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

Shopping List Page 2					All ingredients must be organic		
tes	t patient				11/01/2017		
	Youngberry		Hemp Meal		Sunflower Seed Butter		
	Nuts, Seeds, Drupes & Oils		Hemp Protein (Powder)		Sunflower Seed Lecithin		
	Annatto Seed		Hemp Seed		Sunflower Seed Oil		
	Avocado Oil		Macadamia Nut Oil		Sunflower Seeds		
	Brazil Nut		Macadamia Nuts		Tahini		
	Canola/Rapeseed Oil		Olive Leaf Extract		Tea, Ramon		
	Caraway Seed		Olive Oil, Virgin		Tiger Nuts		
	Cashew Butter		Palm Kernel Oil		Truffle Oil		
	Cashew Meal		Pepitas		Truffle Oil, Black		
	Cashews		Pili Nuts		Vegetable Shortening (Spectrum®)		
	Chestnut		Pine Nut		Walnut Oil		
	Chia Seed (1/4 cup, max)		Pistachios		Walnuts		
	Coconut, shredded (raw, unsweetened)		Poppy seeds		Walnuts, Black		
	Coconut Butter		Psyllium Husk		Fish & Shellfish		
	Coconut Oil		Pumpkin Oil		Catfish		
	Cola Nut (aka Kola Nut)		Pumpkin Seed Oil		Chilean Sea Bass		
	Cottonseed/Cottonseed Oil		Pumpkin Seeds		Corvina		
	Flax Meal		Ramon Seeds		Crayfish		
	Flax Oil		Rice, Wild (Lundberg® - not the blend)		Hake		
	Flax Seed		Sacha Inchi Seeds		Mahi Mahi		
	Grapeseed Oil, Organic		Safflower/Safflower Seed Oil		Octopus		
	Hazelnut/Filbert		Sesame Seed Oil		Orange Roughy		

Sesame Seeds, Black

Sesame Seeds

Sardines

Hazelnut Flour

		ш	
Swai	Broccolini		Collard Greens
Tilapia (Wild, Non-farmed)	Broccoli Rabe		Cucumber
Tuna	Broccoli Sprouts		Daikon Radish
Whitefish/Turbot	Brussels Sprout		Dandelion Greens
Vegetables	Burdock		Dandelion Root
Agave Nectar	Cabbage, Chinese (see also Bok Choy)		Eggplant
Alfalfa Grass	Cabbage, Green		Endive
Alfalfa Sprouts	Cabbage, Purple		Fennel
Aloe Vera	Cactus (Nopales)		Garlic
Arugula	Capers		Hearts of Palm
Avocado	Capsicum		Horseradish
Bamboo Shoot	Carrot, Orange		Jicama
Bean, Green	Carrot, Purple		Kale, all types
Bean Sprout	Carrot, White		Kelp/Dulse
Beet	Carrot, Yellow		Kohlrabi
Beet Greens	Carrot Juice		Kombu
Bell Pepper	Cauliflower		Leeks
Bell Pepper, Green	Cauliflower, Purple		Lettuce, all types
Bell Pepper, Orange	Celery		Mushrooms
Bell Pepper, Red	Chard		Mushrooms, Button
Bell Pepper, Yellow	Chayote		Mushrooms, Cremeni/Crimini
Bok Choy	Chives		Mushrooms, Maitake
	Coconut (raw and		Mushrooms, Shiitake

unsweetened)

Shopping List Page 4				All ingredients must be organic		
tes	t patient				11/01/2017	
	Mustard Greens		Pepper, Poblano		Seaweed	
	Nori		Pepper, Red		Shallots	
	Okra		Pepper, Serrano		Spinach	
	Olives (without vinegar)		Pimento		Spirulina	
	Onion, Green		Potato, Fingerling		Squash	
	Onion, Maui		Potato, Purple		Squash, Acorn	
	Onion, Red		Potato, Red		Squash, Butternut	
	Onion, Sweet		Potato, Russet		Squash, Green	
	Onion, Yellow		Potato, Sweet		Squash, Spaghetti	
	Paprika		Potato, White		Squash, Summer	
	Parsley		Potato, Yukon Gold		Squash, Winter	
	Parsnip		Prickly Pear		Squash, Yellow	
	Pea, Black-Eyed		Psyllium Husk		Sugar Beet	
	Pea, Green		Pumpkin		Sweet Potato, Red	
	Pea, Snap		Pumpkin Powder		Sweet Potatoes, White	
	Pea, Snow		Radicchio		Swiss Chard	
	Pea, Split		Radish		Tomatillo	
	Pea Protein		Rainbow Chard		Tomato	
	Pepper, Anaheim		Red Pepper Flake		Tomato, Cherry	
	Pepper, Cayenne		Rhubarb		Tomato, Heirloom	
	Pepper, Chili		Rutabaga		Tomato, Orange	
	Pepper, Green		Sauerkraut (Bubbies® Brand only)		Tomato, Red	
	Pepper, Habanero		Scallions		Tomato, Roma	
	Pepper, Jalapeño		Sea Vegetables		Tomato, Sun-dried	

