Vegetables	Cabbage, Purple	Endive
Alfalfa Grass	Cactus (Nopales)	Fennel
Alfalfa Sprouts	Capers	Ginger
Aloe Vera	Carrot, Orange	Hearts of Palm
Artichoke (not pickled)	Carrot, Purple	Horseradish
Artichoke, Jerusalem (not pickled)	Carrot, White	Jicama
Arugula	Carrot, Yellow	Kale, all types
Asparagus	Carrot Juice	Kelp/Dulse
Avocado	Cassava (see Tapioca and Yucca)	Kohlrabi
Bamboo Shoot	Cauliflower	Kombu
Bean, Green	Cauliflower, Purple	Leeks
Bean Sprout	Celery	Lettuce, all types
Beet	Chard	Mushrooms
Beet Greens	Chard Chayote	Mushrooms, Button
Beet Greens	Chayote	Mushrooms, Button
Beet Greens Bitter Melon	Chayote Chives Coconut (raw and	Mushrooms, Button Mushrooms, Cremeni/Crimini
Beet Greens Bitter Melon Bok Choy	Chayote Chives Coconut (raw and unsweetened)	Mushrooms, Button Mushrooms, Cremeni/Crimini Mushrooms, Maitake
Beet Greens Bitter Melon Bok Choy Broccoli	Chayote Chives Coconut (raw and unsweetened) Coconut Concentrate	Mushrooms, Button Mushrooms, Cremeni/Crimini Mushrooms, Maitake Mushrooms, Shiitake
Beet Greens Bitter Melon Bok Choy Broccoli Broccolini	Chayote Chives Coconut (raw and unsweetened) Coconut Concentrate Collard Greens	Mushrooms, Button Mushrooms, Cremeni/Crimini Mushrooms, Maitake Mushrooms, Shiitake Mustard Greens
Beet Greens Bitter Melon Bok Choy Broccoli Broccolini Broccoli Rabe	Chayote Chives Coconut (raw and unsweetened) Coconut Concentrate Collard Greens Comfrey	Mushrooms, Button Mushrooms, Cremeni/Crimini Mushrooms, Maitake Mushrooms, Shiitake Mustard Greens Nori Oat Grass (Not For Gluten
Beet Greens Bitter Melon Bok Choy Broccoli Broccolini Broccoli Rabe Broccoli Sprouts	Chayote Chives Coconut (raw and unsweetened) Coconut Concentrate Collard Greens Comfrey Cucumber	Mushrooms, Button Mushrooms, Cremeni/Crimini Mushrooms, Maitake Mushrooms, Shiitake Mustard Greens Nori Oat Grass (Not For Gluten Sensitive)
Beet Greens Bitter Melon Bok Choy Broccoli Broccolini Broccoli Rabe Broccoli Sprouts Brussels Sprout	Chayote Chives Coconut (raw and unsweetened) Coconut Concentrate Collard Greens Comfrey Cucumber Daikon Radish	Mushrooms, Button Mushrooms, Cremeni/Crimini Mushrooms, Maitake Mushrooms, Shiitake Mustard Greens Nori Oat Grass (Not For Gluten Sensitive) Okra

