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
charlie	Lemon	Pear, Asian
Cherry	Lemon Juice	Persimmons
Clementine	Lemon Rind/Peel	Pineapple
Cranberry	Lime	Plantain
Cranberry Juice	Lime Juice	Plum
Currant	Litchi (aka Lychee)	Pomegranate
Dragon Fruit (Pitaya)	Loganberry	Pomelo
Dried Fruit	Loquat	Prune
Elderberry	Mango	Quince
Fig	Mangosteen	Raisin (unsulfured, organic)
Golden Berry	Maqui	Raspberry
Gooseberry	─ Melon, Honeydew	Star Fruit

Sh	opping List Page 2		All i	ngredients must be organic
tes	t patient			10/30/2017
	Strawberry	Fish & Shellfish		Sardines
	Tangelo	Anchovy		Scallop
	Tangerine	Bass		Shrimp
	Watermelon	Catfish		Sole
	Nuts, Seeds, Drupes & Oils	Chilean Sea Bass		Squid
	Almond	Clam		Swai
	Annatto Seed	Cod/ Cod Liver Oil		Swordfish
	Avocado Oil	Corvina		Tilapia (Wild, Non-farmed)
	Brazil Nut	Crab		Trout
	Canola/Rapeseed Oil	Crayfish		Tuna
	Caraway Seed	Flounder		Walleye Pike
	Cashew Butter	Haddock		Whitefish/Turbot
	Cashew Meal	Hake		Vegetables
	Cashews	Halibut		Alfalfa Grass
	Chestnut	Herring		Alfalfa Sprouts
	Chia Seed (1/4 cup, max)	Lobster		Aloe Vera
	Coconut Butter	Mackerel		Artichoke (not pickled)
	Cottonseed/Cottonseed Oil	Mahi Mahi		Artichoke, Jerusalem (not pickled)
		Mussel		Arugula
		Octopus		Asparagus
		Orange Roughy		Avocado
		Oyster		Bamboo Shoot

Bean Sprout

Perch

Red Snapper

Sh	opping List Page 3		All i	ngredients must be organic
tes	t patient			10/30/2017
	Beet	Daikon Radish		Onion, Red
	Beet Greens	Dandelion Greens		Onion, Sweet
	Bok Choy	Dandelion Root		Onion, Yellow
	Brussels Sprout	Endive		Parsley
	Burdock	Fennel		Pickles, Bubbies® brand only
	Cabbage, Chinese (see also Bok Choy)	Hearts of Palm		Potato, Sweet
	Cabbage, Green	Horseradish		Prickly Pear
	Cabbage, Purple	Jicama		Pumpkin
	Cactus (Nopales)	Kale, all types		Pumpkin Powder
	Capers	Kelp/Dulse		Radicchio
	Carrot, Orange	Kohlrabi		Radish
	Carrot, Purple	Kombu		Rainbow Chard
	Carrot, White	Leeks		Rutabaga
	Carrot, Yellow	Lettuce, all types		Sauerkraut (Bubbies® Brand only)
	Carrot Juice	Mushrooms		Scallions
	Cauliflower	Mushrooms, Button		Sea Vegetables
	Cauliflower, Purple	Mushrooms, Cremeni/Crimini		Seaweed
	Celery	Mushrooms, Maitake		Shallots
	Chard	Mushrooms, Shiitake		Spinach
	Chives	Mustard Greens		Spirulina
	Coconut (raw and unsweetened)	Nori		Sugar Beet
	Coconut Concentrate	Okra		Sweet Potato, Red
	Collard Greens	Onion, Green		Sweet Potatoes, White
	Cucumber	Onion, Maui		Swiss Chard