Tomato, Yellow	Non-Dairy & Eggs	Ketchup (Organicville)
Tomatoes, Big Beef	BodyPro Avocado Oil Mayonnaise	Liquid Aminos (Braggs®)(has Soy)
Tomato Paste (gluten & Vinegar-free)	Coconut Kefir (No Tapioca, Carageenan)	Liquid Smoke gluten free (natural)
Tomato Sauce (gluten & Vinegar-free)	Coconut Milk(Native Forest or Natural Value)	Mayonnaise, Primal Kitchen Avocado Oil
Truffle	Egg, Pasture-raised (from a farmer)	Mayonnaise, Primal Kitchen Chipotle Avocado Oil
Turnip Greens	Egg, Vital Farms® or Pasture Verde®	Olives (without vinegar)
Turnips	Egg, Whites, Pasture-raised	Red Bean Paste
Water Chestnut	Egg, Yolks Pasture-raised	Red Tomato Paste (gluten free)
Watercress	Milk, Soy (Organic)	Sauerkraut (Bubbies® Brand only)
Yams, Garnett	Condiments, Spreads & Sauces	Sherry Vinegar
Yams, Japanese	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Sour Cream, Raw and Unpasteurized
Zucchini	Barbeque Sauce, GF Annie's® Sweet & Spicy	Tabasco Sauce
Meat & Poultry	BodyPro Avocado Oil Mayonnaise	Tamari (Wheat Free)
Bison (see also Buffalo)	Carob	Tomato Paste (gluten & Vinegar-free)
Goat, Grass-fed only (organic)	Cocoa Butter	Tomato Sauce (gluten & Vinegar-free)
Ostrich	Coconut Aminos®	Ume Plum Vinegar
Pheasant	Coconut Cream	Vegetable Shortening (Spectrum®)
Quail	Coconut Vinegar (Coconut Secret)	Vinegar, Beet
Rabbit	Cream, Raw and Unpasteurized	Vinegar, Distilled
	Earth Balance® Avocado Oil Butter Spread	Vinegar, White Wine
	Earth Balance® Coconut Spread	White/Distilled Vinegar
	Harissa	
	Hummus	

Sweeteners	Sucanat	Cilantro/Coriander
Agave Nectar	Sucralose	Cinnamon
Aspartame	Sugar Beet	Cinnamon, Ceylon
Cane Syrup	Sugar Cane	Cloves
Chocolate, Dark	Sweetleaf® Stevia	Cloves, Madagascar
Chocolate, Milk	Xyla (Birchwood Xylitol)	Cloves, Penang
Chocolate, White	Yacon Syrup	Cramp Bark Extract
Coconut Palm Sugar	Herbs & Spices	Cream of Tartar
Coconut Sugar	Allspice	Cumin
Fruit Pectin	Anise	Curcumin
Honey, (Organic)	Ashwaganda	Curry (must be GF)
Honey, Manuka	Astragalus	Dandelion Root
Honey, Wildflower from Mahava®	Basil	Dill
Just Like Sugar®	Bay Leaf	Dong Quai
Lo Han	Bell Pepper, Red	Echinacea
Maple Sugar	Black Cohosh	Fennel
Maple Syrup (Grade A Dark Amber Organic)	Capsicum	Garam Masala
Molasses	Caraway Seed	Garlic
Monk Fruit (Pure)	Cardamom	Garlic Pepper
Monk Fruit Extract	Celery Powder	Garlic Powder
Nutrasweet®	Chicory Root	Garlic Salt
Rebiana Leaf (Stevia)	Chili Powder	Ginger
Sorbitol	Chipotle Seasoning	Ginkgo Biloba
Splenda		Ginseng (All Types)

test	t patient		11/01/201
	Goldenseal	Olive Leaf Extract	Sesame Seeds, Black
	Grapefruit Seed Extract	Onion	Shallots
	Grapeseed Extract	Onion Powder	Spearmint
	Guarana	Orange Peel/Rind	St. John's Wort
	Gymnema Silvestre	Orange Salt	Sumac
	Herbs De Provence	Oregano	Taco Seasoning
	Hickory	Paprika	Tamari (Wheat Free)
	Himalayan Salt	Paprika (smoked)	Tarragon
	Jamaican Jerk	Parsley	Thyme
	Juniper Berry	Pepper, Black (see Garlic/Lemon Pepper)	Tomatillo
	Lavender	Pepper, Cayenne	Turmeric
	Lemon Balm (Melissa Officinalis)	Pepper, Red	Uva Ursi
	Lemongrass	Pepper, Sichuan	Valerian
	Lemon Pepper	Pepper, Szechuan	Vanilla (gluten and corn-free)
	Licorice Root	Pepper/Peppercorns	Vanilla Bean
	Maca Root	Peppermint	Vanilla Powder
	Mace Spice	Pine Bark Extract	White Willow Bark Extract
	Marjoram	Red Pepper Flake	Wintergreen
	Mesquite	Rose Hips	Wormwood
	Milk Thistle	Rosemary	
	Mint	Saffron	
	Mustard (as a Powder)	Sage	
	Mustard Seeds (gluten free)	Saw Plametto	
	Nutmeg	Sesame Seeds	

