11/14/2017

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

Sh	opping List Page 2	All ingredients must be organic		
Te	eresa Thurin			11/14/2017
	Mushrooms, Cremeni/Crimini	Pepper, Chili		Rhubarb
	Mushrooms, Maitake	Pepper, Green		Rutabaga
	Mushrooms, Shiitake	Pepper, Habanero		Sauerkraut (Bubbies® Brand only)
	Mustard Greens	Pepper, Jalapeño		Scallions
	Nori	Pepper, Poblano		Sea Vegetables
	Oat Grass (Not For Gluten Sensitive)	Pepper, Red		Seaweed
	Okra	Pepper, Serrano		Shallots
	Olives (without vinegar)	Pepper, Tabasco		Spinach
	Onion, Green	Pimento		Spirulina
	Onion, Maui	Potato, Fingerling		Squash
	Onion, Red	Potato, Purple		Squash, Acorn
	Onion, Sweet	Potato, Red		Squash, Butternut
	Onion, Yellow	Potato, Russet		Squash, Green
	Paprika	Potato, Sweet		Squash, Spaghetti
	Parsley	Potato, White		Squash, Summer
	Parsnip	Potato, Yukon Gold		Squash, Winter
\supset	Pea, Black-Eyed	Prickly Pear		Squash, Yellow
$\Box [$	Pea, Green	Psyllium Husk		Sugar Beet
\Box	Pea, Snap	Pumpkin		Swede
\supset	Pea, Snow	Pumpkin Powder		Sweet Potato, Red
\supset	Pea, Split	Radicchio		Sweet Potatoes, White
\supset	Pea Protein	Radish		Swiss Chard
	Pepper, Anaheim	Rainbow Chard		Tabasco Sauce

Red Pepper Flake

Taro

Pepper, Cayenne

Shopping List Page 3	Shopping List Page 3						
Teresa Thurin				11/14/2017			
Tomatillo	Fruits			Golden Berry			
Tomato	Acai			Gooseberries			
Tomato, Cherry		(all types)		Grape			
	Арріе	(all types)	 				
Tomato, Heirloom	Aprico	ot		Grape, Green			
Tomato, Orange	Banaı	na		Grape, Purple			
Tomato, Red	Bilber	ry		Grape, Red			
Tomato, Roma	Black	berry		Grape, White			
Tomato, Sun-dried	Blueb	erry		Grapefruit			
Tomato, Yellow	Boyse	enberry		Grapefruit Juice			
Tomatoes, Big Beef	Canta	ıloupe		Ground Cherries			
Tomato Paste (gluten & Vinegar-free)	Cape	Gooseberries		Guava			
Tomato Sauce (gluten & Vinegar-free)	Carar	nbola		Huckleberry			
Truffle	Cherr	у		Jack fruit			
Turnip Greens	Cleme	entine		Kiwi			
Turnips	Cranb	perry		Kumquat			
Wasabi Root	Cranb	perry Juice		Lemon			
Water Chestnut	Curra	nt		Lemon Juice			
Watercress	Dates	-		Lemon Rind/Peel			
Yams, Garnett	Drago	on Fruit (Pitaya)		Lime			
Yams, Japanese	Dried	Fruit		Lime Juice			
Yucca	Duria	n Fruit		Loganberry			
Zucchini	Elderl	berry		Longan Fruit			

Loquat

Lychee

Fig

Goji Berry

Mango	Prune	Bean, Kidney
Mangosteen	Quince	Bean, Lima
Maqui	Raisin (unsulfured, organic)	Bean, Mung
Melon, Honeydew	Rambutan	Bean, Navy
Monk Fruit (Pure)	Raspberry	Bean, Ninja
Mulberry	Star Fruit	Bean, Pinto/Frijole
Nectarines	Strawberry	Bean, Red
Noni	Tamarind	Bean, White
Orange	Tangelo	Beans
Orange, Blood	Tangerine	Chickpea (see also Garbanzo Bean)
Orange Juice	Watermelon	Coffee Bean, Organic
Orange Peel/Rind	Wolfberry	Edamame (must be organic)
Oranges, Mandarin	Youngberry	Fava Bean
Papaya	Legumes, Pods, & Pulses	Fava Bean Flour
Passion Fruit	Bean, Azuki	Garbanzo Bean
Peach	Bean, Black	Garbanzo Flour
Pear	Bean, Butter	Kidney Bean
Pear, Asian	Bean, Cannellini	Lentil(s)
Persimmons	Bean, Chana Dahl	Pea, Snap
Pineapple	Bean, Chili	Pea, Snow
Plantain	Bean, Green	Pea, Split
Plum	Bean, Haricot	Peanut (Organic, Valencia)
Pomegranate	Bean, Italian	Peanut Butter (Organic, Maranatha®)
Pomelo		Red Bean Paste

