

FOOD & LECTIN KIT - BOX 1

MEATS	DAIRY	NUTS & SEEDS	VEGETABLES	
BEEF	CHEESE	ALMOND	ALFALFA	PARSNIP
CHICKEN	COW MILK	BRAZIL NUTS	ASPARAGUS	PEAS
DUCK	EGGS	CASHEW	AUBERGINE	POTATO
GOOSE	GOAT MILK	COCONUT	BEANS	GREEN PEPPER
LAMB	SHEEP MILK	HAZELNUT	BEETROOT	RED PEPPER
PORK	UNPASTEURISED CHEESE	LENTILS	BROCCOLI	YELLOW PEPPER
TURKEY		PEANUTS	CABBAGE	ORANGE PEPPER
VENISON		PISTACHIOS	CARROT	SPINACH
		SAFFLOWER	CAULIFLOWER	SPROUTS
FISH	GRAINS	SESAME	CELERY	TOMATO
COD	BARLEY	SOY	COURGETTE	
HERRING	BUCKWHEAT	SUNFLOWER	CUCUMBER	
PLAICE	CORN	WALNUT	GARLIC	
PRAWN	MILLET		GLOBE ARTICHOKE	
SALMON	OATS		KIDNEY BEANS	
SOLE	RICE		LEEK	
TROUT	RYE		LETTUCE	
TUNA	SPELT		MUSHROOM	
	WHEAT		OLIVES	
			ONION	

FOOD & LECTIN KIT - BOX 2

FRUIT		MISC.	SPICES	
APPLE	MULBERRY	BEE & WASP	ACHIOTE	NUTMEG
APRICOT	ORANGE	FUR & FEATHERS	ALLSPICE	PAPRIKA PEPPER
AVOCADO	ORANGE MELON	HOUSE DUST	BLACK PEPPER	POMEGRANATE
BANANA	PALE MELON	MOSQUITO	WHITE PEPPER	SAFFRON
BILBERRY	WATERMELON	POLLEN	CAPSICUM	STAR ANISE
BLACK CHERRY	PAW PAW		CARDAMOM SEED	TURMERIC POWDER
RED CHERRY	PEACH	DRINKS	CAYENNE PEPPER	TURMERIC TINCTURE
BLACKBERRY	PEAR	CHOCOLATE	CHILLI	
BLACKCURRANT	PINEAPPLE	COFFEE	CINNAMON	
BLUEBERRY	GREENGAGE	TEA	CLOVE	
ELDERBERRY	PURPLE PLUM		CORIANDER SEED	
GOOSEBERRY	YELLOW PLUM		CUMIN	
GRAPEFRUIT	RASPBERRY		FENUGREEK	
GREEN GRAPES	REDCURRANT	ANTHROCYANADINS	GARAM MASALA	
BLACK GRAPES	RHUBARB	DELPHINIDIN	GINGER POWDER	
PURPLE GRAPES	STRAWBERRY	CYANIDIN	GINGER TINCTURE	
KIWI		MALVIDIN	MACE	
LEMON		PETUNIDIN	MUSTARD POWDER	
LOGONBERRY		PELARGONIDIN	MUSTARD TINCTURE	
MANGO		PEONIDIN	MYRRH	