All ingredients must be organic

Shopping List Page 7

Milk-Containing Foods	Cheese, Sheep	Legumes & Pulses
Butter, Raw and Pasture-raised	Cheese, String (Mozzarella)	Bean, Azuki
Buttermilk	Cheese, Swiss	Bean, Black
Casein	Chocolate, Milk	Bean, Butter
Cheese, American	Chocolate, White	Bean, Cannellini
Cheese, Asiago	Cream, Raw and Unpasteurized	Bean, Chana Dahl
Cheese, Brie	Ghee (Pasture-Raised, Organic)	Bean, Chili
Cheese, Cheddar (Raw)	Goat Cheese	Bean, Green
Cheese, Cottage	Goat Kefir	Bean, Italian
Cheese, Feta	Kefir, Raw	Bean, Kidney
Cheese, Goat	Lactoalbumin	Bean, Lima
Cheese, Gorgonzola	Milk, Buffalo	Bean, Mung
Cheese, Gouda	Milk, Cow	Bean, Navy
Cheese, Havarti	Milk, Goat	Bean, Ninja
Cheese, Machego	Milk, Sheep	Bean, Pinto/Frijole
Cheese, Marscapone	Milk Chocolate	Bean, Red
Cheese, Mozzarella (Raw)	Mozzarella Cheese	Bean, White
Cheese, Muenster	Sour Cream, Raw and Unpasteurized	Beans
Cheese, Parmesan	Whey	Chickpea (see also Garbanzo Bean)
Cheese, Pecorino		Coffee Bean, Organic
Cheese, Provolone		Edamame (must be organic)
Cheese, Raw and Pasture-raised		Fava Bean
Cheese, Ricotta		Fava Bean Flour
Cheese, Romano		Garbanzo Bean

	Garbanzo Flour	Gluten-Free Grains	Beverages & Protein Powders
	Kidney Bean	Chicory Root	Carrot Juice
	Lentil(s)	Coconut Flour (gluten free)	Casein
	Miso	Coconut Meal (gluten free)	Coconut Kefir (No Tapioca, Carageenan)
	Pea, Snap	Fava Bean Flour	Coconut Milk(Native Forest or Natural Value)
	Pea, Snow	Flax Meal	Coconut Water (low sugar)
	Pea, Split	Garbanzo Flour	Coffee
	Peanut (Organic, Valencia)	Glucomannon Flour (konjacfoods.com)	Coffee Bean, Organic
	Peanut Butter (Organic, Maranatha®)	Hazelnut Flour	Echinacea Tea
	Peanut Oil (Organic)	Hemp Meal	Grapefruit Juice
	Red Bean Paste	Hemp Protein (Powder)	Green Tea
	Soybean oil(must be organic)	Hemp Seed	Hemp Protein (Powder)
	Soy Beans (must be organic)	Konjac Glucomannon Flour	Komboucha Tea
	Vanilla Bean	Oats (Bob's Red Mill Gluten Free Version)	Lactoalbumin
	Vanilla Powder	Oats (Certified GF)	Lemon Juice
	Corn-Derived Foods	Potato Flour (gluten free)	Licorice Tea
	Barbeque Sauce, GF Annie's® Sweet & Spicy	Potato Starch (gluten free)	Lime Juice
	Gluten-Containing Foods	Rice, Wild (Lundberg® - not the blend)	Milk, Buffalo
	No foods in this Category	Sweet Potato Flour (gluten free)	Milk, Cow
L	The location will be decognity	Tolerant Green Lentil & Pea Pasta	Milk, Goat
		Tolerant Red or Green Lentil Pasta	Milk, Sheep
			Milk, Soy (Organic)
			Mineral Water
			Orange Juice

Pea Protein	Miscellaneous		Resveratrol
Soy Milk/Soy Cheese (Organic)	Acacia Gum		Silver
Soy Protein (Organic)	Agar Gum		Tofu (Organic)
Sparkling Water, unflavored	Antimony		Tragacanth Gum
Tea, Black	Arabic Gum		Vegetable broth (Imagine® Low Sodium)
Tea, Chamomile	Baking Soda (Arm & Hammer®)		Yeast, Baker's
Tea, Green	Beef broth (Imagine® low sodium/GF)		Yeast, Brewer's
Tea, Hibiscus	Blue Food Dye		Yeast, Nutritional
Tea, Komboucha	Carrageenan Gum		Snacks
Tea, Oolong	Chewing Gum, Xylichew®	_	No foods in this Category
Tea, Ramon	Chicory Root		new category
Tea, Roobios	Cocoa/Cacao (raw, pure, & unsweetened)		No foods in this Category
Tea, White	Formaldehyde		
Water	GemWraps®, Sandwich Wrap (Mango/Chipotle)		
Whey	Glucomannon Flour (konjacfoods.com)		
Wine, White (Champagne)	Guar Gum		
Yerba Matte Tea (Organic/Pure)	Konjac Glucomannon Flour		
Zevia Drinks	Latex		
	Locust Bean Gum		
	Lycopene		
	Palm Wax		
	Pycnogenol		
	Red Food Dye		
	Red Tomato Paste (gluten free)		