Shopping List Page 4		All i	ngredients must be organic
test patient			10/30/2017
Turnip Greens	Duck		Mustard, Brown (Eden® gf mustard)
Turnips	Goat, Grass-fed only (organic)		Sauerkraut (Bubbies® Brand only)
Water Chestnut	Ostrich		Sour Cream, Raw and Unpasteurized
Watercress	Pheasant		Vinegar, Beet
Yams, Garnett	Quail		Sweeteners
Yams, Japanese	Rabbit		Aspartame
Zucchini	Venison (see also Deer)		BodyPro Almond Mayo Grade A Maple Syrup
Meat & Poultry	Non-Dairy & Eggs		Cane Syrup
Applegate® organic bacon	Almond Milk, unsweetened (no tapioca)		Chocolate, Dark
Applegate® organic black forest ham	Almond Yogurt, unsweetened		Coconut Palm Sugar
Applegate® organic chicken/apple sausage	Coconut Kefir (No Tapioca, Carageenan)		Coconut Sugar
Applegate® organic herb roasted turkey	Coconut Milk(Native Forest or Natural Value)		Fruit Pectin
Applegate® organic roast beef	Condiments, Spreads & Sauces		Honey, (Organic)
Applegate® organic sausage sweet italian	Apple Cider Vinegar (Bragg's®)		Honey, Manuka
Applegate® organic smoked turkey breast	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)		Honey, Wildflower from Mahava®
Applegate® organic spinach & feta sausage	BodyPro Almond Mayo Grade A Maple Syrup		Jerusalem Artichoke Syrup
Applegate® organic turkey	BodyPro Almond Mayo with Yacon Syrup		Lo Han
Applegate® organic turkey bacon	Coconut Aminos®		Maple Sugar
Bison (see also Buffalo)	Coconut Cream		Maple Syrup (Grade A Dark Amber Organic)
Buffalo (see also Bison)	Coconut Vinegar (Coconut Secret)		Molasses
Chicken, free range (organic)	Cream, Raw and Unpasteurized		Monk Fruit (Pure)
Chicken Broth (Imagine® gf/low sodium)	Dressing, Primal Kitchen Honey Mustard		Monk Fruit Extract
Deer (see also Venison)	Liquid Smoke gluten free		Nutrasweet®

(natural)

Shopping List Page 5			All ir	ngredients must be organic	
tes	st patient				10/30/2017
	Rebiana Leaf (Stevia)		Cloves		Hickory
	Sorbitol		Cloves, Madagascar		Himalayan Salt
_ כו	Splenda		Cloves, Penang		Juniper Berry
וֹ⊏	Sucanat		Cramp Bark Extract		Lavender
⊐ĺ	Sugar Beet		Cream of Tartar		Lemon Balm (Melissa Officinalis)
וֹ⊏	Sugar Cane		Cumin		Lemongrass
	Sweetleaf® Stevia		Curcumin		Lemon Pepper
\supset	Xyla (Birchwood Xylitol)		Curry (must be GF)		Licorice Root
\supset	Yacon Syrup		Dandelion Root		Maca Root
	Herbs & Spices		Dill		Mace Spice
'	Allspice		Dong Quai		Marjoram
	Anise		Echinacea		Milk Thistle
	Astragalus		Fennel		Mint
	Basil		Garam Masala		Mustard (as a Powder)
	Bay Leaf		Garlic Pepper		Mustard Seeds (gluten free)
	Black Cohosh		Ginger		Nutmeg
	Caraway Seed		Ginkgo Biloba		Onion
	Cardamom		Ginseng (All Types)		Onion Powder
	Celery Powder		Goldenseal		Orange Peel/Rind
	Chicory Root		Grapefruit Seed Extract		Orange Salt
	Cilantro/Coriander		Grapeseed Extract		Oregano
	Cinnamon		Guarana		Parsley
	Cinnamon, Ceylon		Gymnema Silvestre		Pepper, Black (see Garlic/Lemon Pepper)
			Herbs De Provence		Pepper/Peppercorns

test patient

10/30/2017

Peppermint	Milk-Containing Foods		Cheese, Romano
Pine Bark Extract	Applegate® organic spinach & feta sausage		Cheese, Sheep
Rose Hips	Butter, Raw and Pasture-raised		Cheese, String (Mozzarella)
Rosemary	Buttermilk		Cheese, Swiss
Saffron	Casein		Cream, Raw and Unpasteurized
Sage	Cheese, American		Ghee (Pasture-Raised, Organic)
Saw Plametto	Cheese, Asiago		Goat Cheese
Shallots	Cheese, Brie		Goat Kefir
Spearmint	Cheese, Cheddar (Raw)		Lactoalbumin
St. John's Wort	Cheese, Cottage		Milk, Buffalo
Sumac	Cheese, Feta		Milk, Cow
Tarragon	Cheese, Goat		Milk, Goat
Thyme	Cheese, Gorgonzola		Milk, Sheep
Turmeric	Cheese, Gouda		Milk Chocolate
Uva Ursi	Cheese, Havarti		Mozzarella Cheese
Valerian	Cheese, Machego		Sour Cream, Raw and Unpasteurized
White Willow Bark Extract	Cheese, Marscapone		Whey
Wintergreen	Cheese, Mozzarella (Raw)		Legumes & Pulses
Wormwood	Cheese, Muenster		No foods in this Category
	Cheese, Parmesan	l '	J
	Cheese, Pecorino		
	Cheese, Provolone		
	Cheese, Raw and Pasture-raised		
	Cheese, Ricotta		

test patient

10/30/2017

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

test patient 10/30/2017

Snacks
Apple Sauce
new category
alpha
bravo
charlie