



Protein (2 of 4)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Shellfish</b>					
Clams					
Crab					
Lobster					
Mussels					
Oysters					
Scallops					
Shrimp					
<b>Poultry</b>					
Chicken					
Cornish Game Hen					
Duck					
Quail					
Turkey					

Protein (3 of 4)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Meat</b>					
Beef					
Bison					
Elk					
Goat					
Lamb					
Moose					
Pork/Ham					
Venison					
<b>Eggs</b>					
Chicken					
Duck					
Quail					
<b>Additional:</b>					
Tofu †					

Protein (4 of 4)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Cured Meats</b>					
Andouille					
Bacon					
Blood Sausage					
Bologna					
Coppa/Capocollo					
Corned Beef					
Guanciale					
Isaan Sausage					
Jamón Ibérico					
Jamón Serrano					
Katsuobushi					
Kielbasa					
Lardo					
Mortadella					
Pancetta					
Pastrami					
Pepperoni					
Prosciutto					
Salami					
Saucisson					
Soppressata					
Spanish Chorizo					

Fats (1 of 2)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Oils</b>					
Avocado					
Canola					
Coconut					
Flaxseed					
Grapeseed					
Hempseed					
Macadamia Nut					
Olive					
Palm Oil					
Safflower					
Sesame					
Sunflower					
Vegetable					
Walnut					

Fats (2 of 2)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Nuts</b>					
Almonds					
Brazil					
Cashews					
Hazelnuts					
Macadamia					
Pecans					
Pine Nuts					
Pistachio					
Walnuts					
<b>Seeds</b>					
Chia Seeds					
Flax Seeds					
Hemp Seeds					
Pumpkin/Pepitas					
Sesame Seeds					
Sunflower					

Vegetables (1 of 4)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
Artichoke					
Asparagus					
Bean Sprouts					
Broccoli					
Broccolini					
Brussels Sprouts					
Cabbage					
Green					
Purple					
Carrots					
Cauliflower					
Celery					
Cucumber/Pickle					
Eggplant					
Garlic					
Green Beans					
Leeks					

Vegetables (2 of 4)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Leafy Greens</b>					
Arugula					
Beet Greens					
Bok Choy					
Boston/Bibb Lettuce					
Broccoli Rabe/Rapini					
Butter Lettuce					
Chicory Greens					
Collard Greens					
Dandelion Greens					
Endive					
Escarole					
Green Leaf Lettuce					
Iceberg Lettuce					
Kale					
Mustard Greens					
Radicchio					
Red Leaf Lettuce					
Romaine Lettuce					
Spinach					
Swiss Chard					
Turnip Greens					
Watercress					

Vegetables (3 of 4)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Mushrooms</b>					
Button Mushroom					
Cremini Mushroom					
Lions Mane Mushroom					
Oyster Mushroom					
Porcini Mushroom					
Portobello Mushroom					
Shiitake Mushroom					
Okra					
<b>Onions</b>					
Red					
Sweet					
Yellow					

Vegetables (4 of 4)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Peppers</b>					
Anaheim Pepper					
Banana Pepper					
Bell Pepper					
Green					
Orange					
Red					
Yellow					
Cherry Pepper					
Habanero Pepper					
Jalapeño Pepper					
Poblano Pepper					
Serrano Pepper					
Radish					
Scallions					
Shallots					
Tomato					
Beefsteak					
Cherry					
Grape					
Green					
Heirloom					
Plum					

Starchy Carbohydrates* (1 of 4)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Grains/Gluten*</b>					
Barley					
Barley Malt					
Bran					
Bulgur					
Couscous					
Durum					
Farina					
Farro					
Kamut					
Malt					
Matzo Flour/Meal					
Orzo					
Panko					
Rye					
Seitan					
Semolina					
Spelt					
Wheat (includes white bread)					
Wheat Bran					
Wheat Germ					
Wheat Starch					

Starchy Carbohydrates* (2 of 4)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Gluten-Free Grains*</b>					
Amaranth					
Arrowroot					
Buckwheat					
Corn/Popcorn/Grits					
Flax					
Millet					
Oats					
Quinoa					
Rice					
Black					
Brown					
White					
Wild					
Yellow					
Sorghum					
Tapioca					