Shopping List Page 5 All ingredients must be organic Teresa Thurin 11/14/2017 Coconut, shredded (raw, Soybean oil(must be organic) Olive Oil, Virgin unsweetened) Coconut Butter Palm Kernel Oil Soy Beans (must be organic) Vanilla Bean Coconut Oil Peanut Oil (Organic) Cola Nut (aka Kola Nut) Pecan Flour Nuts, Seeds, Drupes & Oils Corn Oil Pecans Almond Cottonseed/Cottonseed Oil Pepitas Almond, Marcona **Duck Fat** Pili Nuts Almond Butter (Artisana®) Fenugreek Seed Pine Nut Almond Flavor (natural, gluten free) **Pistachios** Flax Meal Almond Flour (gluten free) Flax Oil Poppy seeds Almond Meal (gluten free) Flax Seed Psyllium Husk Almond Oil Grapeseed Oil, Organic Pumpkin Oil Annatto Seed Hazelnut/Filbert Pumpkin Seed Oil Avocado Oil Hazelnut Flour Pumpkin Seeds Borage Seed Oil Hemp Meal Ramon Seeds **Brazil Nut** Rice, Wild (Lundberg® - not the Hemp Protein (Powder) Canola/Rapeseed Oil -----Hemp Seed Rice Bran Oil Canola Oil, Non-GMO Hydrogenated Oils Sacha Inchi Seeds **Caraway Seed** Krill Oil Safflower/Safflower Seed Oil Cashew Butter Lard/Tallow (pork) Sesame Seed Oil Cashew Meal Macadamia Nut Oil Sesame Seeds Cashews Macadamia Nuts Sesame Seeds, Black Chestnut MCT Oil Sunflower Seed Butter

Olive Leaf Extract

Sunflower Seed Flour

Chia Seed (1/4 cup, max)

Sunflower Seed Oil	Caraway Seed	Echinacea
Sunflower Seeds	Cardamom	Fennel
Tahini	Catnip	Fennel Seed
Tea, Ramon	Celery Powder	Garam Masala
Tiger Nuts	Celery Seed	Garlic
Truffle Oil	Chaparral	Garlic Pepper
Truffle Oil, Black	Chervil	Garlic Powder
Vegetable Oil	Chili Powder	Garlic Salt
Vegetable Shortening (Spectrum®)	Chipotle Seasoning	Ginger Powder
Walnut Oil	Cilantro/Coriander	Ginkgo Biloba
Walnuts	Cinnamon	Ginseng (All Types)
Walnuts, Black	Cinnamon, Ceylon	Goldenseal
Herbs & Spices	Clove Powder	Grapefruit Seed Extract
Allspice	Cloves, Madagascar	Grapeseed Extract
Almond Flavor (natural, gluten free)	Cloves, Penang	Guarana
Anise	Comfrey	Gymnema Silvestre
Ashwaganda	Cramp Bark Extract	Herbs De Provence
Astragalus	Cream of Tartar	Hickory
Basil	Cumin	Himalayan Salt
Bay Leaf	Curcumin	Jamaican Jerk
Bell Pepper, Red	Curry (must be GF)	Juniper Berry
Black Cohosh	Dandelion Root	Lavender
	Dill	Lemon Balm (Melissa

Officinalis)

Ter	esa Thurin		11/14/2017
	Lemongrass	Pepper, Red	Tamari (Wheat Free)
	Lemon Pepper	Pepper, Sichuan	Tarragon
	Licorice Root	Pepper, Szechuan	Thyme
	Maca Root	Pepper/Peppercorns	Tomatillo
	Mace Spice	Peppermint	Turmeric
	Marjoram	Pine Bark Extract	Uva Ursi
	Mesquite	Red Chili Paste Thai Kitchen® (gluten free)	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	Fish & Shellfish
	Onion Powder	Savory	Anchovy
	Orange Peel/Rind	Saw Plametto	Bass
	Orange Salt	Sesame Seeds	Catfish
	Oregano	Sesame Seeds, Black	Chilean Sea Bass
	Paprika	Shallots	Clam
	Paprika (smoked)	Spearmint	Cod/ Cod Liver Oil
	Parsley	St. John's Wort	Corvina
	Pau D'arco	Sumac	Crab
	Pepper, Black (see Garlic/Lemon Pepper)	Tabasco Sauce	Crayfish
	Pepper, Cayenne	Taco Seasoning	

