|--------|--|
| tes | t patient | | | 10/25/2017 |
| | Sugar Beet | Yams, Japanese | | Egg, Yolks Pasture-raised |
| | Sweet Potato, Red | Yucca | | Milk, Soy (Organic) |
| | Sweet Potatoes, White | Zucchini | | Condiments, Spreads & Sauces |
| | Swiss Chard | Meat & Poultry | | Barbeque Sauce, GF Annie's® Sweet & Spicy |
| | Tomatillo | Applegate® organic hot dogs | | Carob |
| | Tomato | Applegate® organic roast beef | | Cocoa Butter |
| | Tomato, Cherry | Beef, Grass-fed only (organic) | | Cream, Raw and Unpasteurized |
| | Tomato, Heirloom | Bison (see also Buffalo) | | Hummus |
| | Tomato, Orange | Collagen Protein (Powder) | | Ketchup (Organicville) |
| | Tomato, Red | Goat, Grass-fed only (organic) | | Liquid Aminos (Braggs®)(has Soy) |
| | Tomato, Roma | Great Lake's® Beef Gelatin | | Liquid Smoke (can have gluten) |
| | Tomato, Sun-dried | Ostrich | | Liquid Smoke gluten free (natural) |
| | Tomato, Yellow | Pheasant | | Mayonnaise |
| | Tomatoes, Big Beef | Quail | | Olives (without vinegar) |
| | Tomato Paste (gluten & Vinegar-free) | Rabbit | | Red Bean Paste |
| | Tomato Sauce (gluten & Vinegar-free) | Veal (organic) | | Red Tomato Paste (gluten free) |
| | Truffle | Non-Dairy & Eggs | | Sauerkraut (Bubbies® Brand only) |
| | Turnip Greens | Almond Milk, unsweetened (no tapioca) | | Sour Cream, Raw and Unpasteurized |
| | Turnips | Almond Yogurt, unsweetened | | Soy Sauce |
| | Vegetable Oil | Cheese, Soy (Organic) (see Soy) | | Sriracha Sauce Organicville gluten-free |
| | Water Chestnut | Egg, Pasture-raised (from a farmer) | | Tabasco Sauce |
| | Watercress Wheat Grass (Is | Egg, Vital Farms® or Pasture Verde® | | Tamari (Wheat Free) |
| | Gluten-contaminated) | Egg, Whites, Pasture-raised | | Teriyaki Sauce |
| 1 1 | Yams, Garnett | | | |

Shopping List Page 6 All ingredients must be organic test patient 10/25/2017 Tomato Paste (gluten & Honey, Manuka Tapioca Dextrose Vinegar-free) Honey, Wildflower from Tomato Sauce (gluten & Xyla (Birchwood Xylitol) Vinegar-free) Mahava® Ume Plum Vinegar Jerusalem Artichoke Syrup Xylitol Vegetable Shortening Just Like Sugar® Yacon Syrup (Spectrum®) Vinegar Lo Han Herbs & Spices Maltitol Vinegar, Beet Allspice Vinegar, Distilled Maltodextrin (Barley-derived) Almond Flavor (natural, gluten free) Maltodextrin (Corn-based, Vinegar, Malt Anise non-GMO) Vinegar, Rice Maltodextrin (Tapioca-based) Ashwaganda Vinegar, White Maple Sugar Astragalus Maple Syrup (Grade A Dark White/Distilled Vinegar Amber Organic) Basil Molasses Sweeteners Bay Leaf Monk Fruit (Pure) Black Cohosh Agave Nectar Monk Fruit Extract Aspartame Capsicum **Nutrasweet®** Brown Rice Syrup (contains Caramel Coloring MSG/Gluten) Rebiana Leaf (Stevia) Caraway Seed Cane Syrup Sorbitol Chocolate, Dark Cardamom Splenda Chocolate, Milk Celery Powder Sucanat Chocolate, White Chicory Root Sucralose Cilantro/Coriander Erythritol (non-GMO) Sugar Beet Fructose Cinnamon Sugar Cane

