**Kevina's Allergies**
**KNOWN ALLERGIES**
**[Kevina Love Franklin] as of February 22, 2024:**

# CANNOT HAVES

*Includes allergens, intolerances, and heightened sensitivities*

Food - Aloe (Vegetable)
Food - Avocado (Vegetable)
Food - Banana (Fruit)
Food - Beef (Meat) (Varying intolerance)
Food - Cantaloupe (Fruit)
Food - Cherry (Fruit)
Food - Chicken (Meat) (Varying intolerance)
Food - Chives (Vegetable)
Food - Coconut (Fruit)
Food - Crab (Shellfish)
Food - Crawfish (Shellfish)
Food - Dandelion (Vegetable, Root)
Food - Edamame (Vegetable)
Food - Egg (Poultry)
Food - Garlic (Vegetable)
Food - Ginger (Vegetable, Root)
Food - Green Onion (Vegetable)
Food - Kiwi (Fruit)
Food - Lobster (Shellfish)
Food - Mango (Fruit)
Food - Mushroom (Vegetable)
Food - Palm (Oil, Kernel) (Vegetable)
Food - Pecan (Nut)
Food - Pineapple (Fruit)
Food - Pork (Meat) (Varying intolerance)
Food - Potato, raw & undercooked (Vegetable)
Food - Quinoa (Vegetable)
Food - Shrimp (Shellfish)
Food - Scallions (Vegetable)
Food - Yeast/Yeast Extract (Breads/Fungi)
Fragrance Sensitivity - Soaps/Lotions/Fabric softeners/Laundry detergents/ Cosmetics/Air freshener/Room spray/Cleaning and deodorizers products/Strong Perfumes/Strong Colognes Latex - Powder in gloves/Balloons, etc.
Mold - Mold/Mildew
Animal/Pet - Bodily Fluid/Dander/Hair
Particles - Pollen/Dust/Carpet deodorants
Smoke - Cigarettes/Cigars/Marijuana
Other:
Gravity...Lies...&...Exercise...

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**KNOWN ALLERGIES**
**[Kevina Love Franklin] as of February 22, 2024:**

# CANNOT HAVES

*Includes allergens, intolerances, and heightened sensitivities*

## CATEGORIES

Animal/Pet (Cat/Dog): Bodily Fluid/Dander/Hair
Food - Bread: Yeast/Yeast Extract
Food - Fruit: Banana/Cantaloupe/Cherry/Coconut/ Pineapple/Kiwi/Mango
Food - Meat (Varying intolerances): Beef / Pork / Chicken
Food - Nut: Pecan
Food - Poultry: Egg
Food - Shellfish: Crab/Crawfish/Lobster/Shrimp
Food - Vegetable: Aloe/Avocado/Chives/Dandelion/Edamame/ Garlic/Garlic Scapes/Ginger/Green Onion/Mushroom/Potato, raw & undercooked/Palm (Oil, Kernel)/Quinoa/Scallions
Other:
Fragrance Sensitivity - Soaps/Lotions/Fabric softeners/ Laundry detergents/Cosmetics/Air freshener/Room spray/ Cleaning and deodorizers products/Strong Perfumes/Strong Colognes Latex - Powder in gloves/Balloons, etc.
Mold - Mold/Mildew
Particles - Pollen/Dust/Carpet deodorants
Smoke - Cigarettes/Cigars/Marijuana

- Gravity...Lies...&...Exercise...

**Kevina's Allergies**
**KNOWN ALLERGIES**
**[Kevina Love Franklin] as of February 22, 2024:**

# CAN-HAVES

*Must not be prepared with any "CANNOT HAVES" unless otherwise specified below*

Food - Bread/Grains:
- Oats
- Rice
- White bread (Seedless, without heavy Yeast or Yeast Extract)

Food - Fruit:
- Grapes (Green/Red/Purple/Black)
- Berries (Straw/Cran/Blue/Rasp/Black/Huckle, etc)
- Pears
- Apples
- Citrus (Grapefruit/Oranges/Tangerines/Lemons/Limes)
- Dragonfruit
- Guava
- Pomegranates
- Stone Fruit (Peaches/Plums/Apricots/Nectarines)
- Melons (Watermelon)
- Figs
- Tomatoes

Food - Meat:
- Fish (Tilapia/Mahi-Mahi/Salmon/Whiting/Catfish)

Food - Nut/Seeds:
- Almonds
- Hazelnuts
- Walnuts
- Sunflower Seeds
- Pumpkin Seeds

Food - Poultry:
- Egg (fully incorporated into foods)

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# CAN-HAVES

*Must not be prepared with any "CANNOT HAVES" unless otherwise specified below*

Food - Vegetable:

- Asparagus
- Beans (Navy/Northern/Black/Red/Black-eyed/Pinto/Sprouts, etc)
- Broccoli
- Cabbage
- Carrots (raw or lightly steamed)
- Cauliflower
- Celery
- Collard Greens
- Corn
- Herbs (Basil/Parsley/Mint/Rosemary/Lemon Balm etc)
- Garlic (Cloves only)
- Lettuce (Iceberg/Romaine)
- Onions (bulb) (Vidalia/Red/White)
- Okra
- Peas
- Peppers (Bell/Jalapeño/Habanero/Ghost, etc)
- Potatoes (fully cooked) (White/Golden/Russet/Red, etc)
- Seaweed
- Spinach
- Squash
- Tomatoes
- Turmeric
- Water Chestnuts
- Yams
- Zucchini