Fruits	Golden Berry	Maqui
Acai	Gooseberry	Melon, Honeydew
alpha	Grape	Monk Fruit (Pure)
Apple (all types)	Grape, Green	Mulberry
Apricot	Grape, Purple	Nectarines
Banana	Grape, Red	new food
Bilberry	Grape, White	Noni
Blackberry	Grapefruit	Orange
Blueberry	Grapefruit Juice	Orange, Blood
Boysenberry	Guava	Orange Juice
bravo	Huckleberry	Orange Peel/Rind
Cantaloupe	Jack fruit	Papaya
charlie	Kiwi	Passion Fruit
Cherry	Kumquat	Peach
Clementine	Lemon	Pear
Cranberry	Lemon Juice	Pear, Asian
Cranberry Juice	Lemon Rind/Peel	Persimmons
Currant	Lime	Pineapple
Dates	Lime Juice	Plantain
Dragon Fruit (Pitaya)	Litchi (aka Lychee)	Plum
Dried Fruit	Loganberry	Pomegranate
Elderberry	Loquat	Pomelo
Fig	Mango	Prune
Goji Berry	Mangosteen	Quince

Shopping List Page 2					ngredients must be organic
Nar	nny Mai				10/31/2017
	Raisin (unsulfured, organic)		Cashew Butter		Olive Oil, Virgin
	Raspberry		Cashew Meal		Palm Kernel Oil
	Star Fruit		Cashews		Pecans
	Strawberry		Chestnut		Pepitas
	Tamarind		Chia Seed (1/4 cup, max)		Pili Nuts
	Tangelo		Coconut, shredded (raw, unsweetened)		Pine Nut
	Tangerine		Coconut Butter		Pistachios
	Vinegar, Red Wine		Coconut Oil		Poppy seeds
	Watermelon		Cola Nut (aka Kola Nut)		Psyllium Husk
	Wolfberry		Corn Oil		Pumpkin Oil
	Youngberry		Cottonseed/Cottonseed Oil		Pumpkin Seed Oil
	Nuts, Seeds, Drupes & Oils		Flax Meal		Pumpkin Seeds
	Almond		Flax Oil		Ramon Seeds
	Almond, Marcona		Flax Seed		Rice, Wild (Lundberg® - not the blend)
	Almond Butter (Artisana®)		Grapeseed Oil, Organic		Rice Bran Oil
	Almond Flavor (natural, gluten free)		Hazelnut/Filbert		Sacha Inchi Seeds
	Almond Flour (gluten free)		Hazelnut Flour		Safflower/Safflower Seed Oil
	Almond Meal (gluten free)		Hemp Meal		Sesame Seed Oil
	Annatto Seed		Hemp Protein (Powder)		Sesame Seeds
	Avocado Oil		Hemp Seed		Sesame Seeds, Black
	Brazil Nut		Hydrogenated Oils		Sunflower Seed Butter
	Canola/Rapeseed Oil		Macadamia Nut Oil		Sunflower Seed Lecithin
_ <b>`</b> .	Caraway Seed		Macadamia Nuts		Sunflower Seed Oil
			Olive Leaf Extract		Sunflower Seeds

Sho	opping List Page 3		All in	gredients must be organic
Nar	nny Mai			10/31/2017
	Tahini	Hake		Whitefish/Turbot
	Tea, Ramon	Halibut		Vegetables
	Tiger Nuts	Herring		Agave Nectar
	Truffle Oil	Lobster		Alfalfa Grass
	Truffle Oil, Black	Mackerel		Alfalfa Sprouts
	Vegetable Oil	Mahi Mahi		Aloe Vera
	Vegetable Shortening (Spectrum®)	Mussel		Artichoke (not pickled)
	Walnut Oil	Octopus		Artichoke, Jerusalem (not pickled)
	Walnuts	Orange Roughy		Arugula
	Walnuts, Black	Oyster		Asparagus
	Fish & Shellfish	Perch		Avocado
	Anchovy	Red Snapper		Bamboo Shoot
	Bass	Salmon, wild (fresh)		Barley Grass (can have gluten)
	Catfish	Sardines		Barley Greens (may contain gluten)
	Chilean Sea Bass	Scallop		Bean, Green
	Clam	Shrimp		Bean Sprout
	Cod/ Cod Liver Oil	Sole		Beet
	Corvina	Squid		Beet Greens
	Crab	Swai		Bell Pepper
	Crab, Immitation	Swordfish		Bell Pepper, Green
	Crayfish	Tilapia (Wild, Non-farmed)		Bell Pepper, Orange
	Flounder	Trout		Bell Pepper, Red
	Haddock	Tuna		Bell Pepper, Yellow
		Walleye Pike		

