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

Nuts, Seeds, Drupes & Oils	Flax Seed	Rice, Wild (Lundberg® - not the blend)
Almond	Grapeseed Oil, Organic	Rice Bran Oil
Almond, Marcona	Hazelnut/Filbert	Sacha Inchi Seeds
Almond Butter (Artisana®)	Hazelnut Flour	Safflower/Safflower Seed Oil
Almond Flavor (natural, gluten free)	Hemp Meal	Sesame Seed Oil
Almond Flour (gluten free)	Hemp Protein (Powder)	Sesame Seeds
Almond Meal (gluten free)	Hemp Seed	Sesame Seeds, Black
Annatto Seed	Macadamia Nut Oil	Sunflower Seed Butter
Avocado Oil	Macadamia Nuts	Sunflower Seed Lecithin
Brazil Nut	Olive Leaf Extract	Sunflower Seed Oil
Caraway Seed	Olive Oil, Virgin	Sunflower Seeds
Cashew Butter	Palm Kernel Oil	Tahini
Cashew Meal	Pecan Flour	Tea, Ramon
Cashews	Pecans	Tiger Nuts
Chestnut	Pepitas	Truffle Oil
Chia Seed (1/4 cup, max)	Pili Nuts	Truffle Oil, Black
Coconut, shredded (raw, unsweetened)	Pine Nut	Vegetable Shortening (Spectrum®)
Coconut Butter	Pistachios	Walnut Oil
Coconut Oil	Poppy seeds	Walnuts
Cola Nut (aka Kola Nut)	Psyllium Husk	Walnuts, Black
Corn Oil	Pumpkin Oil	
Cottonseed/Cottonseed Oil	Pumpkin Seed Oil	
Flax Meal	Pumpkin Seeds	

Fish & Shellfish	Salmon, wild (fresh)	Bamboo Shoot
Anchovy	Sardines	Bean, Green
Bass	Scallop	Bean Sprout
Catfish	Shrimp	Beet
Chilean Sea Bass	Sole	Beet Greens
Clam	Squid	Bok Choy
Cod/ Cod Liver Oil	Swai	Broccoli
Corvina	Swordfish	Broccolini
Crab	Tilapia (Wild, Non-farmed)	Broccoli Rabe
Crayfish	Trout	Broccoli Sprouts
Flounder	Tuna	Brussels Sprout
Haddock	Walleye Pike	Burdock
Hake	Whitefish/Turbot	Cabbage, Chinese (see also Bok Choy)
Halibut	Vegetables	Cabbage, Green
Herring	Agave Nectar	Cabbage, Purple
Lobster	Alfalfa Grass	Cactus (Nopales)
Mackerel	Alfalfa Sprouts	Capers
Mahi Mahi	Aloe Vera	Carrot, Purple
Mussel	Artichoke (not pickled)	Carrot, White
Octopus	Artichoke, Jerusalem (not pickled)	Cassava (see Tapioca and Yucca)
Orange Roughy	Arugula	Cauliflower
Oyster	Asparagus	Cauliflower, Purple
Perch	Avocado	Celery
Red Snapper		Chard

SH	opping List Page 4	All ingredients must be organic		
tes	t patient			10/24/2017
	Chayote	Lettuce, all types		Pepper, Poblano
	Chives	Mushrooms		Pepper, Serrano
	Coconut (raw and unsweetened)	Mushrooms, Button		Pimento
	Coconut Concentrate	Mushrooms, Cremeni/Crimini		Potato, Fingerling
	Collard Greens	Mushrooms, Maitake		Potato, Purple
	Corn (Gluten-free & Non-GMO)	Mushrooms, Shiitake		Potato, Red
	Corn, Blue	Mustard Greens		Potato, Russet
	Corn, White	Nori		Potato, White
	Cucumber	Okra		Potato, Yukon Gold
	Daikon Radish	Olives (without vinegar)		Prickly Pear
	Dandelion Greens	Onion, Green		Psyllium Husk
	Dandelion Root	Onion, Maui		Pumpkin
	Eggplant	Onion, Red		Pumpkin Powder
	Endive	Onion, Sweet		Radicchio
	Fennel	Onion, Yellow		Radish
	Garlic	Paprika		Rainbow Chard
	Hearts of Palm	Parsley		Red Pepper Flake
	Horseradish	Parsnip		Rhubarb
	Jicama	Pea, Black-Eyed		Rutabaga
	Kale, all types	Pepper, Anaheim		Sauerkraut (Bubbies® Brand only)
	Kelp/Dulse	Pepper, Cayenne		Scallions
	Kohlrabi	Pepper, Chili		Sea Vegetables
	Kombu	Pepper, Habanero		Seaweed
	Leeks	Pepper, Jalapeño		Shallots

