Fruits	Grape	Monk Fruit (Pure)
Acai	Grape, Green	Mulberry
alpha	Grape, Purple	Nectarines
Apple (all types)	Grape, Red	Noni
Apricot	Grape, White	Orange
Banana	Grapefruit	Orange, Blood
Bilberry	Grapefruit Juice	Orange Juice
Blackberry	Guava	Orange Peel/Rind
Blueberry	Huckleberry	Papaya
Boysenberry	Jack fruit	Passion Fruit
bravo	Kiwi	Peach
Cantaloupe	Kumquat	Pear
Garnareape	 	 •
charlie	Lemon	Pear, Asian
	Lemon Lemon Juice	Pear, Asian Persimmons
charlie	Lemon Lemon Juice Lemon Rind/Peel	
charlie Cherry Clementine Cranberry	Lemon Lemon Juice Lemon Rind/Peel Lime	Persimmons
Charlie Cherry Clementine	Lemon Lemon Juice Lemon Rind/Peel Lime	Persimmons Pineapple
charlie Cherry Clementine Cranberry	Lemon Lemon Juice Lemon Rind/Peel Lime	Persimmons Pineapple Plantain
charlie Cherry Clementine Cranberry Cranberry Juice	Lemon Lemon Juice Lemon Rind/Peel Lime Lime Juice	Persimmons Pineapple Plantain Plum
charlie Cherry Clementine Cranberry Cranberry Juice Currant	Lemon Lemon Juice Lemon Rind/Peel Lime Lime Lime Juice Litchi (aka Lychee)	Persimmons Pineapple Plantain Plum Pomegranate
charlie Cherry Clementine Cranberry Cranberry Juice Currant Dragon Fruit (Pitaya)	Lemon Lemon Juice Lemon Rind/Peel Lime Lime Lime Juice Litchi (aka Lychee) Loganberry	Persimmons Pineapple Plantain Plum Pomegranate Pomelo
charlie Cherry Clementine Cranberry Cranberry Juice Currant Dragon Fruit (Pitaya) Dried Fruit	Lemon Lemon Juice Lemon Rind/Peel Lime Lime Lime Juice Litchi (aka Lychee) Loganberry Loquat	Persimmons Pineapple Plantain Plum Pomegranate Pomelo Prune
charlie Cherry Clementine Cranberry Cranberry Juice Currant Dragon Fruit (Pitaya) Dried Fruit Elderberry	Lemon Lemon Juice Lemon Rind/Peel Lime Lime Lime Juice Litchi (aka Lychee) Loganberry Loquat Mango	Persimmons Pineapple Plantain Plum Pomegranate Pomelo Prune Quince

Shopping List Page 2 All ingredients must be organic					ngredients must be organic
tes	st patient				10/30/2017
	Strawberry		Flounder		Vegetables
	Tangelo		Hake		Alfalfa Grass
	Tangerine		Halibut		Alfalfa Sprouts
	Watermelon		Herring		Aloe Vera
	Nuts, Seeds, Drupes & Oils		Lobster		Artichoke (not pickled)
	Annatto Seed		Mackerel		Artichoke, Jerusalem (not pickled)
	Avocado Oil		Mahi Mahi		Arugula
	Brazil Nut		Mussel		Avocado
	Canola/Rapeseed Oil		Octopus		Bamboo Shoot
	Caraway Seed		Orange Roughy		Bean Sprout
	Chestnut		Oyster		Beet
	Chia Seed (1/4 cup, max)		Perch		Beet Greens
	Cottonseed/Cottonseed Oil		Red Snapper		Burdock
	Fish & Shellfish		Sardines		Cactus (Nopales)
	Anchovy		Scallop		Capers
	Bass		Shrimp		Carrot, Orange
	Catfish		Squid		Carrot, Purple
	Chilean Sea Bass		Swai		Carrot, White
	Clam		Swordfish		Carrot, Yellow
	Cod/ Cod Liver Oil		Tilapia (Wild, Non-farmed)		Carrot Juice
[Corvina		Trout		Celery
	Crab		Tuna		Chard
— [□ [Crayfish		Walleye Pike		Chives
			Whitefish/Turbot		Collard Greens

test patient

10/30/2017

Cucumber	Rutabaga		Applegate® organic turkey bacon
Daikon Radish	Sea Vegetables		Bison (see also Buffalo)
Dandelion Greens	Seaweed		Buffalo (see also Bison)
Dandelion Root	Spirulina		Chicken Broth (Imagine® gf/low sodium)
Endive	Sugar Beet		Deer (see also Venison)
Fennel	Sweet Potato, Red		Duck
Hearts of Palm	Sweet Potatoes, White		Goat, Grass-fed only (organic)
Horseradish	Swiss Chard		Ostrich
Jicama	Turnip Greens		Pheasant
Kelp/Dulse	Turnips		Quail
Kohlrabi	Water Chestnut		Rabbit
Kombu	Watercress		Venison (see also Deer)
Leeks	Yams, Garnett		Non-Dairy & Eggs
Mustard Greens	Yams, Japanese		Almond Yogurt, unsweetened
Nori	Zucchini		Condiments, Spreads & Sauces
Okra	Meat & Poultry		Balsamic Vinegar MiaBella (No
Parsley	Applegate® organic bacon		Caramel No Wine Vinegar) Coconut Vinegar (Coconut
Potato, Sweet	Applegate® organic black forest		Secret) Cream, Raw and Unpasteurized
Prickly Pear	Applegate® organic herb		Liquid Smoke gluten free
Pumpkin	roasted turkey Applegate® organic sausage sweet		(natural) Sour Cream, Raw and
Pumpkin Powder	italian Applegate® organic smoked		Unpasteurized
Radicchio	turkey breast Applegate® organic spinach &	Ш	Vinegar, Beet
Radish	feta sausage Applegate® organic turkey		
Rainbow Chard			