Starchy Carbohydrates* (3 of 4)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Beans/Legumes*</b>					
Adzuki Beans					
Black Beans					
Black-Eyed Peas					
Butter Beans					
Cannellini Beans					
Chickpeas/Garbanzo Beans/Humus					
Edamame †					
Fava Beans					
Great Northern Beans					
Kidney Beans					
Lentils					
Lima Beans					
Mung Beans					
Navy Beans					
Peanuts					
Peas					
Green/Garden Peas					
Snow Peas					
Sugar Snap					
Pinto Beans					
Soybean †					
Tempeh †					

Starchy Carbohydrates* (4 of 4)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Starchy Vegetables*</b>					
Beets					
Jicama					
Parsnips					
Potatoes					
Purple					
Red					
Sweet					
White					
Pumpkin					
Rutabaga					
Squash					
Acorn					
Butternut					
Spaghetti					
Yellow					
Zucchini					
Turnips					
Water Chestnuts					
Yams					
Yuca/Cassava					

Herbs and Spices (1 of 2)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
Allspice					
Anise					
Basil					
Bay Leaf					
Black Pepper					
Caraway					
Cardamom					
Cayenne Pepper					
Celery Seed					
Chicory					
Chili Pepper					
Chives					
Cilantro					
Cinnamon					
Clove					
Coriander					
Cumin					
Curry					
Dill					
Fennel					
Ginger					
Horseradish					

Herbs and Spices (2 of 2)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
Lemon Grass					
Lemon Verbena					
Mace					
Marjoram					
Mustard Powder					
Nutmeg					
Oregano					
Paprika					
Parsley					
Peppermint					
Poppy Seed					
Rosemary					
Saffron					
Sage					
Savory					
Sorrel					
Spearmint					
Star Anise					
Tarragon					
Thyme					
Turmeric					
Vanilla					

Fruits (1 of 3)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
Apples					
Fiji					
Gala					
Golden Delicious					
Granny Smith					
McIntosh					
Red Delicious					
Apricot					
Banana					
Berries					
Blackberry					
Blueberry					
Boysenberry					
Cranberry					
Elderberry					
Goji Berry					
Huckleberry					
Mulberry					
Raspberry					
Strawberry					
Cherry					

Fruits (2 of 3)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
Citrus					
Grapefruit					
Lemon					
Lime					
Mandarin					
Orange					
Tangelo					
Tangerine					
Dates					
Dragon Fruit					
Fig					
Grapes/Raisin					
Guava					
Jackfruit					
Kiwi					
Kumquat					
Loquat					
Melons					
Cantaloupe					
Honeydew					
Watermelon					
Nectarine					

Fruits (3 of 3)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
Papaya					
Passionfruit					
Peach					
Pear					
Persimmon					
Pineapple					
Plantain					
Plum					
Pomegranate					
Sapote					
Star Fruit					
Tomato					



Beverages (2 of 7)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Tea</b>					
Caffeinated					
Decaffeinated					
Black Tea					
Chai Tea					
Chamomile Tea					
Darjeeling					
Earl Grey					
Echinacea Tea					
Ginger Tea					
Green Tea					
Hibiscus Tea					
Jasmine Tea					
Lemon Tea					
Masala Chai					
Matcha					
Oolong					
Passionflower					
Peppermint					
Rooibos					
Rose Hip Tea					

Beverages (3 of 7)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Alcohol</b>					
Amaretto					
Baileys Irish Cream					
Beer					
Brandy					
Champagne					
Cognac					
Curacao					
Frangelico					
Gin					
Kahlua					
Rum					
Black/Dark Rum					
Coconut Rum					
Gold/Light Rum					
Spiced Rum					
Sake					
Schnapps					
Tequila					
Triple Sec					
Vermouth					

Beverages (4 of 7)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Alcohol (cont'd)</b>					
Vodka					
Made from Corn					
Made from Potatoes					
Made from Rye					
Made from Wheat					
Whiskey					
Bourbon					
Irish					
Rye					
Scotch					
<b>Wine</b>					
Dessert Wine					
Moscato					
Port					
Sherry					
Red					
Riesling					
Rosé					
Sparkling					
Champagne					
Prosecco					
White					