All ingredients must be organic

Shopping List Page 7

Ter	esa Thurin		11/14/2017
	Flounder	Tilapia (Wild, Non-farmed)	Chicken, free range (organic)
	Haddock	Trout	Chicken Broth (Imagine® gf/low sodium)
	Hake	Tuna	Collagen Protein (Powder)
	Halibut	Walleye Pike	Deer (see also Venison)
	Herring	Whitefish/Turbot	Duck
	Krill	Meat & Poultry	Goat, Grass-fed only (organic)
	Lobster	Applegate® organic andouille sausage	Great Lake's® Beef Gelatin
	Lox	Applegate® organic bacon	Lamb
	Mackerel	Applegate® organic black forest ham	Ostrich
	Mahi Mahi	Applegate® organic chicken	Pheasant
	Mussel	Applegate® organic ham	Pork, (organic)
	Octopus	Applegate® organic herb roasted turkey	Quail
	Orange Roughy	Applegate® organic hot dogs	Rabbit
	Oyster	Applegate® organic red pepper sausage	Turkey (organic)
	Perch	Applegate® organic roast beef	Veal (organic)
	Red Snapper	Applegate® organic sausage sweet italian	Venison (see also Deer)
	Salmon, wild (fresh)	Applegate® organic smoked chicken breast	Milk-Containing Foods
	Sardines	Applegate® organic smoked turkey breast	No foods in this Category
	Scallop	Applegate® organic turkey	
	Shrimp	Applegate® organic turkey bacon	
	Sole	Beef, Grass-fed only (organic)	
	Squid	Bison (see also Buffalo)	
	Swai	Buffalo (see also Bison)	

All ingredients must be organic

Shopping List Page 8

Swordfish

Teresa Thurin

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Non-Dairy & Eggs	Coconut Flour (gluten free)	ProGranola (Julian Bakery)
Almond Milk, unsweetened (no tapioca)	Coconut Meal (gluten free)	Quinoa (gluten free)
Almond Yogurt, unsweetened	Corn (Gluten-free & Non-GMO)	Quinoa, Black (gluten free)
BodyPro Avocado Oil Mayonnaise	Corn, Blue	Quinoa, Red (gluten free)
Cheese, Daiya (Coconut,Tapioca,yeast,)	Corn, White	Rice, Basmati (gluten free)
Cheese, Soy (Organic) (see Soy)	Corn Meal (gluten free)	Rice, Black (gluten free)
Coconut Kefir (No Tapioca, Carageenan)	Corn Starch (gluten free)	Rice, Brown (gluten free)
Coconut Milk (Native Forest or Natural Value)	Ener-G Brown Rice Yeast-Free Bread	Rice, Japonica (gluten free)
Egg, Pasture-raised (from a farmer)	Fava Bean Flour	Rice, Purple (gluten free)
Egg, Vital Farms® or Pasture Verde®	Flax Meal	Rice, Red (gluten free)
Egg Whites, Pasture-raised	Garbanzo Flour	Rice, White (gluten free)
Egg Yolks, Pasture-raised	Glucomannon Flour (konjacfoods.com)	Rice, Wild (Lundberg® - not the blend)
Milk, Soy (Organic)	Hazelnut Flour	Rice Bran
Paleo Cheese (Julianbakery.com or	Hemp Meal	Rice Flour (gluten free)
Gluten-Free Grains	Hemp Protein (Powder)	Rice Protein Powder (gluten free)
Almond Flour (gluten free)	Hemp Seed	Simple Mills - Everything Sprouted Seed Cracker
Amaranth	Konjac Glucomannon Flour	Simple Mills Cracked Black Pepper Almond Crackers
Arrowroot Flour/powder	Mikey's Pizza crust	Simple Mills Ground Sea Salt Almond Crackers
Avenin (Gluten-free)	Mikey's Sliced Bread Loaf	Simple Mills Rosemary & Sea Salt Crackers
Basmati Rice (gluten free)	Millet	Simple Mills Tomato & Basil Almond Crackers
Brown Rice Flour	Oats (Bob's Red Mill Gluten Free Version)	Sorghum
Buckwheat	Oats (Certified GF)	Sunflower Seed Flour
Buckwheat Flour	Potato Flour (gluten free)	Sweet Potato Flour (gluten free)
	Potato Starch (gluten free)	Tapioca

