

TYPE B GROCERY LIST

MEAT & POULTRY

- Goat**
- Lamb**
- Moose**
- Mutton**
- Rabbit**
- Venison**

Neutral

- Beef
- Beef liver
- Beef tongue
- Bone soup
- Buffalo, bison
- Calf liver
- Marrow soup
- Ostrich
- Pheasant
- Turkey
- Veal

SEAFOOD

- Caviar**
- Cod**
- Croaker**
- Flounder**
- Grouper**
- Haddock**

- Hake**
- Halibut**
- Harvest Fish**
- Mackerel, Atlantic**
- Mackerel, Spanish**
- Mahi-mahi**
- Monkfish**
- Perch, Ocean**
- Pickarel, Walleye**
- Pike**
- Pilchards**
- Porgy**
- Salmon, Atlantic**
- Salmon, Chinook**
- Salmon, Sockeye**
- Sardine**
- Scallop**
- Shad**
- Sole**
- Sturgeon**
- Tuna, Yellowfin**

Neutral

- Abalone, sea ear, mutton fish
- Bluefish
- Bullhead

- Carp
- Catfish
- Chub
- Cusk
- Drum
- Halfmoon fish
- Herring
- Mullet
- Muskellunge
- Ocean pout
- Opaleye fish
- Orange roughy
- Parrotfish
- Perch
- Pompano
- Red snapper
- Rosefish
- Sailfish
- Sailfish roe
- Scallop
- Scrod
- Scup
- Shark
- Smelt
- Squid, calamari
- Sucker
- Sunfish, pumpkinseed
- Swordfish
- Tilapia
- Tilefish

TYPE B GROCERY LIST

- Tuna, Bluefin
- Tuna, Skipjack
- Turbot, European
- Weakfish
- Whitefish
- Whiting

DAIRY & EGGS

- Cottage Cheese**
- Farmer Cheese**
- Feta Cheese**
- Goat Cheese**
- Kefir**
- Milk, Cow (Skim or 2%)**
- Milk, Cow (Whole)**
- Milk, Goat**
- Mozzarella Cheese (All types)**
- Paneer Cheese**
- Pecorino Cheese**
- Ricotta Cheese**
- Romanian Urda**
- Yogurt**

Neutral

- Brie cheese
- Butter
- Buttermilk

- Camembert cheese
- Casein
- Cheddar
- Colby cheese
- Cream cheese
- Edam cheese
- Egg white, chicken
- Egg whole, chicken
- Egg yolk, chicken
- Emmental, Swiss cheese
- Ghee, clarified butter
- Gouda cheese
- Gruyère cheese
- Half-and-half
- Jarlsberg cheese
- Manchego cheese
- Monterey jack cheese
- Muenster cheese
- Neufchâtel cheese
- Parmesan cheese
- Provolone cheese
- Quark cheese
- Sherbet
- Sour cream
- Stilton cheese
- Whey protein

OILS & FATS

- Camelina oil**
- Olive oil**

Rice Bran Oil

Neutral

- Almond oil
- Apricot kernel oil
- Black currant seed oil
- Chia seed oil
- Cod liver oil
- Evening primrose oil
- Flaxseed, linseed oil
- Hazelnut oil
- Hemp seed oil
- Macadamia oil
- Perilla seed oil
- Soy oil
- Sunflower oil
- Walnut oil
- Wheat germ oil

NUTS & SEEDS

- Chestnut, Chinese**
- Walnut**

Neutral

- Almond
- Almond butter
- Almond cheese
- Beechnut
- Brazil nut
- Butternut
- Carob

TYPE B GROCERY LIST

- Chestnut, European
- Chia seed
- Flaxseed
- Hemp seed
- Hickory
- Litchi/lychee
- Macadamia
- Pecan
- Pecan butter
- Walnut, English
- Watermelon seed

BEANS & LEGUMES

- Kidney Bean**
- Lima Bean**
- Navy Bean**

Neutral

- Broad bean, fava
- Cannellini bean
- Copper bean
- Great Northern bean
- Green bean
- Haricot-vert
- Jicama
- Lima bean flour
- Pea
- Snap bean
- Soybean

- Soybean granules, lecithin
- Soybean pasta
- Soybean, sprouted
- Soybean, tempeh
- String bean
- Tamarind bean
- White bean

