| Vegetables  |   | Cabbage, Chinese (see also<br>Bok Choy)   | Fennel   |
|---|---|---|--|
| Aloe Vera   |   | Cabbage, Green  | Garlic   |
| Artichoke (not pickled)   |   | Cabbage, Purple   | Ginger   |
| Artichoke, Jerusalem (not pickled)  |   | Cactus (Nopales)  | Hearts of Palm   |
| Arugula   |   | Capers  | Horseradish  |
| Asparagus   |   | Capsicum  | Jicama   |
| Avocado   |   | Carrot, Orange  | Kale, all types  |
| Bamboo Shoot  |   | Carrot, Purple  | Kohlrabi   |
| Bean Sprout   |   | Carrot, White   | Leeks  |
| Beet  |   | Carrot, Yellow  | Lettuce, all types   |
| Beet Greens   |   | Carrot Juice  | Mushrooms  |
| Bell Pepper   |   | Cauliflower   | Mushrooms, Button  |
|   | _ |   |  |
| Bell Pepper, Green  |   | Cauliflower, Purple   | Mushrooms, Cremeni/Crimini   |
| Bell Pepper, Green Bell Pepper, Orange  |   | Cauliflower, Purple  Celery   | Mushrooms, Cremeni/Crimini  Mushrooms, Maitake   |
|   |   |   |  |
| Bell Pepper, Orange   |   | Celery  | Mushrooms, Maitake   |
| Bell Pepper, Orange<br>Bell Pepper, Red   |   | Celery<br>Chard   | Mushrooms, Maitake  Mushrooms, Shiitake  |
| Bell Pepper, Orange  Bell Pepper, Red  Bell Pepper, Yellow  |   | Celery Chard Chives Coconut (raw and  | Mushrooms, Maitake  Mushrooms, Shiitake  Mustard Greens  |
| Bell Pepper, Orange  Bell Pepper, Red  Bell Pepper, Yellow  Bitter Melon  |   | Celery Chard Chives Coconut (raw and unsweetened)   | Mushrooms, Maitake  Mushrooms, Shiitake  Mustard Greens  Olives (without vinegar)  |
| Bell Pepper, Orange  Bell Pepper, Red  Bell Pepper, Yellow  Bitter Melon  Bok Choy                                      |   | Celery Chard Chives Coconut (raw and unsweetened) Coconut Concentrate   | Mushrooms, Maitake  Mushrooms, Shiitake  Mustard Greens  Olives (without vinegar)  Onion, Green  |
| Bell Pepper, Orange  Bell Pepper, Red  Bell Pepper, Yellow  Bitter Melon  Bok Choy  Broccoli                            |   | Celery Chard Chives Coconut (raw and unsweetened) Coconut Concentrate Collard Greens                              | Mushrooms, Maitake  Mushrooms, Shiitake  Mustard Greens  Olives (without vinegar)  Onion, Green  Onion, Maui                           |
| Bell Pepper, Orange  Bell Pepper, Red  Bell Pepper, Yellow  Bitter Melon  Bok Choy  Broccoli  Broccolini                |   | Celery Chard Chives Coconut (raw and unsweetened) Coconut Concentrate Collard Greens Comfrey                      | Mushrooms, Maitake  Mushrooms, Shiitake  Mustard Greens  Olives (without vinegar)  Onion, Green  Onion, Maui  Onion, Red               |
| Bell Pepper, Orange  Bell Pepper, Red  Bell Pepper, Yellow  Bitter Melon  Bok Choy  Broccoli  Broccolini  Broccoli Rabe |   | Celery  Chard  Chives  Coconut (raw and unsweetened)  Coconut Concentrate  Collard Greens  Comfrey  Daikon Radish | Mushrooms, Maitake  Mushrooms, Shiitake  Mustard Greens  Olives (without vinegar)  Onion, Green  Onion, Maui  Onion, Red  Onion, Sweet |

| Sh     | Shopping List Page 2 All ingredients must be organ |    |                   |  |                       |
|--------|--|----|-------------------|--|-----------------------|
| Na     | anny Mai   |    |                   |  | 11/14/2017            |
|        | Pepper, Anaheim                                    |    | Truffle           |  | Dates                 |
|        | Pepper, Cayenne                                    |    | Turnip Greens     |  | Dragon Fruit (Pitaya) |
|        | Pepper, Chili                                      |    | Turnips           |  | Dried Fruit           |
|        | Pepper, Green                                      |    | Wasabi Root       |  | Durian Fruit          |
|        | Pepper, Habanero                                   |    | Water Chestnut    |  | Elderberry            |
|        | Pepper, Jalapeño                                   |    | Watercress        |  | Fig                   |
|        | Pepper, Poblano                                    |    | Yams, Garnett     |  | Golden Berry          |
|        | Pepper, Red  |    | Yams, Japanese    |  | Grape                 |
|        | Pepper, Serrano                                    |    | Fruits            |  | Grape, Green          |
|        | Pepper, Tabasco                                    |    | Acai              |  | Grape, Purple         |
|        | Prickly Pear                                       |    | Apple (all types) |  | Grape, Red            |
|        | Radicchio  |    | Apricot           |  | Grape, White          |
|        | Radish   |    | Banana            |  | Grapefruit            |
|        | Rainbow Chard                                      |    | Bilberry          |  | Grapefruit Juice      |
|        | Red Pepper Flake                                   |    | Blackberry        |  | Guava                 |
