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

Sh	opping List Page 2		All i	ngredients must be organic
sh	anes Watson			11/15/2017
	Nori	Pepper, Poblano		Sea Vegetables
	Oat Grass (Not For Gluten	Pepper, Red		Seaweed
	Sensitive) Okra			Shallots
		Pepper, Serrano		
	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
$\supset$	Pea, Green	Psyllium Husk		Sugar Beet
$\supset$	Pea, Snap	Pumpkin		Swede
$\supset [$	Pea, Snow	Pumpkin Powder		Sweet Potato, Red
	Pea, Split	Radicchio		Sweet Potatoes, White
$\supset$	Pea Protein	Radish		Swiss Chard
	Pepper, Anaheim	Rainbow Chard		Taro
	Pepper, Cayenne	Red Pepper Flake		Tomatillo
	Pepper, Chili	Rhubarb		Tomato
	Pepper, Green	Rutabaga		Tomato, Cherry
	Pepper, Habanero	Sauerkraut (Bubbies® Brand only)		Tomato, Heirloom
	Pepper, Jalapeño	Scallions		Tomato, Orange

Shopping List Page 3					ngredients must be organic
sha	anes Watson				11/15/2017
	Tomato, Red		Blueberry		Grapefruit
	Tomato, Roma		Boysenberry		Grapefruit Juice
	Tomato, Sun-dried		Cantaloupe		Ground Cherries
	Tomato, Yellow		Cape Gooseberries		Guava
	Tomatoes, Big Beef		Carambola		Huckleberry
	Tomato Paste (gluten & Vinegar-free)		Cherry		Jack fruit
	Tomato Sauce (gluten & Vinegar-free)		Clementine		Kiwi
	Truffle		Cranberry		Kumquat
	Turnip Greens		Cranberry Juice		Lemon
	Turnips		Currant		Lemon Juice
	Wasabi Root		Dates		Lemon Rind/Peel
	Water Chestnut		Dragon Fruit (Pitaya)		Lime
	Watercress		Dried Fruit		Lime Juice
	Yams, Garnett		Durian Fruit		Loganberry
	Yams, Japanese		Elderberry		Longan Fruit
	Yucca		Fig		Loquat
	Zucchini		Goji Berry		Lychee
	Fruits		Golden Berry		Mango
	Acai		Gooseberries		Mangosteen
	Apricot		Grape		Maqui
	Banana		Grape, Green		Melon, Honeydew
	Bilberry		Grape, Purple		Monk Fruit (Pure)
	Blackberry		Grape, Red		Mulberry
			Grape, White		Nectarines

Sł	nopping List Page 4		All ingredients must be organic			
sh	anes Watson				11/15/2017	
	Noni		Tangelo		Beans	
	Orange		Tangerine		Chickpea (see also Garbanzo Bean)	
	Orange, Blood		Watermelon		Coffee Bean, Organic	
	Orange Juice		Wolfberry		Edamame (must be organic)	
	Orange Peel/Rind		Youngberry		Fava Bean	
	Oranges, Mandarin		Legumes, Pods, & Pulses		Fava Bean Flour	
	Papaya		Bean, Azuki		Garbanzo Bean	
	Passion Fruit		Bean, Black		Garbanzo Flour	
	Peach		Bean, Butter		Kidney Bean	
	Pear		Bean, Cannellini		Lentil(s)	
	Pear, Asian		Bean, Chana Dahl		Pea, Snap	
	Persimmons		Bean, Chili		Pea, Snow	
	Pineapple		Bean, Green		Pea, Split	
	Plum		Bean, Haricot		Peanut (Organic, Valencia)	
	Pomegranate		Bean, Italian		Peanut Butter (Organic, Maranatha®)	
	Pomelo		Bean, Kidney		Red Bean Paste	
	Prune		Bean, Lima		Soybean oil(must be organic)	
	Quince		Bean, Mung		Soy Beans (must be organic)	
	Raisin (unsulfured, organic)		Bean, Navy		Vanilla Bean	
	Rambutan		Bean, Ninja			
	Raspberry		Bean, Pinto/Frijole			
	Star Fruit		Bean, Red			
	Strawberry		Bean, White			

