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	Garlic
Bamboo Shoot	Carrot, Orange	Ginger
Bean, Green	Carrot, Purple	Hearts of Palm
Bean Sprout	Carrot, White	Horseradish
Beet	Carrot, Yellow	Jicama
Beet Greens	Carrot Juice	Kale, all types
Bell Pepper	Cassava (see Tapioca and Yucca)	Kelp/Dulse
Bell Pepper, Green	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 unsweetened)	Mushrooms, Cremeni/Crimini
Broccolini	Coconut Concentrate	Mushrooms, Maitake
Broccoli Rabe	Collard Greens	Mushrooms, Shiitake

Shopping List Page 2			All ingredients must be organic		
har	ry potter				11/16/2017
	Mustard Greens		Pepper, Jalapeño		Sauerkraut (Bubbies® Brand only)
	Nori		Pepper, Poblano		Scallions
	Oat Grass (Not For Gluten Sensitive)		Pepper, Red		Sea Vegetables
	Okra		Pepper, Serrano		Seaweed
	Olives (without vinegar)		Pepper, Tabasco		Shallots
	Onion, Green		Pickles, Bubbies® brand only		Spinach
	Onion, Maui		Pimento		Spirulina
	Onion, Red		Potato, Fingerling		Squash
	Onion, Sweet		Potato, Purple		Squash, Acorn
	Onion, Yellow		Potato, Red		Squash, Butternut
	Paprika		Potato, Russet		Squash, Green
	Parsley		Potato, Sweet		Squash, Spaghetti
	Parsnip		Potato, White		Squash, Summer
	Pea, Black-Eyed		Potato, Yukon Gold		Squash, Winter
	Pea, Green		Prickly Pear		Squash, Yellow
	Pea, Snap		Psyllium Husk		Sugar Beet
	Pea, Snow		Pumpkin		Swede
	Pea, Split		Pumpkin Powder		Sweet Potato, Red
	Pea Protein		Radicchio		Sweet Potatoes, White
	Pepper, Anaheim		Radish		Swiss Chard
	Pepper, Cayenne		Rainbow Chard		Tabasco Sauce
	Pepper, Chili		Red Pepper Flake		Taro
	Pepper, Green		Rhubarb		Tomatillo

Tomato

Rutabaga

Pepper, Habanero

Tomato, Cherry	Fruits		Golden Berry
Tomato, Heirloom	Acai		Gooseberries
Tomato, Orange	Apple (all types)		Grape
Tomato, Red	Apricot		Grape, Green
Tomato, Roma	Banana		Grape, Purple
Tomato, Sun-dried	Bilberry		Grape, Red
Tomato, Yellow	Blackberry		Grape, White
Tomatoes, Big Beef	Blueberry		Grapefruit
Tomato Paste (gluten & Vinegar-free)	Boysenberry		Grapefruit Juice
Tomato Sauce (gluten & Vinegar-free)	Cantaloupe		Ground Cherries
Truffle	Cape Gooseberries		Guava
Turnip Greens	Carambola		Huckleberry
		_	
Turnips	Cherry		Jack fruit
Turnips Wasabi Root	Cherry Clementine		
			Jack fruit
Wasabi Root	Clementine		Jack fruit Kiwi
Wasabi Root Water Chestnut	Clementine		Jack fruit Kiwi Kumquat
Wasabi Root Water Chestnut Watercress Wheat Grass (Is	Cranberry Cranberry Juice		Jack fruit Kiwi Kumquat Lemon
Wasabi Root Water Chestnut Watercress Wheat Grass (Is Gluten-contaminated)	Clementine Cranberry Cranberry Juice Currant		Jack fruit Kiwi Kumquat Lemon Lemon Juice
Wasabi Root Water Chestnut Watercress Wheat Grass (Is Gluten-contaminated) Yams, Garnett	Cranberry Cranberry Juice Currant Dates		Jack fruit Kiwi Kumquat Lemon Lemon Juice Lemon Rind/Peel
Wasabi Root Water Chestnut Watercress Wheat Grass (Is Gluten-contaminated) Yams, Garnett Yams, Japanese	Clementine Cranberry Cranberry Juice Currant Dates Dragon Fruit (Pitaya)		Jack fruit Kiwi Kumquat Lemon Lemon Juice Lemon Rind/Peel Lime
Wasabi Root Water Chestnut Watercress Wheat Grass (Is Gluten-contaminated) Yams, Garnett Yams, Japanese Yucca	Cranberry Cranberry Juice Currant Dates Dragon Fruit (Pitaya) Dried Fruit		Jack fruit Kiwi Kumquat Lemon Lemon Juice Lemon Rind/Peel Lime Lime
Wasabi Root Water Chestnut Watercress Wheat Grass (Is Gluten-contaminated) Yams, Garnett Yams, Japanese Yucca	Cranberry Cranberry Juice Currant Dates Dragon Fruit (Pitaya) Dried Fruit Durian Fruit		Jack fruit Kiwi Kumquat Lemon Lemon Juice Lemon Rind/Peel Lime Lime Lime Juice Loganberry