Nai	nny Mai		10/31/201
	Bok Choy	Chives	Lettuce, all types
	Broccoli	Coconut (raw and	Mushrooms
	Broccolini	unsweetened)  Coconut Concentrate	Mushrooms, Button
	Broccoli Rabe	Collard Greens	Mushrooms, Cremeni/Crimini
	Broccoli Sprouts	Corn (Gluten-free & Non-GMO)	Mushrooms, Maitake
	Brussels Sprout	Corn, Blue	Mushrooms, Shiitake
	Burdock	Corn, White	Mustard Greens
	Cabbage, Chinese (see also Bok Choy)	Cucumber	Nori
	Cabbage, Green	Daikon Radish	Oat Grass (Not For Gluten Sensitive)
	Cabbage, Purple	Dandelion Greens	Okra
	Cactus (Nopales)	Dandelion Root	Olives (without vinegar)
	Capers	Eggplant	Onion, Green
	Capsicum	Endive	Onion, Maui
	Carrot, Orange	Fennel	Onion, Red
	Carrot, Purple	Garlic	Onion, Sweet
	Carrot, White	Hearts of Palm	Onion, Yellow
	Carrot, Yellow	Horseradish	Paprika
	Carrot Juice	Hydrogenated Oils	Parsley
	Cassava (see Tapioca and Yucca)	Jicama	Parsnip
	Cauliflower	Kale, all types	Pea, Black-Eyed
	Cauliflower, Purple	Kelp/Dulse	Pea, Green
	Celery	Kohlrabi	Pea, Snap
	Chard	Kombu	Pea, Snow
	Chayote	Leeks	Pea, Split

All ingredients must be organic

Shopping List Page 4

Na	nny Mai		10/31/2017
	Pea Protein	Radish	Tomatillo
	Pepper, Anaheim	Rainbow Chard	Tomato
	Pepper, Cayenne	Red Pepper Flake	Tomato, Cherry
	Pepper, Chili	Rhubarb	Tomato, Heirloom
	Pepper, Green	Rutabaga	Tomato, Orange
	Pepper, Habanero	Sauerkraut (Bubbies® Brand only)	Tomato, Red
	Pepper, Jalapeño	Scallions	Tomato, Roma
	Pepper, Poblano	Sea Vegetables	Tomato, Sun-dried
	Pepper, Red	Seaweed	Tomato, Yellow
	Pepper, Serrano	Shallots	Tomatoes, Big Beef
	Pickles, Bubbies® brand only	Spinach	Tomato Paste (gluten & Vinegar-free)
	Pimento	Spirulina	Tomato Sauce (gluten & Vinegar-free)
	Potato, Fingerling	Squash	Truffle
	Potato, Purple	Squash, Acorn	Turnip Greens
	Potato, Red	Squash, Butternut	Turnips
	Potato, Russet	Squash, Green	Vegetable Oil
	Potato, Sweet	Squash, Spaghetti	Water Chestnut
	Potato, White	Squash, Summer	Watercress
	Potato, Yukon Gold	Squash, Winter	Wheat Grass (Is Gluten-contaminated)
	Prickly Pear	Squash, Yellow	Yams, Garnett
	Psyllium Husk	Sugar Beet	Yams, Japanese
	Pumpkin	Sweet Potato, Red	Yucca
	Pumpkin Powder	Sweet Potatoes, White	Zucchini
	Radicchio	Swiss Chard	