Tamarind

shanes Watson

Nuts, Seeds, Drupes & Oils	Cottonseed/Cottonseed Oil	Pistachios
Almond	Duck Fat	Poppy seeds
Almond, Marcona	Fenugreek Seed	Psyllium Husk
Almond Butter (Artisana®)	Flax Meal	Pumpkin Oil
Almond Flavor (natural, gluten free)	Flax Oil	Pumpkin Seed Oil
Almond Flour (gluten free)	Flax Seed	Pumpkin Seeds
Almond Meal (gluten free)	Grapeseed Oil, Organic	Ramon Seeds
Almond Oil	Hazelnut/Filbert	Rice, Wild (Lundberg® - not the blend)
Annatto Seed	Hazelnut Flour	Sacha Inchi Seeds
Avocado Oil	Hemp Meal	Safflower/Safflower Seed Oil
Borage Seed Oil	Hemp Protein (Powder)	Sesame Seed Oil
Brazil Nut	Hemp Seed	Sesame Seeds
Canola/Rapeseed Oil	Macadamia Nut Oil	Sesame Seeds, Black
Canola Oil, Non-GMO	Macadamia Nuts	Sunflower Seed Butter
Caraway Seed	MCT Oil	Sunflower Seed Flour
Cashew Butter	Olive Leaf Extract	Sunflower Seed Lecithin
Cashew Meal	Olive Oil, Virgin	Sunflower Seed Oil
Cashews	Palm Kernel Oil	Sunflower Seeds
Chestnut	Peanut Oil (Organic)	Tahini
Chia Seed (1/4 cup, max)	Pecan Flour	Tea, Ramon
Coconut, shredded (raw, unsweetened)	Pecans	Tiger Nuts
Coconut Butter	Pepitas	Truffle Oil
Coconut Oil	Pili Nuts	Truffle Oil, Black
Cola Nut (aka Kola Nut)	Pine Nut	Vegetable Shortening (Spectrum®)

Sho	opping List Page 6		All ir	ngredients must be organic
sha	anes Watson			11/15/2017
	Walnut Oil	Cilantro/Coriander		Grapeseed Extract
	Walnuts	Cinnamon		Guarana
	Walnuts, Black	Cinnamon, Ceylon		Gymnema Silvestre
	Harba & Spiaga	Clove Powder		Herbs De Provence
	Herbs & Spices	Cloves, Madagascar		Hickory
	Allspice Almond Flavor (natural, gluten	Cloves, Penang		Himalayan Salt
	free) Anise	Comfrey		Jamaican Jerk
	Ashwaganda	Cramp Bark Extract		Juniper Berry
	Astragalus	Cream of Tartar		Lavender
	Basil	Cumin		Lemon Balm (Melissa Officinalis)
	Bay Leaf	Curcumin		Lemongrass
	Bell Pepper, Red	Curry (must be GF)		Lemon Pepper
	Black Cohosh	Dandelion Root		Licorice Root
	Capsicum	Dill		Maca Root
	Caraway Seed	Dong Quai		Mace Spice
	Cardamom	Echinacea		Marjoram
	Catnip	Fennel		Mesquite
	Celery Powder	Fennel Seed		Milk Thistle
	Celery Seed	Garam Masala		Mint
	Chaparral	Ginger Powder		Mustard (as a Powder)
	Chervil	Ginkgo Biloba		Mustard Seeds (gluten free)
	Chili Powder	Ginseng (All Types)		Nutmeg
	Chipotle Seasoning	Goldenseal		Olive Leaf Extract
		Grapefruit Seed Extract		Onion

## Shopping List Page 7

shanes Watson

## All ingredients must be organic

Onion Powder	Saw Plametto	Fish & Shellfish
Orange Peel/Rind	Sesame Seeds	Bass
Orange Salt	Sesame Seeds, Black	Corvina
Oregano	Shallots	Octopus
Paprika	Spearmint	Meat & Poultry
Paprika (smoked)	St. John's Wort	Ostrich
Parsley	Sumac	Milk-Containing Foods
Pau D'arco	Tamari (Wheat Free)	No foods in this Category
Pepper, Black (see Garlic/Lemon Pepper)	Tarragon	
Pepper, Cayenne	Thyme	Non-Dairy & Eggs
Pepper, Red	Tomatillo	Almond Milk, unsweetened (no tapioca)
Pepper, Sichuan	Turmeric	Almond Yogurt, unsweetened
Pepper, Szechuan	Uva Ursi	Coconut Kefir (No Tapioca, Carageenan)
Pepper/Peppercorns	Valerian	Coconut Milk (Native Forest or Natural Value)
Peppermint	Vanilla (gluten and corn-free)	Milk, Soy (Organic)
Pine Bark Extract	Vanilla Bean	Paleo Cheese (Julianbakery.com or
Red Clover	Vanilla Powder	Gluten-Free Grains
Red Pepper Flake	White Willow Bark Extract	Almond Flour (gluten free)
Rose Hips	Wintergreen	Amaranth
Rosemary	Wormwood	Arrowroot Flour/powder
Saffron		Avenin (Gluten-free)
Sage		Buckwheat
Sassafras		Buckwheat Flour
Savory		Coconut Flour (gluten free)