|        | Rutabaga   |    | Blueberry         |  | Huckleberry           |
|        | Sauerkraut (Bubbies® Brand only)                   |    | Boysenberry       |  | Jack fruit            |
|        | Scallions  |    | Carambola         |  | Kiwi                  |
|        | Shallots   |    | Cherry            |  | Kumquat               |
|        | Spinach  |    | Clementine        |  | Lemon                 |
|        | Sugar Beet   |    | Cranberry         |  | Lemon Juice           |
|        | Swede  |    | Cranberry Juice   |  | Lemon Rind/Peel       |
|        | Swiss Chard  |    | Currant           |  | Lime                  |
| $\Box$ | Tabasco Sauce                                      | ١, |                   |  | Lime Juice            |

| Shopping List Page 3 All ingredients must be org |                   |  |                                  |  | ngredients must be organic           |
|--|-------------------|--|----------------------------------|--|--------------------------------------|
| Na   | nny Mai           |  |                                  |  | 11/14/2017                           |
|  | Loganberry        |  | Plum                             |  | Annatto Seed                         |
|  | Longan Fruit      |  | Pomegranate                      |  | Avocado Oil                          |
|  | Loquat            |  | Pomelo                           |  | Brazil Nut                           |
|  | Lychee            |  | Prune                            |  | Canola Oil, Non-GMO                  |
|  | Mango             |  | Quince                           |  | Caraway Seed                         |
|  | Mangosteen        |  | Raisin (unsulfured, organic)     |  | Cashew Butter                        |
|  | Maqui             |  | Rambutan                         |  | Cashew Meal                          |
|  | Monk Fruit (Pure) |  | Raspberry                        |  | Cashews                              |
|  | Mulberry          |  | Star Fruit                       |  | Chestnut                             |
|  | Nectarines        |  | Tangelo                          |  | Chia Seed (1/4 cup, max)             |
|  | Noni              |  | Tangerine                        |  | Coconut, shredded (raw, unsweetened) |
|  | Orange            |  | Watermelon                       |  | Coconut Butter                       |
|  | Orange, Blood     |  | Youngberry                       |  | Coconut Oil                          |
|  | Orange Juice      |  | Legumes, Pods, & Pulses          |  | Cottonseed/Cottonseed Oil            |
|  | Orange Peel/Rind  |  | Vanilla Bean                     |  | Duck Fat                             |
|  | Oranges, Mandarin |  | Nuts, Seeds, Drupes & Oils       |  | Flax Meal                            |
|  | Papaya            |  | Almond                           |  | Flax Oil                             |
|  | Passion Fruit     |  | Almond, Marcona                  |  | Flax Seed                            |
|  | Peach             |  | Almond Butter (Artisana®)        |  | Grapeseed Oil, Organic               |
|  | Pear              |  | Almond Flavor (natural, gluten   |  | Hazelnut/Filbert                     |
|  | Pear, Asian       |  | free) Almond Flour (gluten free) |  | Hazelnut Flour                       |
|  | Persimmons        |  | Almond Meal (gluten free)        |  | Hemp Meal                            |
|  | Pineapple         |  | Almond Oil                       |  | Hemp Protein (Powder)                |
|  | Plantain          |  |                                  |  | Hemp Seed                            |

| Lard/Tallow (pork)                     | Herbs & Spices                       | Comfrey                 |
|--|--------------------------------------|-------------------------|
| Macadamia Nut Oil                      | Allspice                             | Cramp Bark Extract      |
| Macadamia Nuts                         | Almond Flavor (natural, gluten free) | Cream of Tartar         |
| MCT Oil                                | Anise                                | Cumin                   |
| Olive Leaf Extract                     | Astragalus                           | Curcumin                |
| Olive Oil, Virgin                      | Basil                                | Curry (must be GF)      |
| Palm Kernel Oil                        | Bay Leaf                             | Dandelion Root          |
| Pine Nut                               | Bell Pepper, Red                     | Dill                    |
| Pistachios                             | Black Cohosh                         | Dong Quai               |
| Poppy seeds                            | Capsicum                             | Echinacea               |
| Rice, Wild (Lundberg® - not the blend) | Caraway Seed                         | Fennel                  |
