Sh	opping List Page 1	All ingredients must be organic		
Na	anny Mai			11/01/2017
	Fruits	Grape, Red		Noni
	Acai	Grape, White		Orange
	Apple (all types)	Grapefruit		Orange, Blood
	Apricot	Grapefruit Juice		Orange Juice
	Banana	Guava		Orange Peel/Rind
	Bilberry	Huckleberry		Papaya
	Blackberry	Jack fruit		Passion Fruit
	Blueberry	Kiwi		Peach
	Boysenberry	Kumquat		Pear
	Cantaloupe	Lemon		Pear, Asian
	Cherry	Lemon Juice		Persimmons
	Clementine	Lemon Rind/Peel		Pineapple
	Cranberry	Lime		Plantain
	Cranberry Juice	Lime Juice		Plum
	Currant	Litchi (aka Lychee)		Pomegranate
	Dragon Fruit (Pitaya)	Loganberry		Pomelo
	Dried Fruit	Loquat		Prune
	Elderberry	Mango		Quince
	Fig	Mangosteen		Raisin (unsulfured, organic)
	Golden Berry	Maqui		Raspberry
	Gooseberry	Melon, Honeydew		Star Fruit
	Grape	Monk Fruit (Pure)		Strawberry
	Grape, Green	Mulberry		Tangelo
	Grape, Purple	Nectarines		Tangerine

Sho	opping List Page 3	All ingredients must be organic			
Naı	nny Mai			11/01/20)17
	Swai	Broccoli Rabe		Dandelion Greens	
	Swordfish	Broccoli Sprouts		Dandelion Root	
	Tilapia (Wild, Non-farmed)	Brussels Sprout		Endive	
	Trout	Burdock		Fennel	
	Tuna	Cabbage, Chinese (see also Bok Choy)		Garlic	
	Walleye Pike	Cabbage, Green		Hearts of Palm	
	Whitefish/Turbot	Cabbage, Purple		Horseradish	
	Vegetables	Cactus (Nopales)		Jicama	
	Alfalfa Grass	Capers		Kale, all types	
	Alfalfa Sprouts	Carrot, Orange		Kelp/Dulse	
	Aloe Vera	Carrot, Purple		Kohlrabi	
	Artichoke (not pickled)	Carrot, White		Kombu	
	Artichoke, Jerusalem (not pickled)	Carrot, Yellow		Leeks	
	Arugula	Carrot Juice		Lettuce, all types	
	Asparagus	Cauliflower		Mushrooms	
	Avocado	Cauliflower, Purple		Mushrooms, Button	
	Bamboo Shoot	Celery		Mushrooms, Cremeni/Crimini	
	Bean Sprout	Chard		Mushrooms, Maitake	
	Beet	Chives		Mushrooms, Shiitake	
	Beet Greens	Coconut (raw and unsweetened)		Mustard Greens	
	Bok Choy	Coconut Concentrate		Nori	
	Broccoli	Collard Greens		Okra	
	Broccolini	Cucumber		Olives (without vinegar)	

Onion, Green

Daikon Radish

Sh	opping List Page 4			All	ingredients must be organic
Na	nny Mai				11/01/2017
	Onion, Maui		Squash, Green		Applegate® organic roast beef
	Onion, Red		Squash, Spaghetti		Applegate® organic sausage sweet italian
	Onion, Sweet		Squash, Summer		Applegate® organic smoked turkey breast
	Onion, Yellow		Squash, Winter		Applegate® organic spinach & feta sausage
	Parsley		Squash, Yellow		Applegate® organic turkey
	Potato, Sweet		Sugar Beet		Applegate® organic turkey bacon
	Prickly Pear		Sweet Potato, Red		Beef, Grass-fed only (organic)
	Psyllium Husk		Sweet Potatoes, White		Bison (see also Buffalo)
	Pumpkin		Swiss Chard		Buffalo (see also Bison)
	Pumpkin Powder		Truffle		Chicken, free range (organic)
	Radicchio		Turnip Greens		Chicken Broth (Imagine® gf/low sodium)
	Radish		Turnips		Collagen Protein (Powder)
	Rainbow Chard		Water Chestnut		Deer (see also Venison)
	Rutabaga		Watercress		Duck
	Sauerkraut (Bubbies® Brand only)		Yams, Garnett		Goat, Grass-fed only (organic)
	Scallions		Yams, Japanese		Great Lake's® Beef Gelatin
	Sea Vegetables		Zucchini		Lamb
	Seaweed		Meat & Poultry		Lard (pork)
	Shallots		Applegate® organic bacon		Ostrich
	Spinach		Applegate® organic black forest ham		Pheasant
	Spirulina		Applegate® organic chicken/apple sausage		Pork, (organic)
	Squash		Applegate® organic ham		Quail
	Squash, Acorn		Applegate® organic herb roasted		Rabbit
	Squash, Butternut	į	turkey		Turkey (organic)

