	Vegetables		Brussels Sprout	Comfrey
	Alfalfa Grass	L	Burdock	Daikon Radish
	Alfalfa Sprouts		Cabbage, Chinese (see also	Dandelion Greens
	Aloe Vera		Bok Choy)	
	Artichoke (not pickled)		Cabbage, Green	Dandelion Root
	Artichoke, Jerusalem (not		Cabbage, Purple	Eggplant
	pickled) Arugula		Cactus (Nopales)	Endive
			Capers	Fennel
	Avocado		Capsicum	Garlic
	Bamboo Shoot		Carrot, Orange	Ginger
	Bean, Green		Carrot, Purple	Hearts of Palm
	Bean Sprout		Carrot, White	Horseradish
	Beet		Carrot, Yellow	Jicama
	Beet Greens			
	Bell Pepper		Carrot Juice	Kale, all types
	Bell Pepper, Green		Cassava (see Tapioca and Yucca)	Kelp/Dulse
			Cauliflower	Kohlrabi
	Bell Pepper, Orange		Cauliflower, Purple	Kombu
	Bell Pepper, Red		Celery	Leeks
	Bell Pepper, Yellow		Chard	Lettuce, all types
	Bitter Melon		Chayote	Mushrooms
	Bok Choy		Chives	Mushrooms, Button
	Broccoli		Coconut (raw and	
	Broccolini		unsweetened)	Mushrooms, Cremeni/Crimini
	Broccoli Rabe		Coconut Concentrate	Mushrooms, Maitake
	Broccoli Sprouts		Collard Greens	Mushrooms, Shiitake
ш	Dioceon opiouts			

Shopping List Page 2					All ingredients must be organic			
ha	harry potter 11/20/2017							
	Mustard Greens		Pepper, Habanero		Rutabaga			
	Nori		Pepper, Jalapeño		Sauerkraut (Bubbies® Brand only)			
	Oat Grass (Not For Gluten Sensitive)		Pepper, Poblano		Scallions			
	Okra		Pepper, Red		Sea Vegetables			
	Olives (without vinegar)		Pepper, Serrano		Seaweed			
	Onion, Green		Pepper, Tabasco		Shallots			
	Onion, Maui		Pimento		Spinach			
	Onion, Red		Potato, Fingerling		Spirulina			
	Onion, Sweet		Potato, Purple		Squash			
	Onion, Yellow		Potato, Red		Squash, Acorn			
	Paprika		Potato, Russet		Squash, Butternut			
	Parsley		Potato, Sweet		Squash, Green			
	Parsnip		Potato, White		Squash, Spaghetti			
	Pea, Black-Eyed		Potato, Yukon Gold		Squash, Summer			
	Pea, Green		Prickly Pear		Squash, Winter			
	Pea, Snap		Psyllium Husk		Squash, Yellow			
	Pea, Snow		Pumpkin		Sugar Beet			
	Pea, Split		Pumpkin Powder		Swede			
	Pea Protein		Radicchio		Sweet Potato, Red			
	Pepper, Anaheim		Radish		Sweet Potatoes, White			
	Pepper, Cayenne		Rainbow Chard		Swiss Chard			
	Pepper, Chili		Red Pepper Flake		Tabasco Sauce			
	Pepper, Green		Rhubarb		Taro			

Tomatillo		Fruits	Elderberry
Tomato		Acai	Fig
Tomato, Cherry		alpha	food name
Tomato, Heirloom		Apple (all types)	Goji Berry
Tomato, Orange		Apricot	Golden Berry
Tomato, Orange Tomato, Red		Banana	Gooseberries
		Bilberry	
Tomato, Roma		Blackberry	Grape
Tomato, Sun-dried		Blueberry	Grape, Green
Tomato, Yellow		Boysenberry	Grape, Purple
Tomatoes, Big Beef		bravo	Grape, Red
Tomato Paste (gluten & Vinegar-free)		Cantaloupe	Grape, White
Tomato Sauce (gluten & Vinegar-free)		Cape Gooseberries	Grapefruit
Truffle	□ [Carambola	Grapefruit Juice
Turnip Greens			Ground Cherries
Turnips		charlie	Guava
Wasabi Root	:	Cherry	Huckleberry
Water Chestnut		Clementine	Jack fruit
Watercress		Cranberry	Kiwi
Yams, Garnett		Cranberry Juice	Kumquat
Yams, Japanese		Currant	Lemon
Yucca	Ц	Dates	Lemon Juice
Zucchini		Dragon Fruit (Pitaya)	Lemon Rind/Peel
		Dried Fruit	Lime
		Durian Fruit	