All ingredients must be organic

Shopping List Page 5

Meat & Poultry	Duck	Egg, Whites, Pasture-raised
Applegate® organic andouille sausage	Goat, Grass-fed only (organic)	Egg, Yolks Pasture-raised
Applegate® organic bacon	Great Lake's® Beef Gelatin	Milk, Soy (Organic)
Applegate® organic black forest ham	Lamb	Paleo Cheese (Julianbakery.com or
Applegate® organic chicken	Lard (pork)	Condiments, Spreads & Sauces
Applegate® organic chicken/apple sausage	Ostrich	Apple Cider Vinegar (Bragg's®)
Applegate® organic ham	Pheasant	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)
Applegate® organic herb roasted turkey	Pork, (organic)	Balsamic Vinegar (with Red Wine Vinegar)
Applegate® organic hot dogs	Quail	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)
Applegate® organic red pepper sausage	Rabbit	Barbeque Sauce, GF Annie's® Sweet & Spicy
Applegate® organic roast beef	Turkey (organic)	BodyPro Almond Mayo Grade A Maple Syrup
Applegate® organic sausage sweet italian	Veal (organic)	BodyPro Almond Mayo with Yacon Syrup
Applegate® organic smoked chicken breast	Venison (see also Deer)	BodyPro Avocado Oil Mayonnaise
Applegate® organic smoked turkey breast	Non-Dairy & Eggs	Carob
Applegate® organic spinach & feta sausage	Almond Milk, unsweetened (no tapioca)	Cocoa Butter
Applegate® organic turkey	Almond Yogurt, unsweetened	Coconut Aminos®
Applegate® organic turkey bacon	BodyPro Avocado Oil Mayonnaise	Coconut Cream
Beef, Grass-fed only (organic)	Cheese, Daiya (Coconut,Tapioca,yeast,)	Coconut Vinegar (Coconut Secret)
Bison (see also Buffalo)	Cheese, Soy (Organic) (see Soy)	Cream, Raw and Unpasteurized
Buffalo (see also Bison)	Coconut Kefir (No Tapioca, Carageenan)	Dressing, Primal Kitchen Greek Avocado Oil
Chicken, free range (organic)	Coconut Milk(Native Forest or Natural Value)	Dressing, Primal Kitchen Honey Mustard
Chicken Broth (Imagine® gf/low sodium)	Egg, Pasture-raised (from a farmer)	Earth Balance® Avocado Oil Butter Spread
Collagen Protein (Powder)	Egg, Vital Farms® or Pasture Verde®	Earth Balance® Coconut Spread
Deer (see also Venison)		

Tanoda	Vinegar-free)	Coconat i ann Cagai	
Horseradish Sauce, Gluten-free (Annie's®)	Ume Plum Vinegar	Coconut Sugar	
Hummus	Veganaise Soy-free (Follow Your Heart®)	Erythritol (non-GMO)	
Ketchup (Organicville)	Vegetable Shortening (Spectrum®)	Fructose	
Liquid Aminos (Braggs®)(has Soy)	Vinegar	Fruit Pectin	
Liquid Smoke (can have gluten)	Vinegar, Beet	Honey, (Organic)	
Liquid Smoke gluten free (natural)	Vinegar, Distilled	Honey, Manuka	
Mayonnaise	Vinegar, Malt	Honey, Wildflower from Mahava®	
Mayonnaise, Primal Kitchen Avocado Oil	Vinegar, Red Wine	Jerusalem Artichoke Syrup	
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Vinegar, Rice	Just Like Sugar®	
Mustard, Brown (Eden® gf mustard)	Vinegar, White	Lo Han	
Olives (without vinegar)	Vinegar, White Wine	Maltitol	
Red Bean Paste	White/Distilled Vinegar	Maltodextrin (Barley-derived)	
Red Chili Paste Thai Kitchen® (gluten free)	Worcestershire Sauce (The Wizard's® GF)	Maltodextrin (Corn-based, non-GMO)	
Red Tomato Paste (gluten free)	Sweeteners	Maltodextrin (Tapioca-based)	
Sauerkraut (Bubbies® Brand only)	Agave Nectar	Maple Sugar	
Sherry Vinegar	Aspartame	Maple Syrup (Grade A Dark Amber Organic)	
Sour Cream, Raw and Unpasteurized	BodyPro Almond Mayo Grade A Maple Syrup	Molasses	
Soy Sauce	Brown Rice Syrup (contains MSG/Gluten)	Monk Fruit (Pure)	
Sriracha Sauce Organicville gluten-free	Cane Syrup	Monk Fruit Extract	
Tabasco Sauce	Chocolate, Dark	Nutrasweet®	Ì
Tamari (Wheat Free)	Chocolate, Milk	Rebiana Leaf (Stevia)	
Teriyaki Sauce	Chocolate, White	Sorbitol	Ì
Tomato Paste (gluten & Vinegar-free)		Splenda	