Beverages (5 of 7)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Non-Alcohol</b>					
<b>Carbonated</b>					
Coca-Cola					
Coca-Cola Flavors					
Cherry Cola					
Vanilla Cola					
Cream Soda					
Crush					
Dr. Pepper					
Fanta Orange					
Fresca					
Ginger Ale					
Grape					
Mountain Dew					
Pepsi					
Root Beer					
Sarsaparilla					
Sierra Mist					
Sprite					
Sunkist					

Beverages (6 of 7)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Non-Alcohol (cont'd)</b>					
<b>Carbonated (cont'd)</b>					
Zevia					
Black Cherry					
Caffeine Free Cola					
Cola					
Cran-Raspberry					
Cream					
Dr. Zevia					
Ginger Ale					
Ginger Root Beer					
Grape					
Lemon Lime Twist					
Orange					
Strawberry					
7 Up					

Beverages (7 of 7)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Non-Alcohol (cont'd)</b>					
<b>Energy Drinks</b>					
Alani Nu Sugar Free					
Monster					
Nuun Energy Tab					
Prime					
Red Bull					
Zevia Zero Calorie					
Zoa Zero Sugar					
5-Hour Energy					

Coffee Creamers	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Dairy</b>					
<b>Non-Dairy</b>					
Almond					
Butter Pecan					
Café Mocha					
Caramel Macchiato					
Coconut					
Crème Brûlée					
Eggnog					
French Toast					
French Vanilla					
Gingerbread					
Hazelnut					
Italian Sweet Cream					
Peppermint Mocha					
Pumpkin Spice					
Salted Caramel Mocha					
Soy Milk †					
Toffee					
White Chocolate					

Sweeteners	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Natural</b>					
Agave					
Allulose					
Blackstrap Molasses					
Cane Sugar					
Coconut Sugar					
Date Syrup					
High-Fructose Corn Syrup					
Honey					
Maple Syrup					
Monk Fruit					
Stevia (Truvia)					
<b>Sugar Alcohols</b>					
Erythritol					
Maltitol					
Mannitol					
Sorbitol					
Swerve Sweetener					
Xylitol					
<b>Artificial Sweeteners</b>					
Aspartame (NutraSweet, Equal)					
Saccharin (Sweet'N Low)					
Sucralose (Splenda)					

Condiments (1 of 2)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
Aioli					
Barbecue Sauce					
Brown Sauce					
Chutney					
Currywurst Sauce					
Fish Sauce					
Gochujang †					
Harissa					
Hoisin Sauce †					
Hot Sauce					
Humus					
Ketchup					
Lingonberry Jam					
Mayonnaise (often contains egg)					
Mirin					
Miso †					
Mustard					
Nam Jim Gai					
Oyster Sauce					

Condiments (2 of 2)	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
Pesto					
Relish					
Salsa					
Soy Sauce †					
Sriracha					
Sweet Chili					
Tabasco					
Tahini					
Tartar Sauce					
Vegemite/Marmite					
Wasabi					
Worcestershire Sauce					

Salad Dressings	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
Balsamic Vinaigrette					
Blue Cheese					
Caesar					
French					
Ginger					
Green Goddess					
Honey Mustard					
Italian					
Peanut Sauce					
Ranch					
Russian					
Sesame Soy †					
Thousand Island					
Vinegar					
Apple Cider					
Balsamic					
Champagne					
Distilled White					
Malt Vinegar					
Red Wine Vinegar					
Rice Vinegar					
White Wine Vinegar					

Miscellaneous	Lab Testing IgE/IgG/ Other Findings	Initial Muscle Test & Reset Session 1 Weak/Strong/Date	Tap/Reset Session 2 Date	Reset Completion Final Date Muscle Tested Strong	Notes
<b>Artificial Food Dyes</b>					
Blue 1 (Brilliant Blue)					
Blue 2 (Indigo Carmine)					
Green 3 (Fast Green)					
Red 3 (Erythrosine)					
Red 40 (Allura Red)					
Yellow 5 (Tartrazine)					
Yellow 6 (Sunset Yellow)					
BHA/BHT					
Carrageenan					
Cocoa/Chocolate†					
Gelatin					
Guar Gum					
MSG					
Nitrates/Nitrites					
Nutritional Yeast					
Sodium Benzoate					
Soy Lecithin†					
Sulfites					
Xanthan Gum					