Shopping List Page 4			All ingredients must be organi		
ha	rry potter				11/16/2017
	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		Edamame (must be organic)
	Orange Peel/Rind		Wolfberry		Fava Bean
	Oranges, Mandarin		Youngberry		Fava Bean Flour
	Papaya		Legumes, Pods, & Pulses		Garbanzo Bean
	Passion Fruit		Bean, Azuki		Garbanzo Flour
	Peach		Bean, Black		Kidney Bean
	Pear		Bean, Butter		Lentil(s)
	Pear, Asian		Bean, Cannellini		Pea, Snap
	Persimmons		Bean, Chana Dahl		Pea, Snow
	Pineapple		Bean, Chili		Pea, Split
	Plantain		Bean, Green		Peanut (Organic, Valencia)
	Plum		Bean, Haricot		Peanut Butter (Organic, Maranatha®)
	Pomegranate		Bean, Italian		Red Bean Paste
	Pomelo				Soybean oil(must be organic)

Sno	Snopping List Page 5 All II				igredients must be organic
har	ry potter				11/16/2017
	Soy Beans (must be organic)		Coconut Butter		Pecans
	Vanilla Bean		Coconut Oil		Pepitas
	Nuts, Seeds, Drupes & Oils		Cottonseed/Cottonseed Oil		Pili Nuts
	Almond		Duck Fat		Pine Nut
	Almond, Marcona		Fenugreek Seed		Pistachios
	Almond Butter (Artisana®)		Flax Meal		Poppy seeds
	Almond Flavor (natural, gluten free)		Flax Oil		Psyllium Husk
	Almond Flour (gluten free)		Flax Seed		Pumpkin Oil
	Almond Meal (gluten free)		Grapeseed Oil, Organic		Pumpkin Seed Oil
	Almond Oil		HazeInut/Filbert		Pumpkin Seeds
	Annatto Seed		Hazelnut Flour		Ramon Seeds
	Avocado Oil		Hemp Meal		Rice, Wild (Lundberg® - not the blend)
	Borage Seed Oil		Hemp Protein (Powder)		Rice Bran Oil
	Brazil Nut		Hemp Seed		Sacha Inchi Seeds
	Canola/Rapeseed Oil		Krill Oil		Safflower/Safflower Seed Oil
	Canola Oil, Non-GMO		Lard/Tallow (pork)		Sesame Seed Oil
	Caraway Seed		Macadamia Nut Oil		Sesame Seeds
	Cashew Butter		Macadamia Nuts		Sesame Seeds, Black
	Cashew Meal		MCT Oil		Sunflower Seed Butter
	Cashews		Olive Leaf Extract		Sunflower Seed Flour
	Chestnut		Olive Oil, Virgin		Sunflower Seed Lecithin
	Chia Seed (1/4 cup, max)		Palm Kernel Oil		Sunflower Seed Oil
	Coconut, shredded (raw, unsweetened)		Peanut Oil (Organic)		Sunflower Seeds
			Pecan Flour		Tahini

Maca Root

Fennel Seed

Sn	Snopping List Page 7			All Ir	All ingredients must be organic	
ha	rry potter				11/16/2017	
	Mace Spice		Peppermint		Uva Ursi	
	Marjoram		Pine Bark Extract		Valerian	
	Mesquite		Red Clover		Vanilla (gluten and corn-free)	
	Milk Thistle		Red Pepper Flake		Vanilla Bean	
	Mint		Rose Hips		Vanilla Powder	
	Mustard (as a Powder)		Rosemary		White Willow Bark Extract	
	Mustard Seeds (gluten free)		Saffron		Wintergreen	
	Nutmeg		Sage		Wormwood	
	Olive Leaf Extract		Sassafras		Fish & Shellfish	
	Onion		Savory		Anchovy	
	Onion Powder		Saw Plametto		Bass	
\Box	Orange Peel/Rind		Sesame Seeds		Catfish	
\supset	Orange Salt		Sesame Seeds, Black		Chilean Sea Bass	
	Oregano		Shallots		Clam	
	Paprika		Spearmint		Cod/ Cod Liver Oil	
	Paprika (smoked)		St. John's Wort		Corvina	
	Parsley		Sumac		Crab	
	Pau D'arco		Tabasco Sauce		Crab, Immitation	
	Pepper, Black (see Garlic/Lemon Pepper)		Taco Seasoning		Crayfish	
	Pepper, Cayenne		Tamari (Wheat Free)		Flounder	
\supset	Pepper, Red		Tarragon		Haddock	
	Pepper, Sichuan		Thyme		Hake	
	Pepper, Szechuan		Tomatillo		Halibut	
	Pepper/Peppercorns		Turmeric			