Shopping List Page 8					ngredients must be organic
Naı	nny Mai				10/31/2017
	Sucanat		Cardamom		Garlic Powder
	Sucralose		Celery Powder		Garlic Salt
	Sugar Beet		Chicory Root		Ginger
	Sugar Cane		Chili Powder		Ginkgo Biloba
	Sweetleaf® Stevia		Chipotle Seasoning		Ginseng (All Types)
	Swerve® Sweetener		Cilantro/Coriander		Goldenseal
	Tapioca Dextrose		Cinnamon		Grapefruit Seed Extract
	Xyla (Birchwood Xylitol)		Cinnamon, Ceylon		Grapeseed Extract
	Xylitol		Cloves		Guarana
	Yacon Syrup		Cloves, Madagascar		Gymnema Silvestre
	Herbs & Spices		Cloves, Penang		Herbs De Provence
	Allspice		Cramp Bark Extract		Hickory
	Almond Flavor (natural, gluten free)		Cream of Tartar		Himalayan Salt
	Anise		Cumin		Hydrogenated Oils
	Ashwaganda		Curcumin		Jamaican Jerk
	Astragalus		Curry (must be GF)		Juniper Berry
	Basil		Dandelion Root		Lavender
	Bay Leaf		Dill		Lemon Balm (Melissa Officinalis)
	Bell Pepper, Red		Dong Quai		Lemongrass
	Black Cohosh		Echinacea		Lemon Pepper
	Capsicum		Fennel		Licorice Root
	Caramel Coloring		Garam Masala		Maca Root
	Caraway Seed		Garlic		Mace Spice
			Garlic Pepper		Marjoram

Shopping List Page 9					ngredients must be organic
Naı	nny Mai				10/31/2017
	Mesquite		Red Pepper Flake		Wintergreen
	Milk Thistle		Rose Hips		Wormwood
	Mint		Rosemary		Milk-Containing Foods
	Mustard (as a Powder)		Saffron		Applegate® organic spinach & feta sausage
	Mustard Seeds (gluten free)		Sage		Butter, Raw and Pasture-raised
	Nutmeg		Saw Plametto		Buttermilk
	Olive Leaf Extract		Sesame Seeds		Casein
	Onion		Sesame Seeds, Black		Cheese, American
	Onion Powder		Shallots		Cheese, Asiago
	Orange Peel/Rind		Spearmint		Cheese, Bleu
	Orange Salt		St. John's Wort		Cheese, Brie
	Oregano		Sumac		Cheese, Cheddar (Raw)
	Paprika		Taco Seasoning		Cheese, Cottage
	Paprika (smoked)		Tamari (Wheat Free)		Cheese, Cream
	Parsley		Tarragon		Cheese, Feta
	Pepper, Black (see Garlic/Lemon Pepper)		Thyme		Cheese, Goat
	Pepper, Cayenne		Tomatillo		Cheese, Gorgonzola
	Pepper, Red		Turmeric		Cheese, Gouda
	Pepper, Sichuan		Uva Ursi		Cheese, Havarti
	Pepper, Szechuan		Valerian		Cheese, Machego
	Pepper/Peppercorns		Vanilla (gluten and corn-free)		Cheese, Marscapone
	Peppermint		Vanilla Bean		Cheese, Mozzarella (Raw)
	Pine Bark Extract		Vanilla Powder		Cheese, Muenster
	Red Chili Paste Thai Kitchen® (gluten free)		White Willow Bark Extract		