Sweetleaf® Stevia

Swerve® Sweetener

Cinnamon, Ceylon

Cloves

Fruit Pectin

Honey, (Organic)

| Sh | opping List Page 7 | All ingredients must be organi | | |
|--------|---------------------|-------------------------------------|--|--|
| tes | t patient | | | 10/25/201 |
| \Box | Cloves, Madagascar | Hickory | | Oregano |
| | | • | | |
| | Cloves, Penang | Himalayan Salt | | Paprika |
| | Cramp Bark Extract | Hydrogenated Oils | | Paprika (smoked) |
| | Cream of Tartar | Jamaican Jerk | | Parsley |
| | Cumin | Juniper Berry | | Pepper, Black (see Garlic/Lemon Pepper) |
| | Curcumin | Lavender | | Pepper, Cayenne |
| | Curry (must be GF) | Lemon Balm (Melissa Officinalis) | | Pepper, Sichuan |
| | Dandelion Root | Lemongrass | | Pepper, Szechuan |
| | Dill | Lemon Pepper | | Pepper/Peppercorns |
| | Dong Quai | Licorice Root | | Peppermint |
| | Echinacea | Maca Root | | Pine Bark Extract |
| | Fennel | Mace Spice | | Red Pepper Flake |
| | Garam Masala | Marjoram | | Rose Hips |
| | Garlic | Mesquite | | Rosemary |
| | Garlic Pepper | Milk Thistle | | Saffron |
| | Garlic Powder | Mint | | Sage |
| | Garlic Salt | Mustard (as a Powder) | | Saw Plametto |
| | Ginger | Mustard Seeds (gluten free) | | Sesame Seeds |
| | Ginkgo Biloba | Nutmeg | | Sesame Seeds, Black |
| | Ginseng (All Types) | Olive Leaf Extract | | Shallots |
| | Goldenseal | Onion | | Spearmint |
| | Guarana | Onion Powder | | St. John's Wort |
| | Gymnema Silvestre | Orange Peel/Rind | | Sumac |

Orange Salt

Herbs De Provence

Tamari (Wheat Free)

| Snopping List Page 8 | All I | ngredients must be organic | |
|--------------------------------|-----------------------------------|----------------------------|--------------------------------------|
| test patient | | | 10/25/2017 |
| Tarragon | Cheese, Feta | | Kefir, Raw |
| Thyme | Cheese, Goat | | Lactoalbumin |
| Tomatillo | Cheese, Gorgonzola | | Milk, Buffalo |
| Turmeric | Cheese, Gouda | | Milk, Cow |
| Uva Ursi | Cheese, Havarti | | Milk, Goat |
| Valerian | Cheese, Machego | | Milk, Sheep |
| Vanilla (gluten and corn-free) | Cheese, Marscapone | | Milk Chocolate |
| Vanilla Bean | Cheese, Mozzarella (Raw) | | Mozzarella Cheese |
| Vanilla Powder | Cheese, Muenster | | Sour Cream, Raw and Unpasteurized |
| White Willow Bark Extract | Cheese, Parmesan | | Whey |
| Wintergreen | Cheese, Pecorino |] [| Yogurt (See Xanthan Gum) |
| Wormwood | Cheese, Provolone | | Legumes & Pulses |
| Milk-Containing Foods | Cheese, Raw and Pasture-raised | | Bean, Azuki |
| Butter, Raw and Pasture-raised | Cheese, Ricotta | | Bean, Black |
| Buttermilk | Cheese, Romano | | Bean, Butter |
| Casein | Cheese, Sheep | | Bean, Cannellini |
| Cheese, American | Cheese, String (Mozzarella) | | Bean, Chana Dahl |
| Cheese, Asiago | Cheese, Swiss | | Bean, Chili |
| Cheese, Bleu | Chocolate, Milk | | Bean, Green |
| Cheese, Brie | Chocolate, White | | Bean, Italian |
| Cheese, Cheddar (Raw) | Cream, Raw and Unpasteurized | | Bean, Kidney |
| Cheese, Cottage | Ghee (Pasture-Raised, Organic) | | Bean, Lima |
| Cheese, Cream | Goat Cheese | | Bean, Mung |
| | Goat Kefir | | |