Shopping List Page 4	All i	All ingredients must be organic	
harry potter			11/20/2017
_			
Lime Juice	Persimmons		Bean, Butter
Loganberry	Pineapple		Bean, Cannellini
Longan Fruit	Plum		Bean, Chana Dahl
Loquat	Pomegranate		Bean, Chili
Lychee	Pomelo		Bean, Green
Mango	Prune		Bean, Haricot
Mangosteen	Quince		Bean, Italian
Maqui	Raisin (unsulfured, organic)		Bean, Kidney
Melon, Honeydew	Rambutan		Bean, Lima
Monk Fruit (Pure)	Raspberry		Bean, Mung
Mulberry	Star Fruit		Bean, Navy
Nectarines	Strawberry		Bean, Ninja
Noni	Tamarind		Bean, Pinto/Frijole
Orange	Tangelo		Bean, Red
Orange, Blood	Tangerine		Bean, White
Orange Juice	Watermelon		Beans
Orange Peel/Rind	Wolfberry		Chickpea (see also Garbanzo Bean)
Oranges, Mandarin	Youngberry		Coffee Bean, Organic
Papaya			Edamame (must be organic)
Passion Fruit			Fava Bean
Peach			Fava Bean Flour
Pear			Garbanzo Bean
Pear, Asian			Garbanzo Flour
	Bean, Black	_	

Canola/Rapeseed Oil

Shopping List Page 6					ngredients must be organic
ha	arry potter		11/20/2017		
	Sesame Seed Oil		Bay Leaf		Curcumin
	Sesame Seeds		Bell Pepper, Red		Curry (must be GF)
	Sesame Seeds, Black		Black Cohosh		Dandelion Root
	Sunflower Seed Butter		Capsicum		Dill
	Sunflower Seed Flour		Caraway Seed		Dong Quai
	Sunflower Seed Lecithin		Cardamom		Echinacea
	Sunflower Seed Oil		Catnip		Fennel
	Sunflower Seeds		Celery Powder		Fennel Seed
	Tahini		Celery Seed		Garam Masala
	Tea, Ramon		Chaparral		Garlic
	Tiger Nuts		Chervil		Garlic Pepper
	Truffle Oil		Chili Powder		Garlic Powder
	Truffle Oil, Black		Chipotle Seasoning		Garlic Salt
	Vegetable Shortening (Spectrum®)		Cilantro/Coriander		Ginger Powder
	Walnut Oil		Cinnamon		Ginkgo Biloba
	Walnuts		Cinnamon, Ceylon		Ginseng (All Types)
	Walnuts, Black		Clove Powder		Goldenseal
	Herbs & Spices		Cloves, Madagascar		Grapefruit Seed Extract
	Allspice Almond Flavor (natural, gluten		Cloves, Penang		Grapeseed Extract
	free)		Comfrey		Guarana
	Anise		Cramp Bark Extract		Gymnema Silvestre
	Ashwaganda		Cream of Tartar		Herbs De Provence
	Astragalus		Cumin		Hickory
	Basil				

Sho	opping List Page 7	All ir	ngredients must be organic					
har	harry potter 11/20/2017							
	Himalayan Salt		Paprika		Shallots			
	Jamaican Jerk		Paprika (smoked)		Spearmint			
	Juniper Berry		Parsley		St. John's Wort			
	Lavender		Pau D'arco		Sumac			
	Lemon Balm (Melissa Officinalis)		Pepper, Black (see Garlic/Lemon Pepper)		Tabasco Sauce			
	Lemongrass		Pepper, Cayenne		Tamari (Wheat Free)			
	Lemon Pepper		Pepper, Red		Tarragon			
	Licorice Root		Pepper, Sichuan		Thyme			
	Maca Root		Pepper, Szechuan		Tomatillo			
	Mace Spice		Pepper/Peppercorns		Turmeric			
	Marjoram		Peppermint		Uva Ursi			
	Mesquite		Pine Bark Extract		Valerian			
	Milk Thistle		Red Clover		Vanilla (gluten and corn-free)			
	Mint		Red Pepper Flake		Vanilla Bean			
	Mustard (as a Powder)		Rose Hips		Vanilla Powder			
	Mustard Seeds (gluten free)		Rosemary		White Willow Bark Extract			
	Nutmeg		Saffron		Wintergreen			
	Olive Leaf Extract		Sage		Wormwood			
	Onion		Sassafras					
	Onion Powder		Savory					
	Orange Peel/Rind		Saw Plametto					
	Orange Salt		Sesame Seeds					
	Oregano		Sesame Seeds, Black					