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Tapioca Flour (gluten free)	Corn-Derived Foods		Condiments, Spreads & Sauces
Tapioca Starch (gluten free)	Barbeque Sauce, GF Annie's® Sweet & Spicy		Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)
Teff	Cheese, Daiya (Coconut, Tapioca, yeast,)		Barbeque Sauce, GF Annie's® Sweet & Spicy
Teff Flour	Cheese, Soy (Organic) (see Soy)		BodyPro Almond Mayo Grade A Maple Syrup
Tolerant Green Lentil & Pea Pasta	Citric Acid (can be corn-derived)		BodyPro Almond Mayo with Yacon Syrup
Tolerant Red or Green Lentil Pasta	Corn (Gluten-free & Non-GMO)		BodyPro Avocado Oil Mayonnaise
Tortilla, Siete Almond	Corn, Blue		Carob
Tortilla, Siete Cassava & Coconut	Corn, White		Cocoa Butter
Udi's White Sandwich Bread	Corn Gluten		Coconut Aminos®
Udi's Whole Grain Bread	Corn Meal (gluten free)		Coconut Cream
Gluten-Containing Foods	Corn Oil		Coconut Vinegar (Coconut Secret)
Barley	Corn Starch (gluten free)		Daiya - Medium Cheddar Block
Bran	Corn Syrup		Distilled White Vinegar
Gluten	Erythritol (non-GMO)		Earth Balance® Avocado Oil Butter Spread
Malt	Fructose		Earth Balance® Coconut Spread
Oats	GemWraps®, Sandwich Wrap (Carrot)		Harissa
Rye	Hydrogenated Oils		Hummus
Wheat (All Types)	Lactic Acid (corn-derived)		Ketchup (Organicville)
	Maize		Kosher Salt
	Maltodextrin (Corn-based, non-GMO)		Liquid Aminos (Braggs®)(has Soy)
	Sriracha Sauce Organicville gluten-free		Liquid Smoke gluten free (natural)
	Swerve® Sweetener		Mayonnaise, Primal Kitchen Avocado Oil
	Vodka, Corn		Mayonnaise, Primal Kitchen Chipotle Avocado Oil
	Xanthan Gum	Ì	

Shopping List Page 11

Chapping List rage 11

All ingredients must be organic

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	Olives (without vinegar)	Chocolate, Dark		Sorbitol
	Red Bean Paste	Coconut Palm Sugar		Splenda
	Red Chili Paste Thai Kitchen® (gluten free)	Coconut Sugar		Sucanat
	Red Tomato Paste (gluten free)	Corn Syrup		Sucralose
	Sauerkraut (Bubbies® Brand only)	Date Sugar		Sugar Beet
	Sriracha Sauce Organicville gluten-free	Erythritol (non-GMO)		Sugar Cane
	Tabasco Sauce	Fructose		Sweetleaf® Stevia
	Tamari (Wheat Free)	Fruit Pectin		Swerve® Sweetener
	Tomato Paste (gluten & Vinegar-free)	Honey, (Organic)		Tapioca Dextrose
	Tomato Sauce (gluten & Vinegar-free)	Honey, Manuka		Tapioca Syrup
	Ume Plum Vinegar	Honey, Wildflower from Mahava®		Xyla (Birchwood Xylitol)
	Veganaise Soy-free (Follow Your Heart®)	Jerusalem Artichoke Syrup		Xylitol
	Vegetable Shortening (Spectrum®)	Just Like Sugar®		Yacon Syrup
\neg	Vinagar Doot		ī.	
	Vinegar, Beet	Lo Han		Beverages & Protein Powders
	Vinegar, Distilled	Lo Han Malt		Almond Milk, unsweetened (no
	<u> </u>			
	Vinegar, Distilled	Malt Maltodextrin (Corn-based,		Almond Milk, unsweetened (no tapioca)
	Vinegar, Distilled Vinegar, Rice Worcestershire Sauce (The	Malt Maltodextrin (Corn-based, non-GMO)		Almond Milk, unsweetened (no tapioca) Apple Cider
	Vinegar, Distilled Vinegar, Rice Worcestershire Sauce (The Wizard's® GF)	Maltodextrin (Corn-based, non-GMO) Maltodextrin (Tapioca-based)		Almond Milk, unsweetened (no tapioca) Apple Cider Apple Juice
	Vinegar, Distilled Vinegar, Rice Worcestershire Sauce (The Wizard's® GF) Sweeteners	Maltodextrin (Corn-based, non-GMO) Maltodextrin (Tapioca-based) Maple Sugar Maple Syrup (Grade A Dark		Almond Milk, unsweetened (no tapioca) Apple Cider Apple Juice Bone Broth Protein, Beef
	Vinegar, Distilled Vinegar, Rice Worcestershire Sauce (The Wizard's® GF) Sweeteners Agave Nectar Aspartame BodyPro Almond Mayo Grade A	Maltodextrin (Corn-based, non-GMO) Maltodextrin (Tapioca-based) Maple Sugar Maple Syrup (Grade A Dark Amber Organic)		Almond Milk, unsweetened (no tapioca) Apple Cider Apple Juice Bone Broth Protein, Beef Carrot Juice Cocoa Coconut Kefir (No Tapioca,
	Vinegar, Distilled Vinegar, Rice Worcestershire Sauce (The Wizard's® GF) Sweeteners Agave Nectar Aspartame	Maltodextrin (Corn-based, non-GMO) Maltodextrin (Tapioca-based) Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Molasses		Almond Milk, unsweetened (no tapioca) Apple Cider Apple Juice Bone Broth Protein, Beef Carrot Juice Cocoa Coconut Kefir (No Tapioca, Carageenan) Coconut Milk (Native Forest or
	Vinegar, Distilled Vinegar, Rice Worcestershire Sauce (The Wizard's® GF) Sweeteners Agave Nectar Aspartame BodyPro Almond Mayo Grade A Maple Syrup	Maltodextrin (Corn-based, non-GMO) Maltodextrin (Tapioca-based) Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Molasses Monk Fruit (Pure)		Almond Milk, unsweetened (no tapioca) Apple Cider Apple Juice Bone Broth Protein, Beef Carrot Juice Cocoa Coconut Kefir (No Tapioca, Carageenan)