Shopping List Page 5 All ingredients must be organic					ngredients must be organic
tes	t patient				10/24/2017
	Spinach		Truffle		Great Lake's® Beef Gelatin
	Spirulina		Turnip Greens		Lamb
	Squash		Turnips		Lard (pork)
	Squash, Acorn		Water Chestnut		Ostrich
	Squash, Butternut		Watercress		Pheasant
	Squash, Green		Yams, Garnett		Pork, (organic)
	Squash, Spaghetti		Yams, Japanese		Quail
	Squash, Summer		Yucca		Rabbit
	Squash, Winter		Zucchini		Turkey (organic)
	Squash, Yellow		Meat & Poultry		Veal (organic)
	Sugar Beet		Applegate® organic black forest		Venison (see also Deer)
	Swiss Chard		Applegate® organic ham		Non-Dairy & Eggs
	Tomatillo		Applegate® organic hot dogs		Almond Milk, unsweetened (no tapioca)
	Tomato		Applegate® organic roast beef		Almond Yogurt, unsweetened
	Tomato, Cherry		Applegate® organic sausage sweet italian		Cheese, Soy (Organic) (see Soy)
	Tomato, Heirloom		Beef, Grass-fed only (organic)		Coconut Kefir (No Tapioca, Carageenan)
	Tomato, Orange		Bison (see also Buffalo)		Coconut Milk(Native Forest or Natural Value)
	Tomato, Red		Buffalo (see also Bison)		Egg, Pasture-raised (from a farmer)
	Tomato, Roma		Chicken, free range (organic)		Egg, Vital Farms® or Pasture Verde®
	Tomato, Sun-dried		Collagen Protein (Powder)		Egg, Whites, Pasture-raised
	Tomato, Yellow		Deer (see also Venison)		Egg, Yolks Pasture-raised
	Tomatoes, Big Beef		Duck		Milk, Soy (Organic)
	Tomato Paste (gluten & Vinegar-free)		Goat, Grass-fed only (organic)		
	Tomato Sauce (gluten &				

Condiments, Spreads & Sauces	Sweeteners	Sucralose
Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Agave Nectar	Sugar Beet
Carob	Aspartame	Sugar Cane
Cocoa Butter	Cane Syrup	Sweetleaf® Stevia
Coconut Aminos®	Chocolate, Dark	Swerve® Sweetener
Coconut Cream	Coconut Palm Sugar	Tapioca Dextrose
Coconut Vinegar (Coconut Secret)	Erythritol (non-GMO)	Xyla (Birchwood Xylitol)
Earth Balance® Coconut Spread	Fructose	Xylitol
Hummus	Fruit Pectin	Yacon Syrup
Liquid Aminos (Braggs®)(has Soy)	Jerusalem Artichoke Syrup	Herbs & Spices
Liquid Smoke gluten free (natural)	Just Like Sugar®	Allspice
Olives (without vinegar)	Lo Han	Almond Flavor (natural, gluten
		 Tree)
Red Bean Paste	Maltodextrin (Corn-based, non-GMO)	free) Anise
Red Bean Paste Red Tomato Paste (gluten free)		,
	non-GMO)	Anise
Red Tomato Paste (gluten free) Sauerkraut (Bubbies® Brand	non-GMO) Maltodextrin (Tapioca-based)	Anise Ashwaganda
Red Tomato Paste (gluten free) Sauerkraut (Bubbies® Brand only)	non-GMO) Maltodextrin (Tapioca-based) Maple Sugar Maple Syrup (Grade A Dark	Anise Ashwaganda Astragalus
Red Tomato Paste (gluten free) Sauerkraut (Bubbies® Brand only) Tamari (Wheat Free) Tomato Paste (gluten &	non-GMO) Maltodextrin (Tapioca-based) Maple Sugar Maple Syrup (Grade A Dark Amber Organic)	Anise Ashwaganda Astragalus Basil
Red Tomato Paste (gluten free) Sauerkraut (Bubbies® Brand only) Tamari (Wheat Free) Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten &	non-GMO) Maltodextrin (Tapioca-based) Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Molasses	Anise Ashwaganda Astragalus Basil Bay Leaf
Red Tomato Paste (gluten free) Sauerkraut (Bubbies® Brand only) Tamari (Wheat Free) Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) Vegetable Shortening	non-GMO) Maltodextrin (Tapioca-based) Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Molasses Monk Fruit (Pure)	Anise Ashwaganda Astragalus Basil Bay Leaf Black Cohosh
Red Tomato Paste (gluten free) Sauerkraut (Bubbies® Brand only) Tamari (Wheat Free) Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) Vegetable Shortening (Spectrum®)	Maltodextrin (Tapioca-based) Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Molasses Monk Fruit (Pure) Monk Fruit Extract	Anise Ashwaganda Astragalus Basil Bay Leaf Black Cohosh Caraway Seed
Red Tomato Paste (gluten free) Sauerkraut (Bubbies® Brand only) Tamari (Wheat Free) Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) Vegetable Shortening (Spectrum®)	mon-GMO) Maltodextrin (Tapioca-based) Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Molasses Monk Fruit (Pure) Monk Fruit Extract Nutrasweet®	Anise Ashwaganda Astragalus Basil Bay Leaf Black Cohosh Caraway Seed Cardamom
Red Tomato Paste (gluten free) Sauerkraut (Bubbies® Brand only) Tamari (Wheat Free) Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) Vegetable Shortening (Spectrum®)	Maltodextrin (Tapioca-based) Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Molasses Monk Fruit (Pure) Monk Fruit Extract Nutrasweet® Rebiana Leaf (Stevia)	Anise Ashwaganda Astragalus Basil Bay Leaf Black Cohosh Caraway Seed Cardamom Celery Powder