Sh	opping List Page 10		All in	ngredients must be organic	
Na	nny Mai			10/31/2017	
	Cheese, Parmesan	Whey		Fava Bean	
	Cheese, Pecorino	Yogurt (See Xanthan Gum)		Fava Bean Flour	
	Cheese, Provolone	Legumes & Pulses		Garbanzo Bean	
	Cheese, Raw and Pasture-raised	Bean, Azuki		Garbanzo Flour	
	Cheese, Ricotta	Bean, Black		Hydrogenated Oils	
	Cheese, Romano	Bean, Butter		Kidney Bean	
	Cheese, Sheep	Bean, Cannellini		Lentil(s)	
	Cheese, String (Mozzarella)	Bean, Chana Dahl		Miso	
	Cheese, Swiss	Bean, Chili		Pea, Snap	
	Chocolate, Milk	Bean, Green		Pea, Snow	
	Chocolate, White	Bean, Italian		Pea, Split	
	Cream, Raw and Unpasteurized	Bean, Kidney		Peanut (Organic, Valencia)	
	Ghee (Pasture-Raised, Organic)	Bean, Lima		Peanut Butter (Organic, Maranatha®)	
	Goat Cheese	Bean, Mung		Peanut Oil (Organic)	
	Goat Kefir	Bean, Navy		Red Bean Paste	
	Kefir, Raw	Bean, Ninja		Soybean oil(must be organic)	
	Lactoalbumin	Bean, Pinto/Frijole		Soy Beans (must be organic)	
	Milk, Buffalo	Bean, Red		Vanilla Bean	
	Milk, Cow	Bean, White		Vanilla Powder	
	Milk, Goat	Beans		Vegetable Oil	]
	Milk, Sheep	Chickpea (see also Garbanzo Bean)			
	Milk Chocolate	Coffee Bean, Organic			
	Mozzarella Cheese	Edamame (must be organic)			

Sour Cream, Raw and Unpasteurized

Corn-Derived Foods	Yogurt (See Xanthan Gum)	Maltitol
Barbeque Sauce, GF Annie's® Sweet & Spicy	Gluten-Containing Foods	Maltodextrin (Barley-derived)
Cheese, Cream	Barley	Modified Food Starch
Cheese, Daiya (Coconut,Tapioca,yeast,)	Barley Grass (can have gluten)	Oat Grass (Not For Gluten Sensitive)
Cheese, Soy (Organic) (see Soy)	Barley Greens (may contain gluten)	Oats
Chewing Gum (has gluten and corn)	Barley Juice (may contain gluten)	Oats, GF (not Certified) can have gluten
Corn (Gluten-free & Non-GMO)	Beer	Orzo
Corn, Blue	Bran	Panko
Corn, White	Bread	Polish Wheat
Corn Gluten	Brown Rice Syrup (contains MSG/Gluten)	Rye
Corn Meal (gluten free)	Caramel Coloring	Semolina
Corn Oil	Cheese, Bleu	Soy Sauce
Corn Starch (gluten free)	Chewing Gum (has gluten and corn)	Spelt
Erythritol (non-GMO)	Coffee, Instant (has gluten)	Teriyaki Sauce
Fructose	Couscous	Triticale
GemWraps®, Sandwich Wrap (Carrot)	Crab, Immitation	Vinegar
Hydrogenated Oils	Durum Wheat	Vinegar, Malt
Maltitol	Farro	Vinegar, White
Maltodextrin (Corn-based, non-GMO)	Gluten	Wheat (All Types)
Modified Food Starch	Graham (wheat)	Wheat Grass (Is Gluten-contaminated)
Sriracha Sauce Organicville gluten-free	Kamut	
Swerve® Sweetener	Liquid Smoke (can have gluten)	
Vegetable Oil	Malt	
Xanthan Gum		

