Sł	Shopping List Page 1 All ingredients must be organic						
Ha	arry Potter				11/06/2017		
	Fruits		Grape, Green		Mulberry		
	Acai		Grape, Purple		Nectarines		
	Apple (all types)		Grape, Red		Noni		
	Apricot		Grape, White		Orange		
	Banana		Grapefruit		Orange, Blood		
	Bilberry		Grapefruit Juice		Orange Juice		
	Blackberry		Guava		Orange Peel/Rind		
	Blueberry		Huckleberry		Papaya		
	Boysenberry		Jack fruit		Passion Fruit		
	Cantaloupe		Kiwi		Peach		
	Cherry		Kumquat		Pear		
	Clementine		Lemon		Pear, Asian		
	Cranberry		Lemon Juice		Persimmons		
	Cranberry Juice		Lemon Rind/Peel		Pineapple		
	Currant		Lime		Plantain		
	Dates		Lime Juice		Plum		
	Dragon Fruit (Pitaya)		Litchi (aka Lychee)		Pomegranate		
	Dried Fruit		Loganberry		Pomelo		
	Elderberry		Loquat		Prune		
	Fig		Mango		Quince		
	Goji Berry		Mangosteen		Raisin (unsulfured, organic)		

Melon, Honeydew

Monk Fruit (Pure)

Raspberry

Star Fruit

Strawberry

Maqui

Golden Berry

Gooseberry

Grape

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Shopping List Page 3		All ingredients must be organic
Harry Potter		11/06/2017
Truffle Oil	Lobster	Vegetables
Truffle Oil, Black	Mackerel	Agave Nectar
Vegetable Oil	Mahi Mahi	Alfalfa Grass
Vegetable Shortening	Mussel	
(Spectrum®)		Alfalfa Sprouts
Walnut Oil	Octopus	Aloe Vera
Walnuts	Orange Roughy	Artichoke (not pickled)
Walnuts, Black	Oyster	Artichoke, Jerusalem (not pickled)
Fish & Shellfish	Perch	Arugula
Anchovy	Red Snapper	Asparagus
Bass	Salmon, wild (fresh)	Avocado
Catfish	Sardines	Bamboo Shoot
Chilean Sea Bass	Scallop	Barley Grass (can have gluten)
Clam	Shrimp	Barley Greens (may contain gluten)
Cod/ Cod Liver Oil	Sole	Bean, Green
Corvina	Squid	Bean Sprout
Crab	Swai	Beet
Crab, Immitation	Swordfish	Beet Greens
Crayfish	Tilapia (Wild, Non-farmed)	Bell Pepper
Flounder	Trout	Bell Pepper, Green
Haddock	Tuna	Bell Pepper, Orange
Hake	Walleye Pike	Bell Pepper, Red
Halibut	Whitefish/Turbot	Bell Pepper, Yellow

Bok Choy

Broccoli

Halibut

Herring

Broccolini	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, White	Hearts of Palm Horseradish	Onion, Yellow Paprika
	Horseradish Hydrogenated Oils	
Carrot, Yellow	Horseradish	Paprika
Carrot, Yellow Carrot Juice Cassava (see Tapioca and	Horseradish Hydrogenated Oils	Paprika Parsley
Carrot, Yellow Carrot Juice Cassava (see Tapioca and Yucca)	Horseradish Hydrogenated Oils Jicama	Paprika Parsley Parsnip
Carrot, Yellow Carrot Juice Cassava (see Tapioca and Yucca) Cauliflower	Horseradish Hydrogenated Oils Jicama Kale, all types	Paprika Parsley Parsnip Pea, Black-Eyed
Carrot, Yellow Carrot Juice Cassava (see Tapioca and Yucca) Cauliflower Cauliflower, Purple	Horseradish Hydrogenated Oils Jicama Kale, all types Kelp/Dulse	Paprika Parsley Parsnip Pea, Black-Eyed Pea, Green
Carrot, Yellow Carrot Juice Cassava (see Tapioca and Yucca) Cauliflower Cauliflower, Purple Celery	Horseradish Hydrogenated Oils Jicama Kale, all types Kelp/Dulse Kohlrabi	Paprika Parsley Parsnip Pea, Black-Eyed Pea, Green Pea, Snap
Carrot, Yellow Carrot Juice Cassava (see Tapioca and Yucca) Cauliflower Cauliflower, Purple Celery Chard	Horseradish Hydrogenated Oils Jicama Kale, all types Kelp/Dulse Kohlrabi Kombu	Paprika Parsley Parsnip Pea, Black-Eyed Pea, Green Pea, Snap Pea, Snow

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	
Radish	Tomatillo	
Rainbow Chard	Tomato	

