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	Vegetables	Cauliflower	Mushrooms, Button
	Aloe Vera	Cauliflower, Purple	Mushrooms, Cremeni/Crimini
	Artichoke (not pickled)	Chard	Mushrooms, Maitake
	Artichoke, Jerusalem (not pickled)	Chives	Mushrooms, Shiitake
	Arugula	Coconut (raw and unsweetened)	Mustard Greens
	Asparagus	Coconut Concentrate	Olives (without vinegar)
	Avocado	Collard Greens	Onion, Green
	Bamboo Shoot	Comfrey	Onion, Maui
	Bean Sprout	Daikon Radish	Onion, Red
	Beet Greens	Dandelion Greens	Onion, Sweet
	Bitter Melon	Dandelion Root	Onion, Yellow
	Bok Choy	Endive	Parsley
	Broccoli	Fennel	Prickly Pear
	Broccolini	Garlic	Radicchio
	Broccoli Rabe	Ginger	Radish
	Broccoli Sprouts	Hearts of Palm	Rainbow Chard
	Brussels Sprout	Horseradish	Rutabaga
	Burdock	Jicama	Sauerkraut (Bubbies® Brand only)
	Cabbage, Chinese (see also Bok Choy)	Kale, all types	Scallions
	Cabbage, Green	Kohlrabi	Shallots
	Cabbage, Purple	Leeks	Spinach
	Cactus (Nopales)	Lettuce, all types	Swede
	Capers	Mushrooms	Swiss Chard

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Turnip Greens	Lemon	Legumes, Pods, & Pulses
Wasabi Root	Lemon Juice	Vanilla Bean
Water Chestnut	Lemon Rind/Peel	Nuts, Seeds, Drupes & Oils
Watercress	Lime	Almond
Fruits	Lime Juice	Almond, Marcona
Acai	Loganberry	Almond Butter (Artisana®)
alpha	Longan Fruit	Almond Flavor (natural, gluten free)
Apple (all types)	Loquat	Almond Flour (gluten free)
Apricot	Lychee	Almond Meal (gluten free)
Bilberry	Maqui	Almond Oil
Blackberry	Mulberry	Annatto Seed
Blueberry	Nectarines	Avocado Oil
Boysenberry	Noni	Brazil Nut
bravo	Passion Fruit	Caraway Seed
Carambola	Peach	Cashew Butter
charlie	Pear	Cashew Meal
Cherry	Pear, Asian	Cashews
Dragon Fruit (Pitaya)	Plum	Chestnut
Elderberry	Pomegranate	Coconut, shredded (raw, unsweetened)
food name	Rambutan	Coconut Butter
Golden Berry	Raspberry	Coconut Oil
Grapefruit	Star Fruit	Duck Fat
Huckleberry	Youngberry	Hazelnut/Filbert

Shopping List Page 3					All ingredients must be organi	
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	Hazelnut Flour		Cinnamon		Ginseng (All Types)	
	Lard/Tallow (pork)		Cinnamon, Ceylon		Goldenseal	
	MCT Oil		Clove Powder		Grapefruit Seed Extract	
	Olive Leaf Extract		Cloves, Madagascar		Gymnema Silvestre	
	Olive Oil, Virgin		Cloves, Penang		Herbs De Provence	
	Palm Kernel Oil		Comfrey		Hickory	
	Pine Nut		Cramp Bark Extract		Himalayan Salt	
	Pistachios		Cream of Tartar		Juniper Berry	
	Poppy seeds		Cumin		Lavender	
	Herbs & Spices		Curcumin		Lemon Balm (Melissa Officinalis)	
	Allspice		Curry (must be GF)		Lemongrass	
	Almond Flavor (natural, gluten free)		Dandelion Root		Lemon Pepper	
	Anise		Dill		Maca Root	
	Astragalus		Dong Quai		Mace Spice	
	Basil		Echinacea		Marjoram	
	Bay Leaf		Fennel		Milk Thistle	
	Black Cohosh		Fennel Seed		Mint	
	Caraway Seed		Garlic		Mustard (as a Powder)	
	Cardamom		Garlic Pepper		Mustard Seeds (gluten free)	
	Catnip		Garlic Powder		Nutmeg	
	Chaparral		Garlic Salt		Olive Leaf Extract	
	Chervil		Ginger Powder		Onion	