GRAINS & CEREALS

- Essene, Manna Bread**
 - Fonio**
 - Job's Tears**
 - Malanga, Tannia, Xanthosoma**
 - Millet**
 - Millet Flour**
 - Oat Bran**
 - Oatmeal, Oat Flour, Oats**
 - Puffed Rice**
 - Rice Bran**
 - Rice Flour**
 - Spelt**
 - Spelt Flour, Whole Grain, Flour Noodles**
- Neutral
- Barley

- Barley flour
- Black bean flour
- Cream of rice
- Emmer
- Flaxseed bread
- Larch fiber
- Lima bean flour
- Quinoa
- Rice, basmati
- Rice, brown
- Rice, puffed, cakes
- Rice, white
- Rice flour, brown
- Rice flour, white
- Soybean flour
- Taro, Tahitian, poi, dasheen
- Wheat, bulgar
- Wheat, durum, semolina, couscous
- White flour

VEGETABLES

- Beet Greens**
- Beet**
- Broccoflower**
- Broccoli**
- Brussels sprouts**
- Cabbage**
- Canistel**

BODY BY MJ

Type
B

TYPE B GROCERY LIST

- | | | |
|---|---|--|
| <input type="checkbox"/> Carrot | <input type="checkbox"/> Asparagus | <input type="checkbox"/> Leek |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Asparagus pea | <input type="checkbox"/> Lettuce, Bibb, Boston, green, leaf, iceberg, mesclun, romaine |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Bamboo shoot | <input type="checkbox"/> Mushroom, abalone, black trumpet, enoki, maitake, oyster, Portobello, straw, tree, white, silver dollar |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Bok choy, pak choi | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Broccoli leaves | <input type="checkbox"/> Onion, all types |
| <input type="checkbox"/> Grape Leaves | <input type="checkbox"/> Broccoli rabe, rapini | <input type="checkbox"/> Oyster plant, salsify |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Broccoli, Chinese | <input type="checkbox"/> Pickles, all |
| <input type="checkbox"/> Mushroom, Shitake | <input type="checkbox"/> Capers | <input type="checkbox"/> Pimiento |
| <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Celeriac | <input type="checkbox"/> Potato, blue, white, yellow |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Celery | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Parsnip | <input type="checkbox"/> Chayote, pipinella, vegetable pear | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Peppers, Bell, Chili, Jalapeño | <input type="checkbox"/> Chervil | <input type="checkbox"/> Sauerkraut |
| <input type="checkbox"/> Sea Vegetables, Irish Moss | <input type="checkbox"/> Chicory | <input type="checkbox"/> Scallion |
| <input type="checkbox"/> Sea Vegetables, Kelp, Kombu, Nori, Bladder, Wrack | <input type="checkbox"/> Chinese kale, Kai-lan | <input type="checkbox"/> Seaweed |
| <input type="checkbox"/> Sea Vegetables, Spirulina | <input type="checkbox"/> Cilantro | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Sea Vegetables, Wakame | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Sweet Potato | <input type="checkbox"/> Daikon radish | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Dandelion greens | <input type="checkbox"/> Swiss chard |
| <input type="checkbox"/> Yam | <input type="checkbox"/> Dill | <input type="checkbox"/> Taro leaves, shoots |
| Neutral | <input type="checkbox"/> Endive | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Alfalfa sprouts | <input type="checkbox"/> Escarole | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Fennel | <input type="checkbox"/> Water, chestnut, matai |
| | <input type="checkbox"/> Fenugreek | <input type="checkbox"/> Watercress |
| | <input type="checkbox"/> Fiddlehead fern | <input type="checkbox"/> Zucchini |
| | <input type="checkbox"/> Garlic | |
| | <input type="checkbox"/> Hearts of palm | |
| | <input type="checkbox"/> Horseradish | |
| | <input type="checkbox"/> Jicama | |
| | <input type="checkbox"/> Kelp | |
| | <input type="checkbox"/> Kohlrabi | |

BODY BY MJ

Type
B

TYPE B GROCERY LIST

FRUIT

- Banana**
- Cranberry**
- Grape**
- Mamey Sapote,
Mamey Apple**
- Papaya**
- Pawpaw**
- Pineapple**
- Plum**
- Watermelon**

Neutral

- Acai berry
- Apple
- Apricot
- Asian pear
- Blackberry
- Blueberry
- Boysenberry
- Breadfruit
- Canang melon
- Cantaloupe
- Casaba
- Cherry
- Christmas melon
- Crenshaw melon
- Currant
- Date