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
	Venison (see also Deer) Non-Dairy & Eggs	
chicken breast Applegate® organic smoked		BodyPro Avocado Oil Mayonnaise
chicken breast Applegate® organic smoked turkey breast Applegate® organic spinach &	Non-Dairy & Eggs Almond Milk, unsweetened (no	BodyPro Avocado Oil Mayonnaise Carob
chicken breast Applegate® organic smoked turkey breast Applegate® organic spinach & feta sausage	Non-Dairy & Eggs Almond Milk, unsweetened (no tapioca) Almond Yogurt, unsweetened BodyPro Avocado Oil	BodyPro Avocado Oil Mayonnaise Carob Cocoa Butter
chicken breast Applegate® organic smoked turkey breast Applegate® organic spinach & feta sausage Applegate® organic turkey Applegate® organic turkey	Non-Dairy & Eggs Almond Milk, unsweetened (no tapioca) Almond Yogurt, unsweetened BodyPro Avocado Oil Mayonnaise Cheese, Daiya	BodyPro Avocado Oil Mayonnaise Carob Cocoa Butter Coconut Aminos® Coconut Cream Coconut Vinegar (Coconut
chicken breast Applegate® organic smoked turkey breast Applegate® organic spinach & feta sausage Applegate® organic turkey Applegate® organic turkey bacon	Non-Dairy & Eggs Almond Milk, unsweetened (no tapioca) Almond Yogurt, unsweetened BodyPro Avocado Oil Mayonnaise	BodyPro Avocado Oil Mayonnaise Carob Cocoa Butter Coconut Aminos® Coconut Cream
chicken breast Applegate® organic smoked turkey breast Applegate® organic spinach & feta sausage Applegate® organic turkey Applegate® organic turkey Beef, Grass-fed only (organic)	Non-Dairy & Eggs Almond Milk, unsweetened (no tapioca) Almond Yogurt, unsweetened BodyPro Avocado Oil Mayonnaise Cheese, Daiya (Coconut,Tapioca,yeast,) Cheese, Soy (Organic) (see Soy) Coconut Kefir (No Tapioca,	BodyPro Avocado Oil Mayonnaise Carob Cocoa Butter Coconut Aminos® Coconut Cream Coconut Vinegar (Coconut Secret) Cream, Raw and Unpasteurized Dressing, Primal Kitchen Greek
Applegate® organic smoked turkey breast Applegate® organic spinach & feta sausage Applegate® organic turkey Applegate® organic turkey Beef, Grass-fed only (organic) Bison (see also Buffalo)	Non-Dairy & Eggs Almond Milk, unsweetened (no tapioca) Almond Yogurt, unsweetened BodyPro Avocado Oil Mayonnaise Cheese, Daiya (Coconut,Tapioca,yeast,) Cheese, Soy (Organic) (see Soy) Coconut Kefir (No Tapioca, Carageenan) Coconut Milk(Native Forest or	BodyPro Avocado Oil Mayonnaise Carob Cocoa Butter Coconut Aminos® Coconut Cream Coconut Vinegar (Coconut Secret) Cream, Raw and Unpasteurized Dressing, Primal Kitchen Greek Avocado Oil Dressing, Primal Kitchen Honey
Applegate® organic smoked turkey breast Applegate® organic spinach & feta sausage Applegate® organic turkey Applegate® organic turkey Beef, Grass-fed only (organic) Bison (see also Buffalo) Buffalo (see also Bison)	Non-Dairy & Eggs Almond Milk, unsweetened (no tapioca) Almond Yogurt, unsweetened BodyPro Avocado Oil Mayonnaise Cheese, Daiya (Coconut, Tapioca, yeast,) Cheese, Soy (Organic) (see Soy) Coconut Kefir (No Tapioca, Carageenan) Coconut Milk(Native Forest or Natural Value) Egg, Pasture-raised (from a	BodyPro Avocado Oil Mayonnaise Carob Cocoa Butter Coconut Aminos® Coconut Cream Coconut Vinegar (Coconut Secret) Cream, Raw and Unpasteurized Dressing, Primal Kitchen Greek Avocado Oil Dressing, Primal Kitchen Honey Mustard Earth Balance® Avocado Oil
Applegate® organic smoked turkey breast Applegate® organic spinach & feta sausage Applegate® organic turkey Applegate® organic turkey Beef, Grass-fed only (organic) Bison (see also Buffalo) Buffalo (see also Bison) Chicken, free range (organic) Chicken Broth (Imagine® gf/low	Non-Dairy & Eggs Almond Milk, unsweetened (no tapioca) Almond Yogurt, unsweetened BodyPro Avocado Oil Mayonnaise Cheese, Daiya (Coconut, Tapioca, yeast,) Cheese, Soy (Organic) (see Soy) Coconut Kefir (No Tapioca, Carageenan) Coconut Milk(Native Forest or Natural Value)	BodyPro Avocado Oil Mayonnaise Carob Cocoa Butter Coconut Aminos® Coconut Cream Coconut Vinegar (Coconut Secret) Cream, Raw and Unpasteurized Dressing, Primal Kitchen Greek Avocado Oil Dressing, Primal Kitchen Honey Mustard

