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Fruits	Pear	Palm Kernel Oil
Acai	Nuts, Seeds, Drupes & Oils	Pepitas
Apple (all types)	Almond	Pine Nut
Apricot	Almond, Marcona	Pistachios
Bilberry	Almond Butter (Artisana®)	Poppy seeds
Boysenberry	Almond Flavor (natural, gluten free)	Pumpkin Oil
Golden Berry	Almond Flour (gluten free)	Pumpkin Seed Oil
Gooseberry	Almond Meal (gluten free)	Pumpkin Seeds
Grapefruit	Annatto Seed	Sesame Seed Oil
Huckleberry	Avocado Oil	Sesame Seeds
Lemon	Brazil Nut	Sesame Seeds, Black
Lemon Juice	Caraway Seed	Fish & Shellfish
Lemon Rind/Peel	Cashew Butter	Bass
Lime	Cashew Meal	Chilean Sea Bass
Lime Juice	Cashews	Corvina
Litchi (aka Lychee)	Chestnut	Flounder
Loganberry	Coconut, shredded (raw, unsweetened)	Haddock
Loquat	Coconut Butter	Hake
Maqui	Coconut Oil	Halibut
Mulberry	Hazelnut/Filbert	Herring
Nectarines	Hazelnut Flour	Mackerel
Noni	Olive Leaf Extract	Mahi Mahi
Passion Fruit	Olive Oil, Virgin	Octopus
Peach		

tes	t patient		10/23/201
	Perch	Bok Choy	Fennel
	Red Snapper	Broccoli	Garlic
	Salmon, wild (fresh)	Broccolini	Hearts of Palm
	Sardines	Broccoli Rabe	Horseradish
	Sole	Broccoli Sprouts	Jicama
	Swai	Brussels Sprout	Kale, all types
	Swordfish	Burdock	Kohlrabi
	Tilapia (Wild, Non-farmed)	Cabbage, Chinese (see also Bok Choy)	Leeks
	Trout	Cabbage, Green	Lettuce, all types
	Walleye Pike	Cabbage, Purple	Mushrooms
	Whitefish/Turbot	Cactus (Nopales)	Mushrooms, Button
	Vegetables	Capers	Mushrooms, Cremeni/Crimini
	Alfalfa Grass	Cauliflower	Mushrooms, Maitake
	Alfalfa Sprouts	Cauliflower, Purple	Mushrooms, Shiitake
	Aloe Vera	Celery	Mustard Greens
	Artichoke (not pickled)	Chard	Okra
	Artichoke, Jerusalem (not pickled)	Coconut (raw and unsweetened)	Olives (without vinegar)
	Arugula	Coconut Concentrate	Onion, Green
	Asparagus	Collard Greens	Onion, Maui
	Avocado	Cucumber	Onion, Red
	Bamboo Shoot	Daikon Radish	Onion, Sweet
	Bean Sprout	Dandelion Greens	Onion, Yellow
	Beet Greens	Dandelion Root	Parsley

All ingredients must be organic

Prickly Pear

Shopping List Page 2

Endive

Shopping List Page 3				All ingredients must be organic		
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	Pumpkin		Deer (see also Venison)		Condiments, Spreads & Sauces	
	Pumpkin Powder		Duck		Apple Cider Vinegar (Bragg's®)	
	Radicchio		Goat, Grass-fed only (organic)		Coconut Aminos®	
	Radish		Great Lake's® Beef Gelatin		Coconut Cream	
	Rainbow Chard		Lamb		Horseradish Sauce, Gluten-free (Annie's®)	
	Rutabaga		Lard (pork)		Liquid Smoke gluten free (natural)	
	Sauerkraut (Bubbies® Brand only)		Ostrich		Mustard, Brown (Eden® gf mustard)	
	Scallions		Pheasant		Olives (without vinegar)	
	Shallots		Pork, (organic)		Sauerkraut (Bubbies® Brand only)	
	Spinach		Quail		Sweeteners	
	Swiss Chard		Rabbit		Jerusalem Artichoke Syrup	
	Turnip Greens		Turkey (organic)		Rebiana Leaf (Stevia)	
	Water Chestnut		Veal (organic)		Sweetleaf® Stevia	
	Watercress		Venison (see also Deer)		Herbs & Spices	
	Zucchini		Non-Dairy & Eggs		Allspice	
	Meat & Poultry		Almond Milk, unsweetened (no tapioca)		Almond Flavor (natural, gluten free)	
	Applegate® organic ham		Coconut Kefir (No Tapioca, Carageenan)		Anise	
	Applegate® organic roast beef		Coconut Milk(Native Forest or Natural Value)		Astragalus	
	Beef, Grass-fed only (organic)				Basil	
	Bison (see also Buffalo)				Bay Leaf	
	Buffalo (see also Bison)				Black Cohosh	