Coconut Meal (gluten free)		Teff		Red Bean Paste
Fava Bean Flour		Teff Flour		Red Tomato Paste (gluten free)
Flax Meal		Tolerant Green Lentil & Pea Pasta		Sauerkraut (Bubbies® Brand only)
Garbanzo Flour		Tolerant Red or Green Lentil Pasta		Tamari (Wheat Free)
Glucomannon Flour (konjacfoods.com)		Gluten-Containing Foods		Tomato Paste (gluten & Vinegar-free)
Hazelnut Flour	-	No foods in this Category		Tomato Sauce (gluten & Vinegar-free)
Hemp Meal		Corn-Derived Foods		Vegetable Shortening (Spectrum®)
Hemp Protein (Powder)		No foods in this Category		Vinegar, Beet
Hemp Seed				Sweeteners
Konjac Glucomannon Flour		Condiments, Spreads & Sauces  Balsamic Vinegar MiaBella (No		Agave Nectar
Oats (Bob's Red Mill Gluten Free Version)		Caramel No Wine Vinegar)		Aspartame
Oats (Certified GF)		Carob		Brown Sugar
Potato Flour (gluten free)		Cocoa Butter		Cane Syrup
Potato Starch (gluten free)		Coconut Aminos®		
Quinoa (gluten free)		Coconut Cream		Chocolate, Dark
		Coconut Vinegar (Coconut Secret)		Coconut Palm Sugar
Quinoa, Black (gluten free)		Distilled White Vinegar		Coconut Sugar
Quinoa, Red (gluten free)  Rice, Wild (Lundberg® - not the		Earth Balance® Avocado Oil Butter Spread		Date Sugar
blend)		Earth Balance® Coconut		Fruit Pectin
Sorghum		Spread Hummus		Jerusalem Artichoke Syrup
Sunflower Seed Flour	[			Just Like Sugar®
Sweet Potato Flour (gluten free)		Kosher Salt		Lo Han
Tapioca		Liquid Aminos (Braggs®)(has Soy)		Maltodextrin (Tapioca-based)
Tapioca Flour (gluten free)		Liquid Smoke gluten free (natural)		Maple Sugar
Tapioca Starch (gluten free)		Olives (without vinegar)	<u></u> _ Г	

Sh	opping List Page 9		ΔII	ingredients must be organic
			All	
Sna	anes Watson			11/15/2017
	Maple Syrup (Grade A Dark Amber Organic)	Coconut Water (low sugar)		Tea, Roobios
	Molasses	Coffee (Brewed and Not Instant)		Tea, Unflavored
	Monk Fruit (Pure)	Coffee Bean, Organic		Tea, White
	Monk Fruit Extract	Echinacea Tea		Vodka, Potato
	Nutrasweet®	Grapefruit Juice		Water
	Rebiana Leaf (Stevia)	Green Tea		Yerba Matte Tea (Organic/Pure)
	Sorbitol	Hemp Protein (Powder)		Zevia Drinks
	Splenda	Lemon Juice		Miscellaneous
	Sucanat	Licorice Tea		Antimony
	Sucralose	Lime Juice		Baking Soda (Arm & Hammer®)
	Sugar Beet	Milk, Soy (Organic)		Cacao (Raw, Pure, & Unsweetened)
	Sugar Cane	Mineral Water		Cocoa
	Sweetleaf® Stevia	Orange Juice		GemWraps®, Sandwich Wrap (Mango/Chipotle)
	Tapioca Dextrose	Pea Protein		Hops
	Tapioca Syrup	Soy Milk/Soy Cheese (Organic)		Latex
	Xyla (Birchwood Xylitol)	Soy Protein (Organic)		Lycopene
	Yacon Syrup	Sparkling Water, unflavored		Modified Food Starch (Tapioca-based)
	Beverages & Protein Powders	Tea, Black		Pycnogenol
	Almond Milk, unsweetened (no tapioca)	Tea, Chamomile		Red Tomato Paste (gluten free)
	Carrot Juice	Tea, Chicory Root		Resveratrol
	Cocoa	Tea, Green		Silver
	Coconut Kefir (No Tapioca, Carageenan)	Tea, Hibiscus		Tobacco
	Coconut Milk (Native Forest or	Tea, Oolong		Tofu (Organia)

Tea, Ramon

Natural Value)

Tofu (Organic)

shanes Watson

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