



PATIENT: _____ **SEEN BY:** _____ **VISIT DATE:** _____

VEGETABLES/SPROUTS

- | | | | |
|--|--|--|--|
| <input type="checkbox"/> Alfalfa sprouts | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Habanero pepper | <input type="checkbox"/> Red clover sprouts |
| <input type="checkbox"/> Anaheim chili | <input type="checkbox"/> Cipollini onion | <input type="checkbox"/> Heirloom carrots | <input type="checkbox"/> Red onion |
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Collard greens | <input type="checkbox"/> Heirloom tomatoes | <input type="checkbox"/> Red potato |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Corn | <input type="checkbox"/> Horseradish | <input type="checkbox"/> Reishi mushroom |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Crimini mushroom | <input type="checkbox"/> Jicama | <input type="checkbox"/> Shiitake mushroom |
| <input type="checkbox"/> Baby spring mix | <input type="checkbox"/> Crookneck squash | <input type="checkbox"/> Leek | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Curly endive | <input type="checkbox"/> Kale | <input type="checkbox"/> Stinging nettles |
| <input type="checkbox"/> Belgian endive | <input type="checkbox"/> Dandelion greens | <input type="checkbox"/> Maitake mushroom | <input type="checkbox"/> Sunflower sprouts |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Molokheia Egyptian greens | <input type="checkbox"/> Swiss chard |
| <input type="checkbox"/> Broccoli sprouts | <input type="checkbox"/> Elephant garlic | <input type="checkbox"/> Mustard greens | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Buckwheat sprouts | <input type="checkbox"/> Fennel | <input type="checkbox"/> Mustard seed sprouts | <input type="checkbox"/> Wheat berry sprouts |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Fenugreek sprouts | <input type="checkbox"/> Okra | <input type="checkbox"/> Yams |
| <input type="checkbox"/> Cassava | <input type="checkbox"/> Ginger | <input type="checkbox"/> Radicchio | |

FRUITS

- | | | | |
|--|---------------------------------------|--|--|
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Cranberries | <input type="checkbox"/> Mandarin orange | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Mango | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Date | <input type="checkbox"/> Mulberries | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Fig | <input type="checkbox"/> Nectarine | <input type="checkbox"/> Prunes |
| <input type="checkbox"/> Blackcurrants | <input type="checkbox"/> Gooseberries | <input type="checkbox"/> Olives | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Black grapes (with seeds) | <input type="checkbox"/> Guava | <input type="checkbox"/> Papaya | <input type="checkbox"/> Red currants |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Honeydew | <input type="checkbox"/> Passionfruit | <input type="checkbox"/> Red grapes (with seeds) |
| <input type="checkbox"/> Carambola (star fruit) | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Peach | <input type="checkbox"/> Soursop |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Lemon | <input type="checkbox"/> Pear | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Coconut | <input type="checkbox"/> Lime | <input type="checkbox"/> Persimmon | <input type="checkbox"/> Tangerine |
| <input type="checkbox"/> Concord grapes | <input type="checkbox"/> Mamey sapote | <input type="checkbox"/> Pineapple | |

MEDICINAL HERBS/SPICES

- | | | | |
|---|---|--|---------------------------------------|
| <input type="checkbox"/> Acerola | <input type="checkbox"/> Chives | <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Sarsaparilla |
| <input type="checkbox"/> Alfalfa | <input type="checkbox"/> Cilantro | <input type="checkbox"/> Marigold | <input type="checkbox"/> Sassafras |
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Anise seed | <input type="checkbox"/> Cloves | <input type="checkbox"/> Mint | <input type="checkbox"/> Tamarind |
| <input type="checkbox"/> Ashwaghandha | <input type="checkbox"/> Cumin | <input type="checkbox"/> Noni fruit | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Dill | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Bay leaf | <input type="checkbox"/> Elderberry | <input type="checkbox"/> Olive leaf | <input type="checkbox"/> Vanilla bean |
| <input type="checkbox"/> Cardamom | <input type="checkbox"/> Hawthorn berry/flower/leaf | <input type="checkbox"/> Peppermint | <input type="checkbox"/> Yerba Santa |
| <input type="checkbox"/> Cayenne pepper | <input type="checkbox"/> Holy Basil | <input type="checkbox"/> Red clover | |
| <input type="checkbox"/> Chamomile | <input type="checkbox"/> Hops | <input type="checkbox"/> Rosemary | |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Hyssop | <input type="checkbox"/> Saffron | |