Fish & Shellfish	Perch	Applegate® organic turkey
Anchovy	Red Snapper	Applegate® organic turkey
Bass	Salmon, wild (fresh)	Beef, Grass-fed only (organic)
Catfish	Sardines	Bison (see also Buffalo)
Chilean Sea Bass	Scallop	Buffalo (see also Bison)
Clam	·	Chicken, free range (organic)
Cod/ Cod Liver Oil	Shrimp	
Corvina	Sole	Collagen Protein (Powder)
Crab	Squid	Deer (see also Venison)
Crayfish	Swai	Duck
Flounder	Swordfish	Goat, Grass-fed only (organic)
Haddock	Tilapia (Wild, Non-farmed)	Great Lake's® Beef Gelatin
Hake	Trout	Lamb
Halibut	Tuna	Ostrich
Herring	Walleye Pike	Pheasant
Krill	Whitefish/Turbot Meat & Poultry	Pork, (organic)
	·	Quail
Lobster	Applegate® organic bacon Applegate® organic black forest	Rabbit
Lox	ham	Turkey (organic)
Mackerel	Applegate® organic chicken	Veal (organic)
Mahi Mahi	Applegate® organic ham Applegate® organic herb	Venison (see also Deer)
Mussel	roasted turkey	
Octopus	Applegate® organic roast beef	
Orange Roughy	Applegate® organic smoked chicken breast	
Oyster	Applegate® organic smoked turkey breast	

	Milk-Containing Foods		Egg Yolks, Pasture-raised		Julian Bakery Coconut Bread
	Casein		Milk, Soy (Organic)		Konjac Glucomannon Flour
	Cheese, Feta		Paleo Cheese		Mikey's Original English Muffin
	Cheese, Goat		Gluten-Free Grains		Mikey's Pizza crust
	Cheese, Machego		Almond Flour (gluten free)		
	Cheese, Pecorino		Amaranth	□ : .	Millet Oats (Bob's Red Mill Gluten
	Cheese, Ricotta		Arrowroot Flour/powder		Free Version)
	Cheese, Sheep		Avonin (Cluton from)		Oats (Certified GF)
	Oneese, Sneep		Avenin (Gluten-free)		Potato Flour (gluten free)
	Goat Cheese	Ц	Basmati Rice (gluten free)		Potato Starch (gluten free)
	Goat Kefir		Brown Rice Flour	П	ProGranola (Julian Bakery)
	Lactoalbumin		Buckwheat		Quinoa (gluten free)
	Milk, Buffalo		Buckwheat Flour		
	Milk, Goat		Coconut Flour (gluten free)		Quinoa, Black (gluten free) Quinoa, Red (gluten free)
	Milk, Sheep		Coconut Meal (gluten free)		Rice, Basmati (gluten free)
	Whey		Ener-G Brown Rice Yeast-Free		Rice, basillati (giuteri liee)
	Non-Dairy & Eggs		Bread Fava Bean Flour		Rice, Black (gluten free)
	Almond Milk, unsweetened (no tapioca)				Rice, Brown (gluten free)
	Almond Yogurt, unsweetened		Flax Meal		Rice, Japonica (gluten free)
\Box	BodyPro Avocado Oil		Garbanzo Flour		Rice, Purple (gluten free)
	Mayonnaise Coconut Kefir (No Tapioca,		Glucomannon Flour (konjacfoods.com)		Rice, Red (gluten free)
	Carageenan)		Hazelnut Flour		Di Milita (La Cara)
	Coconut Milk (Native Forest or Natural Value)		Hemp Meal	Ц.	Rice, White (gluten free)
	Egg, Pasture-raised (from a farmer)				Rice, Wild (Lundberg® - not the blend)
	Egg, Vital Farms® or Pasture		Hemp Protein (Powder)		Rice Bran
	Verde®		Hemp Seed		Rice Flour (gluten free)
	Egg Whites, Pasture-raised		Julian Bakery Almond Bread	ີະ.	

