Sh	Shopping List Page 1 All ingredients must be organic					
tes	st patient				10/23/2017	
	Fruits		Grape, Green		Noni	
	Acai		Grape, Purple		Papaya	
	Alpha		Grape, Red		Passion Fruit	
	Apple (all types)		Grape, White		Peach	
	Apricot		Grapefruit		Pear	
	Banana		Grapefruit Juice		Pear, Asian	
	Bilberry		Guava		Persimmons	
	Blackberry		Huckleberry		Plantain	
	Blueberry		Jack fruit		Plum	
	Boysenberry		Kiwi		Pomegranate	
	Bravo		Kumquat		Pomelo	
	Charlie		Lemon		Prune	
	Cherry		Lemon Juice		Quince	
	Clementine		Lemon Rind/Peel		Raisin (unsulfured, organic)	
	Currant		Litchi (aka Lychee)		Raspberry	
	Dragon Fruit (Pitaya)		Loganberry		Star Fruit	
	Dried Fruit		Loquat		Strawberry	
	dummy food		Mango		Tamarind	
	Elderberry		Mangosteen		Watermelon	
	Fig		Maqui		Wolfberry	
	Goji Berry		Melon, Honeydew		Youngberry	
	Golden Berry		Monk Fruit (Pure)			

Mulberry

Nectarines

Gooseberry

Grape

Nuts, Seeds, Drupes & Oils	Hazelnut/Filbert	Tea, Ramon
Almond	Hazelnut Flour	Tiger Nuts
Almond, Marcona	Hydrogenated Oils	Truffle Oil
Almond Butter (Artisana®)	Macadamia Nut Oil	Truffle Oil, Black
Almond Flavor (natural, gluten free)	Macadamia Nuts	Vegetable Oil
Almond Flour (gluten free)	Palm Kernel Oil	Vegetable Shortening (Spectrum®)
Almond Meal (gluten free)	Pepitas	Walnut Oil
Annatto Seed	Pili Nuts	Walnuts
Canola/Rapeseed Oil	Pine Nut	Walnuts, Black
Caraway Seed	Pistachios	Fish & Shellfish
Cashew Butter	Psyllium Husk	Anchovy
Cashew Meal	Pumpkin Oil	Bass
Cashews	Pumpkin Seed Oil	Catfish
Chestnut	Pumpkin Seeds	Chilean Sea Bass
Coconut, shredded (raw, unsweetened)	Ramon Seeds	Clam
Coconut Butter	Rice, Wild (Lundberg® - not the blend)	Cod/ Cod Liver Oil
Coconut Oil	Rice Bran Oil	Corvina
Cola Nut (aka Kola Nut)	Sacha Inchi Seeds	Crab
Corn Oil	Safflower/Safflower Seed Oil	Crayfish
Cottonseed/Cottonseed Oil	Sunflower Seed Butter	Flounder
Flax Meal	Sunflower Seed Lecithin	Haddock
Flax Oil	Sunflower Seed Oil	Hake
Flax Seed	Sunflower Seeds	Halibut
Grapeseed Oil, Organic	Tahini	

Channing List Dags 2						
Shopping List Page 3 All ingredients must be organic						
test patient				10/23/2017		
¬ [0 :		
Herring	veg	getables		Capsicum		
Mackerel	Aga	ve Nectar		Carrot, Orange		
Mahi Mahi	Alfa	lfa Grass		Carrot, Purple		
Octopus	Alfa	lfa Sprouts		Carrot, White		
Orange Roughy	Aloe	e Vera		Carrot, Yellow		
Oyster	Artic	choke (not pickled)		Carrot Juice		
Perch	Artic pickl	hoke, Jerusalem (not ed)		Cassava (see Tapioca and Yucca)		
Red Snapper	Aru	gula		Cauliflower		
Salmon, wild (fresh)	Ban	nboo Shoot		Cauliflower, Purple		
Sardines	Bea	n Sprout		Celery		
Scallop	Bee	t		Chard		
Shrimp	Bee	t Greens		Chayote		
Squid	Bell	Pepper		Chives		
Swai	Bell	Pepper, Green		Coconut (raw and unsweetened)		
Swordfish	Bell	Pepper, Orange		Coconut Concentrate		
Tilapia (Wild, Non-farmed)	Bell	Pepper, Red		Collard Greens		
Trout	Bell	Pepper, Yellow		Corn (Gluten-free & Non-GMO)		
Tuna	Broo	ccoli		Corn, Blue		
Walleye Pike	Broo	ccolini		Corn, White		
Whitefish/Turbot	Broo	ccoli Rabe		Daikon Radish		
	Broo	ccoli Sprouts		Dandelion Greens		