Herring	Whitefish/Turbot	Goat, Grass-fed only (organic)
Krill	Meat & Poultry	Great Lake's® Beef Gelatin
Lobster	Applegate® organic andouille	Lamb
Lox	sausage Applegate® organic black forest	Ostrich
Mackerel	ham Applegate® organic chicken	Pheasant
Mahi Mahi	Applegate® organic chicken/apple	Pork, (organic)
Mussel	sausage Applegate® organic ham	Quail
Octopus	Applegate® organic herb roasted turkey	Rabbit
Orange Roughy	Applegate® organic hot dogs	Turkey (organic)
Oyster	Applegate® organic red pepper sausage	Veal (organic)
Perch	Applegate® organic roast beef	Venison (see also Deer)
Red Snapper	Applegate® organic sausage sweet	Milk-Containing Foods
Salmon, wild (fresh)	Applegate® organic smoked chicken breast	No foods in this Category
Sardines	Applegate® organic smoked turkey breast	Non-Dairy & Eggs
Scallop	Applegate® organic turkey	Almond Milk, unsweetened (no
Shrimp	Beef, Grass-fed only (organic)	tapioca) Almond Yogurt, unsweetened
Sole	Bison (see also Buffalo)	BodyPro Avocado Oil
Squid	Buffalo (see also Bison)	Mayonnaise Coconut Kefir (No Tapioca,
Swai	Chicken, free range (organic)	Carageenan) Coconut Milk (Native Forest or
Swordfish	Chicken Broth (Imagine® gf/low sodium)	Natural Value) Egg, Pasture-raised (from a farmer)
Tilapia (Wild, Non-farmed)	Collagen Protein (Powder)	Egg, Vital Farms® or Pasture
Trout	Deer (see also Venison)	Verde® Egg Whites, Pasture-raised
Tuna	Duck	Egg Yolks, Pasture-raised
Walleye Pike		_gg, . dotdio idiood

Ш	wiiik, coy (ergariio)	Guilait Bakery Goodilat Broad	ш	Almond Crackers
	Paleo Cheese (Julianbakery.com or	Konjac Glucomannon Flour		Simple Mills Rosemary & Sea Salt Crackers
	Gluten-Free Grains	Mikey's Original English Muffin		Simple Mills Tomato & Basil Almond Crackers
	Almond Flour (gluten free)	Mikey's Pizza crust		Sorghum
	Amaranth	Millet		Sunflower Seed Flour
	Arrowroot Flour/powder	Oats (Bob's Red Mill Gluten Free Version)		Sweet Potato Flour (gluten free)
	Avenin (Gluten-free)	Oats (Certified GF)		Tapioca
	Basmati Rice (gluten free)	Potato Flour (gluten free)		Tapioca Flour (gluten free)
	Brown Rice Flour	Potato Starch (gluten free)		Tapioca Starch (gluten free)
	Buckwheat	ProGranola (Julian Bakery)		Teff
	Buckwheat Flour	Quinoa (gluten free)		Teff Flour
	Coconut Flour (gluten free)	Quinoa, Black (gluten free)		Tolerant Green Lentil & Pea Pasta
	Coconut Meal (gluten free)	Quinoa, Red (gluten free)		Tolerant Red or Green Lentil Pasta
	Ener-G Brown Rice Yeast-Free Bread	Rice, Basmati (gluten free)		Tortilla, Siete Chia & Cassava
	Fava Bean Flour	Rice, Black (gluten free)		Gluten-Containing Foods
	Flax Meal	Rice, Brown (gluten free)		Allulose
	Garbanzo Flour	Rice, Japonica (gluten free)		Avenin
	Glucomannon Flour (konjacfoods.com)	Rice, Purple (gluten free)		Bran
	Hazelnut Flour	Rice, Red (gluten free)		Caramel Coloring
	Hemp Meal	Rice, White (gluten free)		Couscous
	Hemp Protein (Powder)	Rice, Wild (Lundberg® - not the blend)		Crab, Immitation
	Hemp Seed	Rice Bran		Durum Wheat
	Julian Bakery Almond Bread	Rice Flour (gluten free)		Egyptian Wheat
		Rice Protein Powder (gluten free)	—	