Rice Protein Powder (gluten free)		Condiments, Spreads & Sauces		Sauerkraut (Bubbies® Brand
		Apple Cider Vinegar (Bragg's®)	Ļ	only)
Simple Mills Ground Sea Salt Almond Crackers		Balsamic Vinegar MiaBella (No		Tabasco Sauce
Simple Mills Rosemary & Sea Salt Crackers		Caramel No Wine Vinegar)		Tamari (Wheat Free)
Simple Mills Tomato & Basil Almond Crackers		BodyPro Avocado Oil Mayonnaise		Tomato Paste (gluten & Vinegar-free)
Sorghum		Carob		Tomato Sauce (gluten & Vinegar-free)
Sunflower Seed Flour		Cocoa Butter		Vegetable Shortening (Spectrum®)
Sweet Potato Flour (gluten free)		Coconut Aminos®		Vinegar, Beet
Tonioco		Coconut Cream	_:	Vinegar, Distilled
Tapioca		Coconut Vinegar (Coconut Secret)		Sweeteners
Tapioca Flour (gluten free)	Шŧ,	Coconat Vinegal (Coconat Cociety		Circoconere
Tapioca Starch (gluten free)		Distilled White Vinegar		Agave Nectar
Teff		Dressing, Primal Kitchen Honey Mustard		Aspartame
Teff Flour		Earth Balance® Avocado Oil Butter Spread		Brown Sugar
Tolerant Green Lentil & Pea		Earth Balance® Coconut Spread		Cane Syrup
Pasta Tolerant Red or Green Lentil		Horseradish Mustard, Gluten-free (Annie's®)		Chocolate, Dark
Pasta		Ketchup (Organicville)		Coconut Palm Sugar
Tortilla, Siete Chia & Cassava Gluten-Containing Foods		Kosher Salt		Coconut Sugar
No foods in this Category		Liquid Aminos (Braggs®)(has Soy)		Date Sugar
Corn-Derived Foods		Liquid Smoke gluten free (natural)		Fruit Pectin
No foods in this Category		Mayonnaise, Primal Kitchen Avocado Oil		Honey, (Organic)
		Mayonnaise, Primal Kitchen		Honey, Manuka
		Chipotle Avocado Oil		
		Mustard, Brown (Eden® gf mustard)	Ц	Honey, Wildflower from Mahava®
				law sa da wa Awtiah aka Cuwun
		Olives (without vinegar)		Jerusalem Artichoke Syrup
		Olives (without vinegar) Red Bean Paste		Just Like Sugar®