Sł	Shopping List Page 4 All ingredients must be organic					
te	st patient				10/23/2017	
	Fennel	i 🗀	Parsnip		Shallots	
	Garlic		Pepper, Anaheim		Spinach	
	Hearts of Palm		Pepper, Cayenne		Spirulina	
	Horseradish		Pepper, Chili		Squash	
	Hydrogenated Oils		Pepper, Green		Squash, Acorn	
	Jicama		Pepper, Habanero		Squash, Butternut	
	Kale, all types		Pepper, Jalapeño		Squash, Green	
	Kelp/Dulse		Pepper, Poblano		Squash, Spaghetti	
	Kohlrabi		Pepper, Red		Squash, Summer	
	Kombu		Pepper, Serrano		Squash, Winter	
	Leeks		Pimento		Squash, Yellow	
	Mushrooms		Potato, Sweet		Sugar Beet	
	Mushrooms, Button		Prickly Pear		Sweet Potato, Red	
	Mushrooms, Cremeni/Crimini		Psyllium Husk		Sweet Potatoes, White	
	Mushrooms, Maitake		Pumpkin		Swiss Chard	
	Mushrooms, Shiitake		Pumpkin Powder		Truffle	
	Mustard Greens		Radicchio		Turnip Greens	
	Nori				Turnips	
	Okra		Rainbow Chard		Vegetable Oil	
	Onion, Green		Red Pepper Flake		Water Chestnut	
	Onion, Maui		Rutabaga		Watercress	
	Onion, Red		Scallions		Yams, Garnett	
	Onion, Sweet		Sea Vegetables		Yams, Japanese	
	Onion Vellow		Spawapd		Vuicea	

Zucchini	Pork, (organic)		Red Bean Paste
Meat & Poultry	Quail		Sherry Vinegar
Applegate® organic bacon	Rabbit		Sriracha Sauce Organicville gluten-free
Applegate® organic black forest ham	Turkey (organic)		Tabasco Sauce
Applegate® organic chicken/apple sausage	Veal (organic)		Tamari (Wheat Free)
Applegate® organic ham	Venison (see also Deer)		Ume Plum Vinegar
Applegate® organic smoked turkey breast	Non-Dairy & Eggs		Vegetable Shortening (Spectrum®)
Applegate® organic turkey	Almond Milk, unsweetened (no tapioca)		Vinegar, Beet
Applegate® organic turkey bacon	Almond Yogurt, unsweetened		Vinegar, Distilled
Beef, Grass-fed only (organic)	Cheese, Soy (Organic) (see Soy)		Vinegar, Rice
Bison (see also Buffalo)	Coconut Kefir (No Tapioca, Carageenan)		Vinegar, White Wine
Buffalo (see also Bison)	Coconut Milk(Native Forest or Natural Value)		White/Distilled Vinegar
Chicken, free range (organic)	Egg, Yolks Pasture-raised		Sweeteners
Chicken Broth (Imagine® gf/low sodium)	Milk, Soy (Organic)		Agave Nectar
Collagen Protein (Powder)	Condiments, Spreads & Sauces		Aspartame
Deer (see also Venison)	Apple Cider Vinegar (Bragg's®)		Cane Syrup
Duck	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)		Coconut Palm Sugar
Goat, Grass-fed only (organic)	Coconut Aminos®		Coconut Sugar
Great Lake's® Beef Gelatin	Coconut Cream		Erythritol (non-GMO)
Lamb	Coconut Vinegar (Coconut Secret)		Fructose
Lard (pork)	Earth Balance® Coconut Spread		Fruit Pectin
Ostrich	Liquid Aminos (Braggs®)(has Soy)		Honey, (Organic)
Pheasant	Liquid Smoke gluten free		Honey, Manuka