Sh	opping List Page 7	All i	ngredients must be organic	
tes	t patient			10/24/2017
	Cinnamon	Grapeseed Extract		Orange Peel/Rind
	Cinnamon, Ceylon	Guarana		Orange Salt
	Cloves	Gymnema Silvestre		Oregano
	Cloves, Madagascar	Herbs De Provence		Paprika
	Cloves, Penang	Hickory		Paprika (smoked)
	Cramp Bark Extract	Himalayan Salt		Parsley
	Cream of Tartar	Jamaican Jerk		Pepper, Black (see Garlic/Lemon Pepper)
	Cumin	Juniper Berry		Pepper, Cayenne
	Curcumin	Lavender		Pepper, Sichuan
	Curry (must be GF)	Lemon Balm (Melissa Officinalis)		Pepper, Szechuan
	Dandelion Root	Lemongrass		Pepper/Peppercorns
	Dill	Licorice Root		Peppermint
	Dong Quai	Maca Root		Pine Bark Extract
	Echinacea	Mace Spice		Red Pepper Flake
	Fennel	Marjoram		Rose Hips
	Garam Masala	Mesquite		Rosemary
	Garlic	Milk Thistle		Saffron
	Garlic Pepper	Mint		Sage
	Garlic Powder	Mustard (as a Powder)		Saw Plametto
	Garlic Salt	Mustard Seeds (gluten free)		Sesame Seeds
	Ginger	Nutmeg		Sesame Seeds, Black
	Ginkgo Biloba	Olive Leaf Extract		Shallots
	Ginseng (All Types)	Onion		Spearmint

St. John's Wort

Goldenseal

Sh	opping List Page 8	All ingredients must be organic		
tes	t patient			10/24/2017
	Sumac	Bean, Green		Red Bean Paste
	Tamari (Wheat Free)	Bean, Italian		Soybean oil(must be organic)
	Tarragon	Bean, Kidney		Soy Beans (must be organic)
	Thyme	Bean, Lima		Vanilla Bean
	Tomatillo	Bean, Mung		Vanilla Powder
	Turmeric	Bean, Navy		Corn-Derived Foods
	Uva Ursi	Bean, Ninja		Cheese, Soy (Organic) (see Soy)
	Valerian	Bean, Pinto/Frijole		Corn (Gluten-free & Non-GMO)
	Vanilla (gluten and corn-free)	Bean, Red		Corn, Blue
	Vanilla Bean	Bean, White		Corn, White
	Vanilla Powder	Beans		Corn Gluten
	White Willow Bark Extract	Chickpea (see also Garbanzo Bean)		Corn Meal (gluten free)
	Wintergreen	Coffee Bean, Organic		Corn Oil
	Wormwood	Edamame (must be organic)		Corn Starch (gluten free)
	Milk-Containing Foods	Fava Bean		Erythritol (non-GMO)
	Yogurt (See Xanthan Gum)	Fava Bean Flour		Fructose
	Legumes & Pulses	Garbanzo Bean		Maltodextrin (Corn-based, non-GMO)
	Bean, Azuki	Garbanzo Flour		Swerve® Sweetener
	Bean, Black	Kidney Bean		Xanthan Gum
	Bean, Butter	Lentil(s)		Yogurt (See Xanthan Gum)
	Bean, Cannellini	Miso		
	Bean, Chana Dahl	Peanut (Organic, Valencia)		
	Bean, Chili	Peanut Butter (Organic, Maranatha®)		
		Peanut Oil (Organic)		