| Sunflower Seed Butter                  | Cardamom                             | Fennel Seed             |
| Sunflower Seed Flour                   | Catnip                               | Garlic                  |
| Sunflower Seed Lecithin                | Celery Powder                        | Garlic Pepper           |
| Sunflower Seed Oil                     | Celery Seed                          | Garlic Powder           |
| Sunflower Seeds                        | Chaparral                            | Garlic Salt             |
| Tahini                                 | Chervil                              | Ginger Powder           |
| Truffle Oil                            | Chili Powder                         | Ginkgo Biloba           |
| Truffle Oil, Black                     | Cilantro/Coriander                   | Ginseng (All Types)     |
| Vegetable Shortening (Spectrum®)       | Cinnamon                             | Goldenseal              |
|  | Cinnamon, Ceylon                     | Grapefruit Seed Extract |
|  | Clove Powder                         | Grapeseed Extract       |
|  | Cloves, Madagascar                   | Guarana                 |
|  | Cloves, Penang                       | Gymnema Silvestre       |

| Shopping List Page 5 |                                     |  |  |   | ngredients must be organic |
|----------------------|-------------------------------------|--|--|---|----------------------------|
| Na                   | nny Mai                             |  |  |   | 11/14/2017                 |
|                      | Herbs De Provence                   |  | Parsley                                    |   | Thyme                      |
|                      | Hickory                             |  | Pau D'arco                                 |   | Turmeric                   |
|                      | Himalayan Salt                      |  | Pepper, Black (see<br>Garlic/Lemon Pepper) |   | Uva Ursi                   |
|                      | Juniper Berry                       |  | Pepper, Cayenne                            |   | Valerian                   |
|                      | Lavender                            |  | Pepper, Red                                |   | Vanilla Bean               |
|                      | Lemon Balm (Melissa<br>Officinalis) |  | Pepper, Sichuan                            |   | Vanilla Powder             |
|                      | Lemongrass                          |  | Pepper, Szechuan                           |   | White Willow Bark Extract  |
|                      | Lemon Pepper                        |  | Pepper/Peppercorns                         |   | Wintergreen                |
|                      | Maca Root                           |  | Peppermint                                 |   | Wormwood                   |
|                      | Mace Spice                          |  | Pine Bark Extract                          |   | Fish & Shellfish           |
|                      | Marjoram                            |  | Red Pepper Flake                           |   | Bass                       |
|                      | Milk Thistle                        |  | Rose Hips                                  |   | Chilean Sea Bass           |
|                      | Mint                                |  | Rosemary                                   |   | Corvina                    |
|                      | Mustard (as a Powder)               |  | Saffron                                    |   | Flounder                   |
|                      | Mustard Seeds (gluten free)         |  | Sage                                       |   | Haddock                    |
|                      | Nutmeg                              |  | Sassafras                                  |   | Hake                       |
|                      | Olive Leaf Extract                  |  | Savory                                     |   | Halibut                    |
|                      | Onion                               |  | Saw Plametto                               |   | Herring                    |
|                      | Onion Powder                        |  | Shallots                                   |   | Lox                        |
|                      | Orange Peel/Rind                    |  | Spearmint                                  |   | Mackerel                   |
|                      | Orange Salt                         |  | St. John's Wort                            |   | Mahi Mahi                  |
|                      | Oregano                             |  | Sumac                                      |   | Octopus                    |
|                      | Paprika                             |  | Tabasco Sauce                              |   | Perch                      |