| Shopping List Page 9 | | | | All i | ingredients must be organic |
|----------------------|--|--|--|-------|--|
| tes | t patient | | | | 10/25/2017 |
| | Bean, Navy | | Soybean oil(must be organic) | | Sriracha Sauce Organicville gluten-free |
| | Bean, Ninja | | Soy Beans (must be organic) | | Swerve® Sweetener |
| | Bean, Pinto/Frijole | | Vanilla Bean | | Vegetable Oil |
| | Bean, Red | | Vanilla Powder | | Xanthan Gum |
| | Bean, White | | Vegetable Oil | | Yogurt (See Xanthan Gum) |
| | Beans | | Corn-Derived Foods | | Gluten-Containing Foods |
| | Chickpea (see also Garbanzo Bean) | | Barbeque Sauce, GF Annie's® Sweet & Spicy | | Barley |
| | Coffee Bean, Organic | | Cheese, Cream | | Barley Grass (can have gluten) |
| | Edamame (must be organic) | | Cheese, Soy (Organic) (see Soy) | | Barley Greens (may contain gluten) |
| | Fava Bean | | Chewing Gum (has gluten and corn) | | Barley Juice (may contain gluten) |
| | Fava Bean Flour | | Corn (Gluten-free & Non-GMO) | | Beer |
| | Garbanzo Bean | | Corn, Blue | | Bran |
| | Garbanzo Flour | | Corn, White | | Bread |
| | Hydrogenated Oils | | Corn Gluten | | Brown Rice Syrup (contains MSG/Gluten) |
| | Kidney Bean | | Corn Meal (gluten free) | | Caramel Coloring |
| | Lentil(s) | | Corn Oil | | Cheese, Bleu |
| | Miso | | Corn Starch (gluten free) | | Chewing Gum (has gluten and corn) |
| | Pea, Snap | | Erythritol (non-GMO) | | Coffee, Instant (has gluten) |
| | Pea, Snow | | Fructose | | Couscous |
| | Pea, Split | | Hydrogenated Oils | | Crab, Immitation |
| | Peanut (Organic, Valencia) | | Maltitol | | Durum Wheat |
| | Peanut Butter (Organic, Maranatha®) | | Maltodextrin (Corn-based, non-GMO) | | Farro |
| | Peanut Oil (Organic) | | Modified Food Starch | | Gluten |
| | Red Bean Paste | | | • | |

test patient

10/25/2017

| Graham (wheat) | Gluten-Free Grains | Millet |
|--|---------------------------------------|--|
| Kamut | Almond Flour (gluten free) | Oats (Bob's Red Mill Gluten Free Version) |
| Liquid Smoke (can have gluten) | Amaranth | Oats (Certified GF) |
| Malt | Arrowroot Flour/powder | Potato Flour (gluten free) |
| Maltitol | Basmati Rice (gluten free) | Potato Starch (gluten free) |
| Maltodextrin (Barley-derived) | Buckwheat | Quinoa (gluten free) |
| Modified Food Starch | Buckwheat Flour | Quinoa, Black (gluten free) |
| Oat Grass (Not For Gluten Sensitive) | Chicory Root | Quinoa, Red (gluten free) |
| Oats | Corn (Gluten-free & Non-GMO) | Rice, Basmati (gluten free) |
| Oats, GF (not Certified) can have gluten | Corn, Blue | Rice, Black (gluten free) |
| Orzo | Corn, White | Rice, Brown (gluten free) |
| Panko | Corn Meal (gluten free) | Rice, Japonica (gluten free) |
| Polish Wheat | Corn Starch (gluten free) | Rice, Purple (gluten free) |
| Rye | Ener-G Brown Rice Yeast-Free Bread | Rice, Red (gluten free) |
| Semolina | Fava Bean Flour | Rice, White (gluten free) |
| Soy Sauce | Flax Meal | Rice, Wild (Lundberg® - not the blend) |
| Spelt | Garbanzo Flour | Rice Bran |
| Teriyaki Sauce | Glucomannon Flour (konjacfoods.com) | Rice Flour (gluten free) |
| Triticale | Hazelnut Flour | Rice Protein Powder (gluten free) |
| Vinegar | Hemp Meal | Simple Mills - Everything Sprouted Seed Cracker |
| Vinegar, Malt | Hemp Protein (Powder) | Simple Mills Ground Sea Salt Almond Crackers |
| Vinegar, White | Hemp Seed | Simple Mills Rosemary & Sea Salt Crackers |
| Wheat (All Types) | Hydrogenated Oils | Simple Mills Tomato & Basil Almond Crackers |
| Wheat Grass (Is Gluten-contaminated) | Konjac Glucomannon Flour | Sorghum |