- Dewberry
- Durian
- Elderberry
- Fig
- Goji, wolfberry
- Gooseberry
- Grapefruit
- Guava
- Honeydew
- Jack fruit
- Kiwi
- Kumquat
- Lemon
- Lime
- Lingonberry
- Loganberry
- Mango
- Mangosteen
- Mulberry
- Musk melon
- Nectarine
- Noni
- Orange
- Passion fruit
- Peach
- Pear
- Persian melon
- Plantain
- Prune
- Quince

- Raspberry
- Raisin
- Sago palm
- Spanish melon
- Strawberry
- Tangerine
- Youngberry

BEVERAGES

- Cranberry juice**
- Ginseng tea**
- Gingerroot tea**
- Grape juice**
- Green tea, Kukicha,
Bancha, Genmaicha**
- Licorice Root Tea**
- Milk, rice**
- Papaya juice**
- Parsley tea**
- Pineapple juice**
- Raspberry Leaf Tea**
- Rose hip tea**
- Sage tea**
- Vegetable juice**
- Watermelon Juice**

Neutral

- Alfalfa tea

TYPE B GROCERY LIST

- Aloe juice
- Apple juice, cider
- Apricot juice
- Beer
- Black tea, all forms
- Blackberry juice
- Blueberry juice
- Burdock tea
- Carrot juice
- Catnip tea
- Cayenne tea
- Celery juice
- Chamomile tea
- Cherry juice
- Chickweed tea
- Coconut water
- Coffee
- Cucumber juice
- Dandelion tea
- Dong quai tea
- Elderberry juice
- Elder tea
- Goji berry juice
- Grapefruit juice
- Hawthorn tea
- Horehound tea
- Lemon and water
- Lime juice
- Milk, almond
- Mulberry tea

- Nectarine juice
- Noni juice
- Orange juice
- Pear juice
- Peppermint tea
- Prune juice
- Saint John's wort tea
- Sarsaparilla tea
- Slippery elm tea
- Spearmint tea
- Strawberry leaf tea
- Tangerine juice
- Thyme tea
- Valerian tea
- White birch tea
- White oak bark tea
- Wine, red, white
- Yarrow tea
- Yellow dock tea
- Yerba mate tea

HERBS & SPICES

- Cayenne Pepper**
- Curry**
- Ginger**
- Horseradish**
- Licorice Root**
- Parsley**

Neutral

- Anise
- Arrowroot
- Basil
- Bay leaf
- Bergamot
- Caraway
- Cardamom
- Chervil
- Chili powder
- Chives
- Chocolate
- Cilantro
- Clove
- Coriander
- Cream of tartar
- Cumin
- Dill
- Dulse
- Fennel
- Garlic
- Mace
- Marjoram
- Mustard, dry
- Nutmeg
- Oregano
- Paprika
- Pepper, red flakes
- Peppercorn
- Peppermint

TYPE B GROCERY LIST

- | | |
|--|---|
| <input type="checkbox"/> Rosemary | <input type="checkbox"/> Maple syrup |
| <input type="checkbox"/> Saffron | <input type="checkbox"/> Mayonnaise |
| <input type="checkbox"/> Sage | <input type="checkbox"/> Molasses |
| <input type="checkbox"/> Salt, sea salt | <input type="checkbox"/> Mustard, wheat free,
vinegar free |
| <input type="checkbox"/> Savory | <input type="checkbox"/> Mustard, with vinegar
and wheat |
| <input type="checkbox"/> Senna | <input type="checkbox"/> Pickle relish |
| <input type="checkbox"/> Spearmint | <input type="checkbox"/> Rice syrup |
| <input type="checkbox"/> Tarragon | <input type="checkbox"/> Salad dressing |
| <input type="checkbox"/> Thyme | <input type="checkbox"/> Soybean sauce, tamari,
wheat free |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Sugar, brown, white |
| <input type="checkbox"/> Vanilla | <input type="checkbox"/> Vegetable glycerine |
| <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Vinegar, all types |
| CONDIMENTS,
SWEETENERS &
ADDITIVES | <input type="checkbox"/> Worcestershire sauce |
| <input type="checkbox"/> Molasses,
Blackstrap | <input type="checkbox"/> Yeast, baker's |
| | <input type="checkbox"/> Yeast, nutritional |

Neutral

- Agar
- Agave syrup
- Apple butter
- Apple pectin
- Baking soda
- Carob syrup
- Fructose
- Fruit pectin
- Honey
- Jam, jelly
- Lecithin