Caraway Seed

Cardamom

Chicken, free range (organic)

Collagen Protein (Powder)

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	Celery Powder	Ginkgo Biloba	Onion Powder
	Chicory Root	Ginseng (All Types)	Oregano
	Cilantro/Coriander	Goldenseal	Parsley
	Cinnamon	Grapefruit Seed Extract	Pepper, Black (see Garlic/Lemon Pepper)
	Cinnamon, Ceylon	Gymnema Silvestre	Pepper/Peppercorns
	Cloves	Herbs De Provence	Peppermint
	Cloves, Madagascar	Hickory	Pine Bark Extract
	Cloves, Penang	Himalayan Salt	Rose Hips
	Cramp Bark Extract	Juniper Berry	Rosemary
	Cream of Tartar	Lavender	Saffron
	Cumin	Lemon Balm (Melissa Officinalis)	Sage
	Curcumin	Lemongrass	Saw Plametto
	Curry (must be GF)	Lemon Pepper	Sesame Seeds
	Dandelion Root	Licorice Root	Sesame Seeds, Black
	Dill	Maca Root	Shallots
	Dong Quai	Mace Spice	Spearmint
	Echinacea	Marjoram	St. John's Wort
	Fennel	Milk Thistle	Sumac
	Garam Masala	Mint	Tarragon
	Garlic	Mustard (as a Powder)	Thyme
	Garlic Pepper	Mustard Seeds (gluten free)	Turmeric
	Garlic Powder	Nutmeg	Uva Ursi
	Garlic Salt	Olive Leaf Extract	Valerian
	Ginger	Onion	White Willow Bark Extract

All ingredients must be organic

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Wintergreen	Beverages & Protein Powders	Zevia Drinks
Wormwood	Almond Milk, unsweetened (no tapioca)	Miscellaneous
Milk-Containing Foods	Bone Broth Protein, Beef	Baking Soda (Arm & Hammer®)
No foods in this Category	Coconut Kefir (No Tapioca, Carageenan)	Bone Broth, Beef
Legumes & Pulses	Coconut Milk(Native Forest or Natural Value)	Chicory Root
No foods in this Category	Coconut Water (low sugar)	Cocoa/Cacao (raw, pure, & unsweetened)
0 0 15 1	Collagen Protein (Powder)	Collagen Protein (Powder)
Corn-Derived Foods	Echinacea Tea	Glucomannon Flour (konjacfoods.com)
No foods in this Category	Great Lake's® Beef Gelatin	Great Lake's® Beef Gelatin
Gluten-Containing Foods	Green Tea	Inulin
No foods in this Category	Lemon Juice	Konjac Glucomannon Flour
Gluten-Free Grains	Licorice Tea	Lard (pork)
Almond Flour (gluten free)	Lime Juice	Latex
Chicory Root	Mineral Water	Lycopene
Coconut Flour (gluten free)	Sparkling Water, unflavored	Palm Wax
Coconut Meal (gluten free)	Tea, Black	Silver
Glucomannon Flour (konjacfoods.com)	Tea, Chamomile	Snacks
Hazelnut Flour	Tea, Green	No foods in this Category
Konjac Glucomannon Flour	Tea, Hibiscus	No loods III triis Category
	Tea, Oolong	
	Tea, Roobios	
	Tea, White	
	Water	
	Yerba Matte Tea (Organic/Pure)	