| Sh | opping List Page 11 | | All i | ngredients must be organic |
|-----|---------------------------------------|-----------------------------------|-------|--|
| tes | st patient | | | 10/25/2017 |
| | Sweet Potato Flour (gluten free) | Komboucha Tea | | Tea, Roobios |
| | Tapioca | Lactoalbumin | | Tea, Unflavored |
| | Tapioca Flour (gluten free) | Lemon Juice | | Tea, White |
| | Tapioca Starch (gluten free) | Licorice Tea | | Water |
| | Teff | Lime Juice | | Whey |
| | Tolerant Green Lentil & Pea Pasta | Milk, Buffalo | | Yerba Matte Tea (Organic/Pure) |
| | Tolerant Red or Green Lentil Pasta | Milk, Cow | | Zevia Drinks |
| | Tortilla, Siete Almond | Milk, Goat | | Miscellaneous |
| | Vegetable Oil | Milk, Sheep | | Acacia Gum |
| | Beverages & Protein Powders | Milk, Soy (Organic) | | Agar Gum |
| | Almond Milk, unsweetened (no tapioca) | Mineral Water | | Antimony |
| | Beer | Orange Juice | | Arabic Gum |
| | Bone Broth Protein, Beef | Pea Protein | | Baking Powder |
| | Carrot Juice | Rice Protein Powder (gluten free) | | Baking Soda (Arm & Hammer®) |
| | Casein | Soy Milk/Soy Cheese (Organic) | | Beef broth (Imagine® low sodium/GF) |
| | Coffee | Soy Protein (Organic) | | Blue Food Dye |
| | Coffee, Instant (has gluten) | Sparkling Water, unflavored | | Bone Broth, Beef |
| | Coffee Bean, Organic | Tea, Black | | Carrageenan Gum |
| | Collagen Protein (Powder) | Tea, Chamomile | | Chewing Gum (has gluten and corn) |
| | Echinacea Tea | Tea, Green | | Chewing Gum, Xylichew® |
| | Great Lake's® Beef Gelatin | Tea, Hibiscus | | Chicory Root |
| | Green Tea | Tea, Komboucha | | Cocoa/Cacao (raw, pure, & unsweetened) |

Collagen Protein (Powder)

Tea, Oolong

Tea, Ramon

Hemp Protein (Powder)

test patient 10/25/2017

| Formaldehyde | | Vegetable broth (Imagine® Low Sodium) |
|--|---|--|
| GemWraps®, Sandwich Wrap (Mango/Chipotle) | | Vegetable Oil |
| Glucomannon Flour (konjacfoods.com) | | Xanthan Gum |
| Great Lake's® Beef Gelatin | | Yeast, Baker's |
| Guar Gum | | Yeast, Brewer's |
| Hops | | Yeast, Nutritional |
| Hydrogenated Oils | | Snacks |
| Inulin | | No foods in this Category |
| Konjac Glucomannon Flour | | new category |
| Latex | | alpha |
| Locust Bean Gum | | bravo |
| Lycopene | | charlie |
| Malt | | new food |
| Maltodextrin (Barley-derived) | | 116W 166G |
| Modified Food Starch | | |
| Modified Food Starch (Tapioca-based) | | |
| Palm Wax | | |
| Red Food Dye | | |
| Red Tomato Paste (gluten free) | | |
| Rice Starch (if certified gluten free) | | |
| Silver | • | |
| Skinny Crisps® (Plain Jane) | | |
| Tofu (Organic) | | |
| Tragacanth Gum | | |