|                      | Paprika (smoked)                    |  | Tarragon                                   | L |                            |

| Red Snapper                                 | Chicken Broth (Imagine® gf/low sodium)        | Gluten-Free Grains                     |
|---|---|--|
| Salmon, wild (fresh)                        | Collagen Protein (Powder)                     | Almond Flour (gluten free)             |
| Sardines                                    | Deer (see also Venison)                       | Amaranth                               |
| Sole  | Duck  | Buckwheat                              |
| Swai  | Goat, Grass-fed only (organic)                | Buckwheat Flour                        |
| Swordfish                                   | Great Lake's® Beef Gelatin                    | Coconut Flour (gluten free)            |
| Tilapia (Wild, Non-farmed)                  | Lamb  | Coconut Meal (gluten free)             |
| Trout                                       | Ostrich                                       | Flax Meal                              |
| Walleye Pike                                | Pheasant                                      | Glucomannon Flour (konjacfoods.com)    |
| Whitefish/Turbot                            | Pork, (organic)                               | Hazelnut Flour                         |
| Meat & Poultry                              | Quail   | Hemp Meal                              |
| Applegate® organic bacon                    | Rabbit  | Hemp Protein (Powder)                  |
| Applegate® organic black forest             | Turkey (organic)                              | Hemp Seed                              |
| Applegate® organic chicken/apple sausage    | Veal (organic)                                | Konjac Glucomannon Flour               |
| Applegate® organic ham                      | Venison (see also Deer)                       | Rice, Wild (Lundberg® - not the blend) |
| Applegate® organic red pepper sausage       | Milk-Containing Foods                         | Sorghum                                |
| Applegate® organic roast beef               | No foods in this Category                     | Sunflower Seed Flour                   |
| Applegate® organic sausage<br>sweet italian | Non-Dairy & Eggs                              | Gluten-Containing Foods                |
| Applegate® organic turkey<br>bacon          | Almond Milk, unsweetened (no tapioca)         | No foods in this Category              |
| Beef, Grass-fed only (organic)              | Coconut Kefir (No Tapioca, Carageenan)        |  |
| Bison (see also Buffalo)                    | Coconut Milk (Native Forest or Natural Value) |  |
| Buffalo (see also Bison)                    | Egg Whites, Pasture-raised                    |  |
| Chicken, free range (organic)               |   |  |

| Corn-Derived Foods  | Sweeteners   |                  | Xyla (Birchwood Xylitol)  |
|---|--|------------------|---|
| No foods in this Category   | BodyPro Almond Mayo Grade A<br>Maple Syrup   |                  | Yacon Syrup   |
| Condiments, Spreads & Sauces  | Brown Sugar  |                  | Beverages & Protein Powders   |
| Apple Cider Vinegar (Bragg's®)  | Cane Syrup   | ]                | Almond Milk, unsweetened (no tapioca)   |
| Balsamic Vinegar MiaBella (No<br>Caramel No Wine Vinegar)   | Chocolate, Dark  | ]                | Apple Cider   |
| BodyPro Almond Mayo Grade A<br>Maple Syrup  | Coconut Palm Sugar   |                  | Apple Juice   |
| BodyPro Almond Mayo with<br>Yacon Syrup   | Coconut Sugar  | ]                | Bone Broth Protein, Beef  |
| Coconut Aminos®   | Date Sugar   | ]                | Carrot Juice  |
| Coconut Cream   | Fruit Pectin   | ]                | Cocoa   |
| Coconut Vinegar (Coconut<br>Secret)   | Honey, (Organic)   | ]                | Coconut Kefir (No Tapioca,<br>Carageenan)   |
| Distilled White Vinegar   | Honey, Manuka  | ]                | Coconut Milk (Native Forest or Natural Value)   |
| Dressing, Primal Kitchen Honey  | Honey, Wildflower from<br>Mahava®  | 1                | Coconut Water (low sugar)   |
| Mustard   |  | - [              |   |
| Earth Balance® Coconut Spread   | Jerusalem Artichoke Syrup  | ]                | Collagen Protein (Powder)   |
| Earth Balance® Coconut  | Jerusalem Artichoke Syrup  Lo Han  | ]                | Collagen Protein (Powder)  Echinacea Tea  |
| Earth Balance® Coconut Spread  Horseradish Mustard,   |  | ]<br>]<br>]<br>] |   |
| Earth Balance® Coconut Spread  Horseradish Mustard, Gluten-free (Annie's®)  Liquid Smoke gluten free  | Lo Han   |                  | Echinacea Tea   |
| Earth Balance® Coconut Spread  Horseradish Mustard, Gluten-free (Annie's®)  Liquid Smoke gluten free (natural)  Mustard, Brown (Eden® gf  | Lo Han  Maple Sugar  Maple Syrup (Grade A Dark   |                  | Echinacea Tea  Grapefruit Juice   |