Veal (organic)	(Annie's®)	Ш	Molasses
Venison (see also Deer)	Liquid Smoke gluten free (natural)		Monk Fruit (Pure)
Non-Dairy & Eggs	Mayonnaise, Primal Kitchen Avocado Oil		Monk Fruit Extract
Almond Milk, unsweetened (no tapioca)	Mustard, Brown (Eden® gf mustard)		Nutrasweet®
Almond Yogurt, unsweetened	Olives (without vinegar)		Rebiana Leaf (Stevia)
BodyPro Avocado Oil Mayonnaise	Sauerkraut (Bubbies® Brand only)		Sorbitol
Coconut Kefir (No Tapioca, Carageenan)	Sour Cream, Raw and Unpasteurized		Splenda
Coconut Milk(Native Forest or Natural Value)	Vinegar, Beet		Sucanat
Egg, Pasture-raised (from a farmer)	Sweeteners		Sugar Beet
Egg, Vital Farms® or Pasture Verde®	Aspartame		Sugar Cane
Egg, Whites, Pasture-raised	BodyPro Almond Mayo Grade A Maple Syrup		Sweetleaf® Stevia
Egg, Yolks Pasture-raised	Cane Syrup		Xyla (Birchwood Xylitol)
Condiments, Spreads & Sauces	Chocolate, Dark		Yacon Syrup
Apple Cider Vinegar (Bragg's®)	Coconut Palm Sugar		Herbs & Spices
Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Coconut Sugar		Allspice
BodyPro Almond Mayo Grade A Maple Syrup	Fruit Pectin		Almond Flavor (natural, gluten free)
BodyPro Almond Mayo with Yacon Syrup	Honey, (Organic)		Anise
BodyPro Avocado Oil Mayonnaise	Honey, Manuka		Astragalus
Coconut Aminos®	Honey, Wildflower from Mahava®		Basil
Coconut Cream	Jerusalem Artichoke Syrup		Bay Leaf
Coconut Vinegar (Coconut Secret)	Lo Han		Black Cohosh
Cream, Raw and Unpasteurized	Maple Sugar		Caraway Seed
Dressing, Primal Kitchen Honey	Maple Syrup (Grade A Dark Amber Organic)		Cardamom

Mustard

Shopping List Page 6					ngredients must be organic
Naı	nny Mai				11/01/2017
	Celery Powder		Ginkgo Biloba		Olive Leaf Extract
	Chicory Root		Ginseng (All Types)		Onion
	Cilantro/Coriander		Goldenseal		Onion Powder
	Cinnamon		Grapefruit Seed Extract		Orange Peel/Rind
	Cinnamon, Ceylon		Grapeseed Extract		Orange Salt
	Cloves		Guarana		Oregano
	Cloves, Madagascar		Gymnema Silvestre		Parsley
	Cloves, Penang		Herbs De Provence		Pepper, Black (see Garlic/Lemon Pepper)
	Cramp Bark Extract		Hickory		Pepper/Peppercorns
	Cream of Tartar		Himalayan Salt		Peppermint
	Cumin		Juniper Berry		Pine Bark Extract
	Curcumin		Lavender		Rose Hips
	Curry (must be GF)		Lemon Balm (Melissa Officinalis)		Rosemary
	Dandelion Root		Lemongrass		Saffron
	Dill		Lemon Pepper		Sage
	Dong Quai		Licorice Root		Saw Plametto
	Echinacea		Maca Root		Sesame Seeds
	Fennel		Mace Spice		Sesame Seeds, Black
	Garam Masala		Marjoram		Shallots
	Garlic		Milk Thistle		Spearmint
	Garlic Pepper		Mint		St. John's Wort
	Garlic Powder		Mustard (as a Powder)		Sumac
	Garlic Salt		Mustard Seeds (gluten free)		Tarragon
	Ginger		Nutmeg		Thyme