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	Coffee (Brewed and Not Instant)	Tea, Green		Collagen Protein (Powder)
	Coffee Bean, Organic	Tea, Hibiscus		GemWraps®, Sandwich Wrap (Carrot)
	Collagen Protein (Powder)	Tea, Komboucha		GemWraps®, Sandwich Wrap (Kale-Apple)
	Echinacea Tea	Tea, Oolong		GemWraps®, Sandwich Wrap (Mango/Chipotle)
	Grapefruit Juice	Tea, Ramon		GemWraps®, Sandwich Wrap (Tomato)
	Great Lake's® Beef Gelatin	Tea, Roobios		Great Lake's® Beef Gelatin
	Green Tea	Tea, Unflavored		Hops
	Hemp Protein (Powder)	Tea, White		Latex
	Komboucha Tea	Vodka, Corn		Lycopene
	Lemon Juice	Vodka, Potato		Modified Food Starch (Tapioca-based)
	Licorice Tea	Water		Pycnogenol
	Lime Juice	Wine, White (Champagne)		Red Tomato Paste (gluten free)
	Milk, Rice	Yerba Matte Tea (Organic/Pure)		Resveratrol
	Milk, Soy (Organic)	Zevia Drinks		Rice Starch (if certified gluten free)
	Mineral Water	Miscellaneous		Silver
	Orange Juice	Antimony		Tobacco
	Pea Protein	Baking Powder		Tofu (Organic)
	Rice Protein Powder (gluten free)	Baking Soda (Arm & Hammer®)		Vegetable broth (Imagine® Low Sodium)
	Soy Milk/Soy Cheese (Organic)	Beef broth (Imagine® low sodium/GF)		Yeast, Baker's
	Soy Protein (Organic)	Bone Broth, Beef		Yeast, Brewer's
	Sparkling Water, unflavored	Cacao (Raw, Pure, & Unsweetened)		Yeast, Nutritional
	Tea, Black	Chicken Broth (Imagine® gf/low sodium)	 	
	Tea, Chamomile	Cocoa	l	
	Tea, Chicory Root			

All ingredients must be organic

Shopping List Page 12

Teresa Thurin 11/14/2017

Snacks		MSG/MonosodiumGlutatmate
Apple Sauce		Palm Wax
Chewing Gum, Xylichew®		Pea Protein Isolate
Dates		Pea Starch
Simple Mills Chocolate Chip Cookies		Potato Protein
Simple Mills Cracked Black Pepper Almond Crackers		Red Food Dye
Skinny Crisps® (Plain Jane)		Sodium Alginate
Food Additives		Tragacanth Gum
Acacia Gum		Tricalcium Phosphate
Agar Gum		Vegan Enzyme
Annatto Coloring		Vegan Natural Flavors (no MSG)
Arabic Gum		Vegan Natural Flavors (with MSG)
Asafoetida Powder		Xanthan Gum
Blue Food Dye		
Carrageenan Gum		
Chicory Root		
Citric Acid (can be corn-derived)	İ	
Formaldehyde		
Guar Gum		
Inulin	•	
Lactic Acid (beet-derived)		
Lactic Acid (corn-derived)		
Locust Bean Gum		