| Earth Balance® Coconut Spread  Horseradish Mustard, Gluten-free (Annie's®)  Liquid Smoke gluten free (natural)  Mustard, Brown (Eden® gf mustard)   | Lo Han  Maple Sugar  Maple Syrup (Grade A Dark Amber Organic)  |                  | Echinacea Tea  Grapefruit Juice  Great Lake's® Beef Gelatin   |
| Earth Balance® Coconut Spread  Horseradish Mustard, Gluten-free (Annie's®)  Liquid Smoke gluten free (natural)  Mustard, Brown (Eden® gf mustard)  Olives (without vinegar)  Sauerkraut (Bubbies® Brand   | Lo Han  Maple Sugar  Maple Syrup (Grade A Dark Amber Organic)  Molasses  |                  | Echinacea Tea  Grapefruit Juice  Great Lake's® Beef Gelatin  Green Tea  |
| Earth Balance® Coconut Spread  Horseradish Mustard, Gluten-free (Annie's®)  Liquid Smoke gluten free (natural)  Mustard, Brown (Eden® gf mustard)  Olives (without vinegar)  Sauerkraut (Bubbies® Brand only)   | Lo Han  Maple Sugar  Maple Syrup (Grade A Dark Amber Organic)  Molasses  Monk Fruit (Pure)   |                  | Echinacea Tea  Grapefruit Juice  Great Lake's® Beef Gelatin  Green Tea  Hemp Protein (Powder)   |
| Earth Balance® Coconut Spread  Horseradish Mustard, Gluten-free (Annie's®)  Liquid Smoke gluten free (natural)  Mustard, Brown (Eden® gf mustard)  Olives (without vinegar)  Sauerkraut (Bubbies® Brand only)  Tabasco Sauce  Vegetable Shortening                            | Lo Han  Maple Sugar  Maple Syrup (Grade A Dark Amber Organic)  Molasses  Monk Fruit (Pure)  Monk Fruit Extract                                 |                  | Echinacea Tea  Grapefruit Juice  Great Lake's® Beef Gelatin  Green Tea  Hemp Protein (Powder)  Lemon Juice                            |
| Earth Balance® Coconut Spread  Horseradish Mustard, Gluten-free (Annie's®)  Liquid Smoke gluten free (natural)  Mustard, Brown (Eden® gf mustard)  Olives (without vinegar)  Sauerkraut (Bubbies® Brand only)  Tabasco Sauce  Vegetable Shortening (Spectrum®)                | Lo Han  Maple Sugar  Maple Syrup (Grade A Dark Amber Organic)  Molasses  Monk Fruit (Pure)  Monk Fruit Extract  Rebiana Leaf (Stevia)          |                  | Echinacea Tea  Grapefruit Juice  Great Lake's® Beef Gelatin  Green Tea  Hemp Protein (Powder)  Lemon Juice  Lime Juice                |
| Earth Balance® Coconut Spread  Horseradish Mustard, Gluten-free (Annie's®)  Liquid Smoke gluten free (natural)  Mustard, Brown (Eden® gf mustard)  Olives (without vinegar)  Sauerkraut (Bubbies® Brand only)  Tabasco Sauce  Vegetable Shortening (Spectrum®)  Vinegar, Beet | Lo Han  Maple Sugar  Maple Syrup (Grade A Dark Amber Organic)  Molasses  Monk Fruit (Pure)  Monk Fruit Extract  Rebiana Leaf (Stevia)  Sucanat |                  | Echinacea Tea  Grapefruit Juice  Great Lake's® Beef Gelatin  Green Tea  Hemp Protein (Powder)  Lemon Juice  Lime Juice  Mineral Water |

11/14/2017

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| Tea, Black                             | Pycnogenol                        |
|--|-----------------------------------|
| Tea, Chamomile                         | Resveratrol                       |
| Tea, Chicory Root                      | Silver                            |
| Tea, Green                             | Yeast, Baker's                    |
| Tea, Hibiscus                          | Yeast, Brewer's                   |
| Tea, Oolong                            | Yeast, Nutritional                |
| Tea, Roobios                           | Snacks                            |
| Tea, White                             | Apple Sauce                       |
| Water                                  | Dates                             |
| Wine, White (Champagne)                | Food Additives                    |
| Yerba Matte Tea (Organic/Pure)         | Annatto Coloring                  |
| Zevia Drinks                           | Chicory Root                      |
| Miscellaneous                          | Inulin                            |
| Baking Soda (Arm & Hammer®)            | Lactic Acid (beet-derived)        |
| Beef broth (Imagine® low sodium/GF)    | Palm Wax                          |
| Bone Broth, Beef                       | Tricalcium Phosphate              |
| Cacao (Raw, Pure, &<br>Unsweetened)    | Vegan Enzyme                      |
| Chicken Broth (Imagine® gf/low sodium) | Vegan Natural Flavors (no<br>MSG) |
| Cocoa                                  |                                   |
| Collagen Protein (Powder)              |                                   |
| Great Lake's® Beef Gelatin             |                                   |
| Latex                                  |                                   |
| Lycopene                               |                                   |