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GRAINS/BEANS/NUTS/SEEDS

- | | | | |
|--|--------------------------------------|---|---|
| <input type="checkbox"/> Adzuki beans | <input type="checkbox"/> Brown rice | <input type="checkbox"/> Flaxseed | <input type="checkbox"/> Pine nuts |
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Forbidden rice | <input type="checkbox"/> Red kidney beans |
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Cacao | <input type="checkbox"/> Great Northern beans | <input type="checkbox"/> Red lentils |
| <input type="checkbox"/> Anasazi beans | <input type="checkbox"/> Carob | <input type="checkbox"/> Green beans | <input type="checkbox"/> Sesame seed |
| <input type="checkbox"/> Anise seed | <input type="checkbox"/> Cashews | <input type="checkbox"/> Hemp | <input type="checkbox"/> Soybeans |
| <input type="checkbox"/> Barley | <input type="checkbox"/> Edamame | <input type="checkbox"/> Kamut | <input type="checkbox"/> Sunflower seed |
| <input type="checkbox"/> Brazil nuts | <input type="checkbox"/> Fennel seed | <input type="checkbox"/> Millet | <input type="checkbox"/> Whole wheat |

DAIRY/EGGS

- | | | | |
|--|--|---|--|
| <input type="checkbox"/> Almond milk/cheese/
yoghurt | <input type="checkbox"/> Coconut milk/cheese/
yoghurt | <input type="checkbox"/> Goat milk/cheese/yoghurt | <input type="checkbox"/> Duck eggs |
| <input type="checkbox"/> Buffalo milk/cheese/
yoghurt | <input type="checkbox"/> Cashew milk/cheese/
yoghurt | <input type="checkbox"/> Hemp milk/cheese/
yoghurt | <input type="checkbox"/> Sheep's milk/cheese/
yoghurt |

GRASS-FED MEAT/ WILD-CAUGHT SEAFOOD & FISH

- | | | |
|---------------------------------------|------------------------------------|--|
| <input type="checkbox"/> Bison | <input type="checkbox"/> Salmon | <input type="checkbox"/> Trout (Rainbow, Golden
rainbow, Lake, Steelhead) |
| <input type="checkbox"/> Jumbo shrimp | <input type="checkbox"/> Mahi-mahi | |

ORGANIC, UNREFINED OILS FOR RAW USE ONLY

- | | | |
|--------------------------------------|---|--|
| <input type="checkbox"/> Almond oil | <input type="checkbox"/> Grape seed oil | <input type="checkbox"/> Olive oil (extra-virgin, first
cold pressed) |
| <input type="checkbox"/> Avocado oil | <input type="checkbox"/> Hemp oil | |

ORGANIC, UNREFINED OILS FOR COOKING

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> Coconut oil | <input type="checkbox"/> Sunflower oil |
|--------------------------------------|--|

ORGANIC, UNPROCESSED SWEETENERS

- | | | |
|---|---|----------------------------------|
| <input type="checkbox"/> Brown Rice Syrup | <input type="checkbox"/> Honey (raw, wild, organic,
local) | <input type="checkbox"/> Sucanat |
| <input type="checkbox"/> Coconut sugar | <input type="checkbox"/> Maple Syrup | |

ALCOHOL

- | | |
|--|---|
| <input type="checkbox"/> Beer (made from organic, pure ingredients and natural
spring water; for ex: Samuel Smith's: Pale Ale, Lager, and
Chocolate Stout) | <input type="checkbox"/> Red wine (aged 7 years or more) |
| <input type="checkbox"/> Unfiltered sake (Nigori) | <input type="checkbox"/> Vodka (made with pure ingredients and minimally
processed; for ex: Pau Maui Vodka, Absolut vodka) |

MISCELLANEOUS

- | | | | |
|--|---------------------------------------|---|--|
| <input type="checkbox"/> Coconut liquid aminos | <input type="checkbox"/> Papua Coffee | <input type="checkbox"/> Vinegar (organic red wine,
organic balsamic, coconut) | <input type="checkbox"/> Organic basil seeds |
| <input type="checkbox"/> Miyoko's vegan butter | <input type="checkbox"/> Real Salt | | |