Farro	Corn-Derived Foods		Mayonnaise, Primal Kitchen Avocado Oil
Gliadin	No foods in this Category		Mayonnaise, Primal Kitchen Chipotle Avocado Oil
Gluten	Condiments, Spreads & Sauces		Mustard, Brown (Eden® gf mustard)
Graham (wheat)	Apple Cider Vinegar (Bragg's®)		Olives (without vinegar)
Kamut	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)		Red Bean Paste
Liquid Smoke (can have gluten)	BodyPro Avocado Oil Mayonnaise		Red Tomato Paste (gluten free)
Oats	Carob		Sauerkraut (Bubbies® Brand only)
Oats, GF (not Certified) can have gluten	Cocoa Butter		Tabasco Sauce
Orzo	Coconut Aminos®		Tamari (Wheat Free)
Panko	Coconut Cream		Tomato Paste (gluten & Vinegar-free)
Polish Wheat	Coconut Vinegar (Coconut Secret)		Tomato Sauce (gluten & Vinegar-free)
Rye	Distilled White Vinegar		Vegetable Shortening (Spectrum®)
Semolina	Dressing, Primal Kitchen Honey Mustard		Vinegar, Beet
Spelt	Earth Balance® Avocado Oil Butter Spread	ſ.	Vinegar, Distilled
Triticale	Earth Balance® Coconut Spread		Sweeteners
Vodka, Rye or Grain	Harissa	Ī	Agave Nectar
Wheat (All Types)	Horseradish Mustard, Gluten-free (Annie's®)		Aspartame
Wheat Germ	Hummus	Γ	Brown Sugar
Wheat Grass (Is Gluten-contaminated)	Ketchup (Organicville)	Ī	Cane Syrup
	Kosher Salt	Ī	Coconut Palm Sugar
	Liquid Aminos (Braggs®)(has Soy)	Ī	Coconut Sugar
	Liquid Smoke (can have gluten)		Date Sugar
	Liquid Smoke gluten free (natural)		Fruit Pectin

Honey, (Organic)		Yacon Syrup	Soy Milk/Soy Cheese (Organic)
Honey, Manuka		Beverages & Protein Powders	Soy Protein (Organic)
Honey, Wildflower from Mahava®		Almond Milk, unsweetened (no tapioca)	Sparkling Water, unflavored
Jerusalem Artichoke Syrup		Bone Broth Protein, Beef	Tea, Chicory Root
Just Like Sugar®		Carrot Juice	Tea, Hibiscus
Lo Han		Cocoa	Tea, Ramon
Maltodextrin (Tapioca-based)		Coconut Kefir (No Tapioca, Carageenan)	Tea, Roobios
Maple Sugar		Coconut Milk (Native Forest or Natural Value)	Vodka, Potato
Maple Syrup (Grade A Dark Amber Organic)		Coconut Water (low sugar)	Vodka, Rye or Grain
Molasses		Collagen Protein (Powder)	Water
Monk Fruit (Pure)		Echinacea Tea	Zevia Drinks
Monk Fruit Extract		Grapefruit Juice	Miscellaneous
Nutrasweet®		Great Lake's® Beef Gelatin	Antimony
Rebiana Leaf (Stevia)		Hemp Protein (Powder)	Baking Powder
Sorbitol		Lemon Juice	Baking Soda (Arm & Hammer®)
Splenda		Licorice Tea	Bone Broth, Beef
Sucanat		Lime Juice	Cacao (Raw, Pure, &
Sucralose		Milk, Rice	Unsweetened) Chicken Broth (Imagine® gf/low
Sugar Beet	_; 	Milk, Soy (Organic)	sodium) Cocoa
Sugar Cane		Mineral Water	Collagen Protein (Powder)
Sweetleaf® Stevia	 [Orange Juice	GemWraps®, Sandwich Wrap
Tapioca Dextrose		Pea Protein	(Kale-Apple) GemWraps®, Sandwich Wrap
Tapioca Syrup		Rice Protein Powder (gluten free)	(Mango/Chipotle) Great Lake's® Beef Gelatin
Xyla (Birchwood Xylitol)		(3.55-5)	

harry potter 11/16/2017

Hops	Blue Food Dye
Julian Bakery Paleo Wraps	Carrageenan Gum
Latex	Chicory Root
Lycopene	Formaldehyde
Modified Food Starch (Tapioca-based)	Guar Gum
Pycnogenol	Inulin
Red Tomato Paste (gluten free)	Lactic Acid (beet-derived)
Resveratrol	Locust Bean Gum
Rice Starch (if certified gluten free)	MSG/MonosodiumGlutatmate
Silver	Palm Wax
Tobacco	Pea Protein Isolate
Tofu (Organic)	Pea Starch
Vegetable broth (Imagine® Low Sodium)	Potato Protein
Snacks	Red Food Dye
Chewing Gum, Xylichew®	Sodium Alginate
Dates	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	