(natural)

Lavender	Shallots	Legumes & Pulses
Lemon Balm (Melissa Officinalis)	Spearmint	Bean, Azuki
Lemongrass	St. John's Wort	Bean, Black
Licorice Root	Sumac	Bean, Butter
Maca Root	Taco Seasoning	Bean, Cannellini
Marjoram	Tamari (Wheat Free)	Bean, Chana Dahl
Mesquite	Tarragon	Bean, Chili
Milk Thistle	Thyme	Bean, Italian
Mint	Uva Ursi	Bean, Kidney
Mustard Seeds (gluten free)	Valerian	Bean, Lima
Onion	Vanilla (gluten and corn-free)	Bean, Mung
Onion Powder	Vanilla Bean	Bean, Pinto/Frijole
Oregano	Vanilla Powder	Bean, Red
Paprika (smoked)	White Willow Bark Extract	Beans
Pepper, Cayenne	Wintergreen	Chickpea (see also Garbanzo Bean)
Pepper, Red	Wormwood	Coffee Bean, Organic
Pepper, Sichuan	Milk-Containing Foods	Edamame (must be organic)
Pepper, Szechuan	Milk, Buffalo	Garbanzo Bean
Peppermint	Milk, Cow	Garbanzo Flour
Pine Bark Extract	Yogurt (See Xanthan Gum)	Hydrogenated Oils
Red Pepper Flake	'	Kidney Bean
Rose Hips		Miso
Saffron		Peanut (Organic, Valencia)
Saw Plametto		Peanut Butter (Organic, Maranatha®)

	Tortilla, Siete Almond		Milk, Cow	Miscellaneous
	Tortilla, Siete Cassava & Coconut		Milk, Soy (Organic)	Acacia Gum
	Vegetable Oil		Mineral Water	Agar Gum
	Beverages & Protein Powders		Rice Protein Powder (gluten free)	Antimony
	Almond Milk, unsweetened (no tapioca)		Soy Milk/Soy Cheese (Organic)	Arabic Gum
	Apple Cider		Soy Protein (Organic)	Baking Powder
	Apple Juice		Sparkling Water, unflavored	Baking Soda (Arm & Hammer®)
	Bone Broth Protein, Beef		Tea, Black	Beef broth (Imagine® low sodium/GF)
	Carrot Juice		Tea, Chamomile	Blue Food Dye
	Coconut Kefir (No Tapioca, Carageenan)		Tea, Green	Bone Broth, Beef
	Coconut Milk(Native Forest or Natural Value)		Tea, Hibiscus	Carrageenan Gum
	Coconut Water (low sugar)		Tea, Komboucha	Chewing Gum, Xylichew®
	Coffee		Tea, Oolong	Chicken Broth (Imagine® gf/low sodium)
	Coffee Bean, Organic		Tea, Ramon	Chicory Root
	Collagen Protein (Powder)		Tea, Roobios	Collagen Protein (Powder)
	Echinacea Tea		Tea, White	Formaldehyde
	Grapefruit Juice		Water	GemWraps®, Sandwich Wrap (Carrot)
	Great Lake's® Beef Gelatin		Wine, White (Champagne)	GemWraps®, Sandwich Wrap (Kale-Apple)
	Green Tea		Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap (Mango/Chipotle)
	Komboucha Tea		Zevia Drinks	Glucomannon Flour (konjacfoods.com)
	Lemon Juice			Great Lake's® Beef Gelatin
	Licorice Tea			Guar Gum
	Milk, Buffalo			Hops
•		•		Hydrogenated Oils

Inulin	Snacks
Konjac Glucomannon Flour	Apple Sauce
Lard (pork)	
Latex	
Locust Bean Gum	
Lycopene	
Modified Food Starch (Tapioca-based)	
Palm Wax	
Pycnogenol	
Red Food Dye	
Resveratrol	
Rice Starch (if certified gluten free)	
Silver	
Tofu (Organic)	
Tragacanth Gum	
Vegetable Oil	
Xanthan Gum	
Yeast, Baker's	
Yeast, Brewer's	
Yeast, Nutritional	