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 i	ngredients 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 organic		
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 ingredients 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 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

Milk, Soy (Organic)	Julian Bakery Coconut Bread	Simple Mills Ground Sea Salt 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)	Таріоса
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)	 Allulaca
	 	Allulose
Garbanzo Flour	Rice, Japonica (gluten free)	Avenin
Garbanzo Flour Glucomannon Flour (konjacfoods.com)	Rice, Japonica (gluten free) Rice, Purple (gluten free)	
Glucomannon Flour		Avenin
Glucomannon Flour (konjacfoods.com)	Rice, Purple (gluten free)	Avenin Bran
Glucomannon Flour (konjacfoods.com) Hazelnut Flour	Rice, Purple (gluten free) Rice, Red (gluten free)	Avenin Bran Caramel Coloring
Glucomannon Flour (konjacfoods.com) Hazelnut Flour Hemp Meal	Rice, Purple (gluten free) Rice, Red (gluten free) Rice, White (gluten free) Rice, Wild (Lundberg® - not the	Avenin Bran Caramel Coloring Couscous
Glucomannon Flour (konjacfoods.com) Hazelnut Flour Hemp Meal Hemp Protein (Powder)	Rice, Purple (gluten free) Rice, Red (gluten free) Rice, White (gluten free) Rice, Wild (Lundberg® - not the blend)	Avenin Bran Caramel Coloring Couscous Crab, Immitation

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 Soda (Arm & Hammer®)
Sorbitol		Lemon Juice	Bone Broth, Beef
Splenda		Licorice Tea	Cacao (Raw, Pure, & Unsweetened)
Sucanat		Lime Juice	Chicken Broth (Imagine® gf/low sodium)
Sucralose		Milk, Rice	Cocoa
Sugar Beet		Milk, Soy (Organic)	Collagen Protein (Powder)
Sugar Cane		Mineral Water	GemWraps®, Sandwich Wrap (Kale-Apple)
Sweetleaf® Stevia		Orange Juice	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Tapioca Dextrose		Pea Protein	Great Lake's® Beef Gelatin
Tapioca Syrup		Rice Protein Powder (gluten free)	Hops
Xyla (Birchwood Xylitol)	·		

harry potter 11/16/2017

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	
Blue Food Dve	