Gluten-Containing Foods	Hemp Seed		Tolerant Green Lentil & Pea Pasta
No foods in this Category	Konjac Glucomannon Flour		Tolerant Red or Green Lentil Pasta
Gluten-Free Grains	Millet		Tortilla, Siete Almond
Almond Flour (gluten free)	Oats (Bob's Red Mill Gluten Free Version)		Beverages & Protein Powders
Amaranth	Oats (Certified GF)		Almond Milk, unsweetened (no tapioca)
Arrowroot Flour/powder	Potato Flour (gluten free)		Bone Broth Protein, Beef
Basmati Rice (gluten free)	Potato Starch (gluten free)		Coconut Kefir (No Tapioca, Carageenan)
Chicory Root	Quinoa (gluten free)		Coconut Milk(Native Forest or Natural Value)
Coconut Flour (gluten free)	Quinoa, Black (gluten free)		Coconut Water (low sugar)
Coconut Meal (gluten free)	Quinoa, Red (gluten free)		Coffee
Corn (Gluten-free & Non-GMO)	Rice, Basmati (gluten free)		Coffee Bean, Organic
Corn, Blue	Rice, Black (gluten free)		Collagen Protein (Powder)
Corn, White	Rice, Brown (gluten free)		Echinacea Tea
Corn Meal (gluten free)	Rice, Japonica (gluten free)		Great Lake's® Beef Gelatin
Corn Starch (gluten free)	Rice, Purple (gluten free)		Green Tea
Ener-G Brown Rice Yeast-Free Bread	Rice, Red (gluten free)		Hemp Protein (Powder)
Fava Bean Flour	Rice, White (gluten free)		Lemon Juice
Flax Meal	Rice, Wild (Lundberg® - not the blend)		Licorice Tea
Garbanzo Flour	Rice Bran		Lime Juice
Glucomannon Flour (konjacfoods.com)	Rice Flour (gluten free)		Milk, Soy (Organic)
Hazelnut Flour	Rice Protein Powder (gluten free)		Mineral Water
Hemp Meal	Tapioca		Orange Juice
Hemp Protein (Powder)	Tapioca Flour (gluten free)		Rice Protein Powder (gluten free)
	Tapioca Starch (gluten free)	<u></u>	•

Shopping List Page 10 All ingredients must be organic 10/24/2017 test patient Soy Milk/Soy Cheese (Organic) Bone Broth, Beef Silver Skinny Crisps® (Plain Jane) Soy Protein (Organic) Carrageenan Gum Chewing Gum, Xylichew® Sparkling Water, unflavored Tofu (Organic) Tea, Black Chicory Root Tragacanth Gum Cocoa/Cacao (raw, pure, & Tea, Chamomile Xanthan Gum unsweetened) Tea, Green Collagen Protein (Powder) Yeast, Baker's Tea, Hibiscus Formaldehyde Yeast, Nutritional Glucomannon Flour Tea, Oolong **Snacks** (konjacfoods.com) Tea, Ramon Great Lake's® Beef Gelatin No foods in this Category Tea, Roobios Guar Gum new category Tea, Unflavored Hops alpha Tea, White Inulin bravo Water Konjac Glucomannon Flour charlie Yerba Matte Tea (Organic/Pure) new food Zevia Drinks Latex Locust Bean Gum Miscellaneous Lycopene Acacia Gum Modified Food Starch Agar Gum (Tapioca-based) Palm Wax Antimony Pycnogenol Arabic Gum Red Food Dye

Rice Starch (if certified gluten

Resveratrol

Red Tomato Paste (gluten free)

Baking Powder

Blue Food Dye

Baking Soda (Arm & Hammer®)