Gluten-Free Grains	Hydrogenated Oils	Simple Mills Rosemary & Sea Salt Crackers
Almond Flour (gluten free)	Konjac Glucomannon Flour	Simple Mills Tomato & Basil Almond Crackers
Amaranth	Millet	Sorghum
Arrowroot Flour/powder	Oats (Bob's Red Mill Gluten Free Version)	Sweet Potato Flour (gluten free)
Basmati Rice (gluten free)	Oats (Certified GF)	Tapioca
Buckwheat	Potato Flour (gluten free)	Tapioca Flour (gluten free)
Buckwheat Flour	Potato Starch (gluten free)	Tapioca Starch (gluten free)
Chicory Root	ProGranola (Julian Bakery)	Teff
Coconut Flour (gluten free)	Quinoa (gluten free)	Tolerant Green Lentil & Pea Pasta
Coconut Meal (gluten free)	Quinoa, Black (gluten free)	Tolerant Red or Green Lentil Pasta
Corn (Gluten-free & Non-GMO)	Quinoa, Red (gluten free)	Tortilla, Siete Almond
Corn, Blue	Rice, Basmati (gluten free)	Tortilla, Siete Cassava & Coconut
Corn, White	Rice, Black (gluten free)	Tortilla, Siete Chia & Cassava
Corn Meal (gluten free)	Rice, Brown (gluten free)	Vegetable Oil
Corn Starch (gluten free)	Rice, Japonica (gluten free)	Beverages & Protein Powders
Ener-G Brown Rice Yeast-Free Bread	Rice, Purple (gluten free)	Almond Milk, unsweetened (no tapioca)
Fava Bean Flour	Rice, Red (gluten free)	Apple Cider
Flax Meal	Rice, White (gluten free)	Apple Juice
Garbanzo Flour	Rice, Wild (Lundberg® - not the blend)	Beer
Glucomannon Flour (konjacfoods.com)	Rice Bran	Bone Broth Protein, Beef
Hazelnut Flour	Rice Flour (gluten free)	Carrot Juice
Hemp Meal	Rice Protein Powder (gluten free)	Casein
Hemp Protein (Powder)	Simple Mills - Everything Sprouted Seed Cracker	Coconut Kefir (No Tapioca, Carageenan)
Hemp Seed	Simple Mills Ground Sea Salt Almond Crackers	<b>.</b>

Coconut Milk(Native Forest or Natural Value)	Rice Protein Powder (gluten free)	Miscellaneous
Coconut Water (low sugar)	Soy Milk/Soy Cheese (Organic)	Acacia Gum
Coffee	Soy Protein (Organic)	Agar Gum
Coffee, Instant (has gluten)	Sparkling Water, unflavored	Arabic Gum
Coffee Bean, Organic	Tea, Black	Baking Powder
Collagen Protein (Powder)	Tea, Chamomile	Baking Soda (Arm & Hammer®)
Echinacea Tea	Tea, Green	Beef broth (Imagine® low sodium/GF)
Grapefruit Juice	Tea, Hibiscus	Blue Food Dye
Great Lake's® Beef Gelatin	Tea, Komboucha	Bone Broth, Beef
Green Tea	Tea, Oolong	Carrageenan Gum
Hemp Protein (Powder)	Tea, Ramon	Chewing Gum (has gluten and corn)
Komboucha Tea	Tea, Roobios	Chewing Gum, Xylichew®
Lactoalbumin	Tea, Unflavored	Chicken Broth (Imagine® gf/low sodium)
Lemon Juice	Tea, White	Chicory Root
Licorice Tea	Vinegar, Red Wine	Cocoa/Cacao (raw, pure, & unsweetened)
Lime Juice	Water	Collagen Protein (Powder)
Milk, Buffalo	Whey	Formaldehyde
Milk, Cow	Wine, Red	GemWraps®, Sandwich Wrap (Carrot)
Milk, Goat	Wine, White (Champagne)	GemWraps®, Sandwich Wrap (Kale-Apple)
Milk, Sheep	Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Milk, Soy (Organic)	Zevia Drinks	GemWraps®, Sandwich Wrap (Tomato)
Mineral Water		Glucomannon Flour (konjacfoods.com)
Orange Juice		Great Lake's® Beef Gelatin
Pea Protein		Guar Gum

Hops	Tragacanth Gum
Hydrogenated Oils	Vegetable broth (Imagine® Low Sodium)
Inulin	Vegetable Oil
Julian Bakery Almond Bread	Vinegar, Red Wine
Julian Bakery Coconut Bread	Xanthan Gum
Julian Bakery Paleo Wraps	Yeast, Baker's
Konjac Glucomannon Flour	Yeast, Brewer's
Lard (pork)	Yeast, Nutritional
Latex	Snacks
Locust Bean Gum	Apple Sauce
Lycopene	Dates
Malt	Simple Mills Chocolate Chip Cookies
Maltodextrin (Barley-derived)	new category
Modified Food Starch	alpha
Modified Food Starch (Tapioca-based)	bravo
Palm Wax	charlie
Pycnogenol	new food
Red Food Dye	
Red Tomato Paste (gluten free)	
Resveratrol	
Rice Starch (if certified gluten free)	
Silver	
Skinny Crisps® (Plain Jane)	
Tofu (Organic)	