Sł	nopping List Page 7			All ingredients must be organic		
Na	anny Mai				11/01/2017	
	Turmeric		Cheese, Mozzarella (Raw)		Legumes & Pulses	
	Uva Ursi		Cheese, Muenster		No foods in this Category	
	Valerian		Cheese, Parmesan			
	White Willow Bark Extract		Cheese, Pecorino	Ш	Corn-Derived Foods	
	Wintergreen		Cheese, Provolone		No foods in this Category	
	Wormwood		Cheese, Raw and Pasture-raised		Gluten-Containing Foods	
	womwood				No foods in this Category	
	Milk-Containing Foods		Cheese, Ricotta		Gluten-Free Grains	
	Applegate® organic spinach & feta sausage		Cheese, Romano		Almond Flour (gluten free)	
	Butter, Raw and Pasture-raised		Cheese, Sheep			
	Buttermilk		Cheese, String (Mozzarella)		Chicory Root	
	Casein		Cheese, Swiss		Coconut Flour (gluten free)	
	Cheese, American		Cream, Raw and Unpasteurized		Coconut Meal (gluten free)	
	Cheese, Asiago		Ghee (Pasture-Raised, Organic)		Glucomannon Flour (konjacfoods.com)	
\Box	Cheese, Brie		Goat Cheese		Hazelnut Flour	
	Cheese, Cheddar (Raw)		Goat Kefir		Konjac Glucomannon Flour	
	Cheese, Cottage		Lactoalbumin		Rice, Wild (Lundberg® - not the blend)	
			Milk, Buffalo		Sweet Potato Flour (gluten free)	
	Cheese, Feta		Milk, Cow		Beverages & Protein Powders	
	Cheese, Goat		Milk, Goat		Almond Milk, unsweetened (no	
	Cheese, Gorgonzola				tapioca)	
	Cheese, Gouda		Milk, Sheep		Apple Cider	
	Cheese, Havarti	니	Milk Chocolate		Apple Juice	
	Cheese, Machego		Mozzarella Cheese		Bone Broth Protein, Beef	
	Cheese, Marscapone		Sour Cream, Raw and Unpasteurized		Carrot Juice	
			Whey		Casein	

Shopping List Page 8					ingredients must be organic
Na	nny Mai				11/01/2017
	Coconut Kefir (No Tapioca, Carageenan)		Tea, Roobios		Latex
	Coconut Milk(Native Forest or Natural Value)		Tea, White		Lycopene
	Coconut Water (low sugar)		Water		Palm Wax
	Collagen Protein (Powder)		Whey		Pycnogenol
	Echinacea Tea		Yerba Matte Tea (Organic/Pure)		Red Food Dye
	Grapefruit Juice		Zevia Drinks		Resveratrol
	Great Lake's® Beef Gelatin		Miscellaneous		Silver
	Green Tea		Antimony		Snacks
	Lactoalbumin		Baking Soda (Arm & Hammer®)		Apple Sauce
	Lemon Juice		Blue Food Dye		new category
	Licorice Tea		Bone Broth, Beef		No foods in this Category
	Lime Juice		Carrageenan Gum		
	Milk, Buffalo		Chicken Broth (Imagine® gf/low sodium)		
Πį	Milk, Cow		Chicory Root		
	Milk, Goat		Cocoa/Cacao (raw, pure, & unsweetened)		
	Milk, Sheep		Collagen Protein (Powder)		
	Mineral Water		Formaldehyde		
	Orange Juice		Glucomannon Flour (konjacfoods.com)		
	Sparkling Water, unflavored		Great Lake's® Beef Gelatin		
	Tea, Black		Inulin		
	Tea, Chamomile		Julian Bakery Coconut Bread		
	Tea, Green		Konjac Glucomannon Flour		
	Tea, Hibiscus		Lard (pork)		
	Tea, Oolong				