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

Shopping List Pag	ge 8		All	ingredients must be organic 11/06/2017
Splenda		Caraway Seed		Garlic Pepper
Sucanat		Cardamom		Garlic Powder
Sucralose		Celery Powder		Garlic Salt
Sugar Beet		Chicory Root		Ginger
Sugar Cane		Chili Powder		Ginkgo Biloba
Sweetleaf® Stevia	a	Chipotle Seasoning		Ginseng (All Types)
Swerve® Sweeter	ner	Cilantro/Coriander		Goldenseal
Tapioca Dextrose		Cinnamon		Grapefruit Seed Extract
Xyla (Birchwood X	(ylitol)	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 (natura	al, gluten	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

Garam Masala

Maca Root

Mace Spice

ш	Marjoram	l L	(gluten free)	; '-'I	vvnite vviilow Bark Extract
	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
		_ ,			
Ш	Paprika (smoked)		Tamari (Wheat Free)		Cheese, Cream
	Paprika (smoked) Parsley		Tamari (Wheat Free) Tarragon		Cheese, Cream Cheese, Feta
	Parsley Pepper, Black (see		Tarragon		Cheese, Feta
	Parsley Pepper, Black (see Garlic/Lemon Pepper)		Tarragon Thyme		Cheese, Feta Cheese, Goat
	Parsley Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne		Tarragon Thyme Tomatillo		Cheese, Feta Cheese, Goat Cheese, Gorgonzola
	Parsley Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red		Tarragon Thyme Tomatillo Turmeric		Cheese, Feta Cheese, Goat Cheese, Gorgonzola Cheese, Gouda
	Parsley Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan		Tarragon Thyme Tomatillo Turmeric Uva Ursi		Cheese, Feta Cheese, Goat Cheese, Gorgonzola Cheese, Gouda Cheese, Havarti
	Parsley Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan		Tarragon Thyme Tomatillo Turmeric Uva Ursi Valerian		Cheese, Feta Cheese, Goat Cheese, Gorgonzola Cheese, Gouda Cheese, Havarti Cheese, Machego

Cheese, Muenster		Sour Cream, Raw and Unpasteurized		Edamame (must be organic)
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	·	
Milk Chocolate		Bean) Coffee Bean, Organic		
Mozzarella Cheese	_ _		!	

	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
Ш	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)	Teechino
	Fructose		Couscous	Teriyaki Sauce
	GemWraps®, Sandwich Wrap (Carrot)		Crab, Immitation	Triticale
	Hydrogenated Oils		Durum Wheat	Vinegar
	Maltitol		Farro	Vinegar, Malt
	Maltodextrin (Corn-based, non-GMO)		Gluten	Vinegar, White
	Modified Food Starch		Graham (wheat)	Wheat (All Types)
	Sriracha Sauce Organicville gluten-free		Kamut	Wheat Grass (Is Gluten-contaminated)
	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	- 2.0300.00.7

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

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Guar Gum	Tofu (Organic)
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
Malt Maltodextrin (Barley-derived)	Simple Mills Chocolate Chip Cookies
Maltodextrin (Barley-derived)	
Maltodextrin (Barley-derived) Modified Food Starch Modified Food Starch	
Maltodextrin (Barley-derived) Modified Food Starch Modified Food Starch (Tapioca-based)	
Maltodextrin (Barley-derived) Modified Food Starch Modified Food Starch (Tapioca-based) Palm Wax	
Maltodextrin (Barley-derived) Modified Food Starch Modified Food Starch (Tapioca-based) Palm Wax Pycnogenol	
Maltodextrin (Barley-derived) Modified Food Starch Modified Food Starch (Tapioca-based) Palm Wax Pycnogenol Red Food Dye	
Maltodextrin (Barley-derived) Modified Food Starch Modified Food Starch (Tapioca-based) Palm Wax Pycnogenol Red Food Dye Red Tomato Paste (gluten free)	
Maltodextrin (Barley-derived) Modified Food Starch Modified Food Starch (Tapioca-based) Palm Wax Pycnogenol Red Food Dye Red Tomato Paste (gluten free) Resveratrol	