test patient

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Sweeteners	Sweetleaf® Stevia	Curry (must be GF)
Aspartame	Xyla (Birchwood Xylitol)	Dandelion Root
Cane Syrup	Yacon Syrup	Dong Quai
Chocolate, Dark	Herbs & Spices	Echinacea
Coconut Palm Sugar	Allspice	Fennel
Coconut Sugar	Anise	Ginkgo Biloba
Fruit Pectin	Astragalus	Ginseng (All Types)
Honey, (Organic)	Bay Leaf	Goldenseal
Honey, Manuka	Black Cohosh	Grapefruit Seed Extract
Honey, Wildflower from Mahava®	Caraway Seed	Grapeseed Extract
Jerusalem Artichoke Syrup	Cardamom	Guarana
Lo Han	Celery Powder	Gymnema Silvestre
Maple Sugar	Chicory Root	Herbs De Provence
Maple Syrup (Grade A Dark Amber Organic)	Cilantro/Coriander	Hickory
Molasses	Cinnamon	Himalayan Salt
Monk Fruit (Pure)	Cinnamon, Ceylon	Juniper Berry
Monk Fruit Extract	Cloves	Lavender
Nutrasweet®	Cloves, Madagascar	Lemon Balm (Melissa Officinalis)
Rebiana Leaf (Stevia)	Cloves, Penang	Lemongrass
Sorbitol	Cramp Bark Extract	Lemon Pepper
Splenda	Cream of Tartar	Licorice Root
Sucanat	Cumin	Maca Root
Sugar Beet	Curcumin	Mace Spice
Sugar Cane		Marjoram

test	t patient		10/30/2017
	Milk Thistle	Wintergreen	Cheese, Provolone
	Mint	Wormwood	Cheese, Raw and Pasture-raised
	Mustard (as a Powder)	Milk-Containing Foods	Cheese, Ricotta
	Mustard Seeds (gluten free)	Applegate® organic spinach & feta sausage	Cheese, Romano
	Nutmeg	Butter, Raw and Pasture-raised	Cheese, Sheep
	Orange Peel/Rind	Buttermilk	Cheese, String (Mozzarella)
	Orange Salt	Casein	Cheese, Swiss
	Parsley	Cheese, American	Cream, Raw and Unpasteurized
	Peppermint	Cheese, Asiago	Ghee (Pasture-Raised, Organic)
	Pine Bark Extract	Cheese, Brie	Goat Cheese
	Rose Hips	Cheese, Cheddar (Raw)	Goat Kefir
	Rosemary	Cheese, Cottage	Lactoalbumin
	Saffron	Cheese, Feta	Milk, Buffalo
	Sage	Cheese, Goat	Milk, Cow
	Saw Plametto	Cheese, Gorgonzola	Milk, Goat
	Spearmint	Cheese, Gouda	Milk, Sheep
	St. John's Wort	Cheese, Havarti	Milk Chocolate
	Sumac	Cheese, Machego	Mozzarella Cheese
	Tarragon	Cheese, Marscapone	Sour Cream, Raw and Unpasteurized
	Thyme	Cheese, Mozzarella (Raw)	Whey
	Turmeric	Cheese, Muenster	
	Uva Ursi	Cheese, Parmesan	
	Valerian	Cheese, Pecorino	

All ingredients must be organic

Shopping List Page 5

White Willow Bark Extract

test patient

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Legumes & Pulses	Licorice Tea	Miscellaneous
No foods in this Category	Lime Juice	Antimony
Corn-Derived Foods	Milk, Buffalo	Baking Soda (Arm & Hammer®)
No foods in this Category	Milk, Cow	Carrageenan Gum
Gluten-Containing Foods	Milk, Goat	Chicken Broth (Imagine® gf/low sodium)
No foods in this Category	Milk, Sheep	Chicory Root
	Mineral Water	Formaldehyde
Gluten-Free Grains	Orange Juice	Glucomannon Flour (konjacfoods.com)
Amaranth	Sparkling Water, unflavored	Inulin
Buckwheat	Tea, Black	Konjac Glucomannon Flour
Buckwheat Flour	Tea, Chamomile	Latex
Chicory Root	Tea, Green	Lycopene
Glucomannon Flour (konjacfoods.com)	Tea, Hibiscus	Palm Wax
Konjac Glucomannon Flour	Tea, Oolong	Pycnogenol
Sorghum	Tea, Roobios	Red Food Dye
Sweet Potato Flour (gluten free)	Tea, White	Resveratrol
Beverages & Protein Powders	Water	Silver
Carrot Juice	Whey	Snacks
Casein	Yerba Matte Tea (Organic/Pure)	No foods in this Category
Echinacea Tea	Zevia Drinks	
Grapefruit Juice		
Green Tea		
Lactoalbumin		
Lemon Juice		

test patient 10/30/2017

new category
alpha
bravo
charlie