Maltodextrin (Tapioca-based)	Beverages & Protein Powders		Milk, Sheep
Maple Sugar	Almond Milk, unsweetened (no tapioca)		Milk, Soy (Organic)
Maple Syrup (Grade A Dark Amber	Bone Broth Protein, Beef		Mineral Water
Organic) Molasses	Carrot Juice		Orange Juice
Monk Fruit (Pure)	Casein		Pea Protein
Monk Fruit Extract	Cocoa		Rice Protein Powder (gluten free)
Nutrasweet®	Coconut Kefir (No Tapioca, Carageenan)	_: [Soy Milk/Soy Cheese (Organic)
Rebiana Leaf (Stevia)	Coconut Milk (Native Forest or Natural Value)		Soy Protein (Organic)
Sorbitol	Coconut Water (low sugar)		Sparkling Water, unflavored
Splenda	Coffee (Brewed and Not Instant)		Tea, Black
Sucanat	Coffee Bean, Organic		Tea, Chamomile
Sucralose	Collagen Protein (Powder)		Tea, Chicory Root
Cadraiosc	Echinacea Tea		roa, omosty root
Sugar Root			Tag Graan
Sugar Cana	Grapefruit Juice		Tea, Hibiscus
Sugar Cane	Grapefruit Juice Great Lake's® Beef Gelatin		Tea, Hibiscus
Sugar Cane Sweetleaf® Stevia			Tea, Hibiscus Tea, Oolong
Sugar Cane Sweetleaf® Stevia Tapioca Dextrose	Great Lake's® Beef Gelatin		Tea, Hibiscus Tea, Oolong Tea, Ramon
Sugar Cane Sweetleaf® Stevia Tapioca Dextrose Tapioca Syrup	Great Lake's® Beef Gelatin Green Tea Hemp Protein (Powder)		Tea, Hibiscus Tea, Oolong Tea, Ramon Tea, Roobios
Sugar Cane Sweetleaf® Stevia Tapioca Dextrose Tapioca Syrup Xyla (Birchwood Xylitol)	Great Lake's® Beef Gelatin Green Tea Hemp Protein (Powder)		Tea, Hibiscus Tea, Oolong Tea, Ramon Tea, Roobios Tea, White
Sugar Cane Sweetleaf® Stevia Tapioca Dextrose Tapioca Syrup	Great Lake's® Beef Gelatin Green Tea Hemp Protein (Powder) Lactoalbumin		Tea, Hibiscus Tea, Oolong Tea, Ramon Tea, Roobios Tea, White Vodka, Potato
Sugar Cane Sweetleaf® Stevia Tapioca Dextrose Tapioca Syrup Xyla (Birchwood Xylitol)	Great Lake's® Beef Gelatin Green Tea Hemp Protein (Powder) Lactoalbumin Lemon Juice		Tea, Hibiscus Tea, Oolong Tea, Ramon Tea, Roobios Tea, White Vodka, Potato Water
Sugar Cane Sweetleaf® Stevia Tapioca Dextrose Tapioca Syrup Xyla (Birchwood Xylitol)	Great Lake's® Beef Gelatin Green Tea Hemp Protein (Powder) Lactoalbumin Lemon Juice Licorice Tea		Tea, Hibiscus Tea, Oolong Tea, Ramon Tea, Roobios Tea, White Vodka, Potato
Sugar Cane Sweetleaf® Stevia Tapioca Dextrose Tapioca Syrup Xyla (Birchwood Xylitol)	Great Lake's® Beef Gelatin Green Tea Hemp Protein (Powder) Lactoalbumin Lemon Juice Licorice Tea Lime Juice		Tea, Hibiscus Tea, Oolong Tea, Ramon Tea, Roobios Tea, White Vodka, Potato Water
Sugar Cane Sweetleaf® Stevia Tapioca Dextrose Tapioca Syrup Xyla (Birchwood Xylitol)	Great Lake's® Beef Gelatin Green Tea Hemp Protein (Powder) Lactoalbumin Lemon Juice Licorice Tea Lime Juice Milk, Buffalo		Tea, Hibiscus Tea, Oolong Tea, Ramon Tea, Roobios Tea, White Vodka, Potato Water Whey

	Miscellaneous	Snacks	Tragacanth Gum
	Antimony	Chewing Gum, Xylichew®	
	Baking Soda (Arm & Hammer®)	Dates	Tricalcium Phosphate
	Bone Broth, Beef	Food Additives	Vegan Enzyme Vegan Natural Flavors (no
	Cacao (Raw, Pure, &	Acacia Gum	MSG)
	Unsweetened) Cocoa	Agar Gum	Vegan Natural Flavors (with new food cat
	Collagen Protein (Powder)	Annatto Coloring	alpha
	GemWraps®, Sandwich Wrap	Arabic Gum	bravo
	(Mango/Chipotle) Great Lake's® Beef Gelatin	Asafoetida Powder	charlie
	Hops	Blue Food Dye	food name
	Julian Bakery Paleo Wraps	Carrageenan Gum	
	Latex	Chicory Root	
	Lycopene	Formaldehyde	
	Modified Food Starch	Guar Gum	
	(Tapioca-based) Pycnogenol	Inulin	
	Red Tomato Paste (gluten free)	Lactic Acid (beet-derived)	
	Resveratrol	Locust Bean Gum	
		MSG/MonosodiumGlutatmate	
□ [,	Rice Starch (if certified gluten free)	Palm Wax	
	Silver	Pea Protein Isolate	
	Tobacco Tofu (Organic)	Pea Starch	
	Tota (Organio)	Potato Protein	
		Red Food Dye	
		Sodium Alginate	