Ginkgo Biloba

Onion Powder

Cilantro/Coriander

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	Oregano	Vanilla Bean	Swai
	Parsley	Vanilla Powder	Swordfish
	Pau D'arco	White Willow Bark Extract	Tilapia (Wild, Non-farmed)
	Pepper, Black (see Garlic/Lemon Pepper)	Wintergreen	Trout
	Pepper/Peppercorns	Wormwood	Walleye Pike
	Peppermint	Fish & Shellfish	Whitefish/Turbot
	Pine Bark Extract	Bass	Meat & Poultry
	Rose Hips	Chilean Sea Bass	Applegate® organic roast beef
	Rosemary	Corvina	Beef, Grass-fed only (organic)
	Saffron	Flounder	Bison (see also Buffalo)
	Sage	Haddock	Buffalo (see also Bison)
	Sassafras	Hake	Chicken, free range (organic)
	Savory	Halibut	Collagen Protein (Powder)
	Saw Plametto	Herring	Deer (see also Venison)
	Shallots	Lox	Duck
	Spearmint	Mackerel	Goat, Grass-fed only (organic)
	St. John's Wort	Mahi Mahi	Great Lake's® Beef Gelatin
	Sumac	Octopus	Lamb
	Tarragon	Perch	Ostrich
	Thyme	Red Snapper	Pheasant
	Turmeric	Salmon, wild (fresh)	Pork, (organic)
	Uva Ursi	Sardines	Quail
	Valerian	Sole	Rabbit

All ingredients must be organic

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Ш	Turkey (organic)	Corn-Derived Foods	Echinacea Tea
	Veal (organic)	No foods in this Category	Great Lake's® Beef Gelatin
	Venison (see also Deer)	Condiments, Spreads & Sauces	Green Tea
	Milk-Containing Foods	Apple Cider Vinegar (Bragg's®)	Lemon Juice
	No foods in this Category	Coconut Aminos®	Lime Juice
	Non-Dairy & Eggs	Coconut Cream	Mineral Water
	Almond Milk, unsweetened (no tapioca)	Horseradish Mustard, Gluten-free (Annie's®)	Sparkling Water, unflavored
	Coconut Kefir (No Tapioca, Carageenan)	Liquid Smoke gluten free (natural)	Tea, Black
	Coconut Milk (Native Forest or Natural Value)	Mustard, Brown (Eden® gf mustard)	Tea, Chamomile
	Egg Whites, Pasture-raised	Olives (without vinegar)	Tea, Chicory Root
	Gluten-Free Grains	Sauerkraut (Bubbies® Brand only)	Tea, Green
	Almond Flour (gluten free)	Sweeteners	Tea, Hibiscus
	Coconut Flour (gluten free)	Jerusalem Artichoke Syrup	Tea, Oolong
	Coconut Meal (gluten free)	Lo Han	Tea, Roobios
	Glucomannon Flour (konjacfoods.com)	Rebiana Leaf (Stevia)	Tea, White
	Hazelnut Flour	Sweetleaf® Stevia	Water
	Konjac Glucomannon Flour	Beverages & Protein Powders	Yerba Matte Tea (Organic/Pure)
	Gluten-Containing Foods	Almond Milk, unsweetened (no tapioca)	Zevia Drinks
	No foods in this Category	Bone Broth Protein, Beef	
		Coconut Kefir (No Tapioca, Carageenan)	
		Coconut Milk (Native Forest or Natural Value)	
		Coconut Water (low sugar)	
		Collagen Protein (Powder)	

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Miscellaneous	new food cat
Baking Soda (Arm & Hammer®)	alpha
Bone Broth, Beef	bravo
Cacao (Raw, Pure, & Unsweetened)	charlie
Collagen Protein (Powder)	food name
Great Lake's® Beef Gelatin	
Latex	
Lycopene	
Silver	
Snacks	
No foods in this Category	
Food Additives	
Annatto Coloring	
Chicory Root	
Inulin	
Palm Wax	
Tricalcium Phosphate	
Vegan Enzyme	
Vegan Natural Flavors (no MSG)	