SH	oppling List Page 2	All ingredients must be organic				
harry potter 11/18/2017						
	Onion, Red		Potato, Red		Squash, Butternut	
	Onion, Sweet		Potato, Russet		Squash, Green	
	Onion, Yellow		Potato, Sweet		Squash, Spaghetti	
	Paprika		Potato, White		Squash, Summer	
	Parsley		Potato, Yukon Gold		Squash, Winter	
	Parsnip		Prickly Pear		Squash, Yellow	
	Pea, Black-Eyed		Psyllium Husk		Sugar Beet	
	Pea, Green		Pumpkin		Swede	
	Pea, Snap		Pumpkin Powder		Sweet Potato, Red	
	Pea, Snow		Radicchio		Sweet Potatoes, White	
	Pea, Split		Radish		Swiss Chard	
	Pea Protein		Rainbow Chard		Tabasco Sauce	
	Pepper, Anaheim		Red Pepper Flake		Taro	
	Pepper, Cayenne		Rhubarb		Tomatillo	
	Pepper, Chili		Rutabaga		Tomato	
	Pepper, Habanero		Sauerkraut (Bubbies® Brand only)		Tomato, Cherry	
	Pepper, Jalapeño		Scallions		Tomato, Heirloom	
	Pepper, Poblano		Sea Vegetables		Tomato, Orange	
	Pepper, Serrano		Seaweed		Tomato, Red	
	Pepper, Tabasco		Shallots		Tomato, Roma	
	Pickles, Bubbies® brand only		Spinach		Tomato, Sun-dried	
	Pimento		Spirulina		Tomato, Yellow	
	Potato, Fingerling		Squash		Tomatoes, Big Beef	
	Potato, Purple		Squash, Acorn		Tomato Paste (gluten & Vinegar-free)	

Shopping List Page 3					All ingredients must be organic		
hai	rry potter				11/18/2017		
	Tomato Sauce (gluten & Vinegar-free)		Clementine		Kiwi		
	Truffle		Cranberry		Kumquat		
	Turnip Greens		Cranberry Juice		Lemon		
	Turnips		Currant		Lemon Juice		
	Wasabi Root		Dates		Lemon Rind/Peel		
	Water Chestnut		Dragon Fruit (Pitaya)		Lime		
	Watercress		Dried Fruit		Lime Juice		
	Wheat Grass (Is Gluten-contaminated)		Durian Fruit		Loganberry		
	Yams, Garnett		Elderberry		Longan Fruit		
	Yams, Japanese		Fig		Loquat		
	Yucca		Goji Berry		Lychee		
	Zucchini		Golden Berry		Mango		
	Fruits		Gooseberries		Mangosteen		
	Apple (all types)		Grape		Maqui		
	Apricot		Grape, Green		Melon, Honeydew		
	Banana		Grape, Purple		Monk Fruit (Pure)		
	Bilberry		Grape, Red		Mulberry		
	Blackberry		Grape, White		Nectarines		
	Blueberry		Grapefruit		Noni		
	Boysenberry		Grapefruit Juice		Orange		
	Cantaloupe		Ground Cherries		Orange, Blood		
	Cape Gooseberries		Guava		Orange Juice		
	Carambola		Huckleberry		Orange Peel/Rind		
	Cherry		Jack fruit		Oranges, Mandarin		

Papaya	Legumes, Pods, & Pulses	Garbanzo Flour
Passion Fruit	Bean, Azuki	Kidney Bean
Peach	Bean, Black	Lentil(s)
Pear	Bean, Butter	Pea, Snap
Pear, Asian	Bean, Cannellini	Pea, Snow
Persimmons	Bean, Chana Dahl	Pea, Split
Pineapple	Bean, Chili	Peanut (Organic, Valencia)
Plantain	Bean, Green	Peanut Butter (Organic, Maranatha®)
Plum	Bean, Haricot	Red Bean Paste
Pomegranate	Bean, Italian	Soybean oil(must be organic)
Pomelo	Bean, Kidney	Soy Beans (must be organic)
Prune	Bean, Lima	Vanilla Bean
Quince	Bean, Mung	Nuts, Seeds, Drupes & Oils
Raisin (unsulfured, organic)	Bean, Navy	Almond
Rambutan	Bean, Ninja	Almond, Marcona
Raspberry	Bean, Pinto/Frijole	Almond Butter (Artisana®) Almond Flavor (natural, gluten
Star Fruit	Bean, Red	free)
Strawberry	Bean, White	Almond Flour (gluten free)
Tamarind	Beans	Almond Meal (gluten free)
Tangelo	Chickpea (see also Garbanzo Bean)	Almond Oil
Tangerine	Edamame (must be organic)	Annatto Seed
Watermelon	Fava Bean	Avocado Oil
Wolfberry	Fava Bean Flour	Borage Seed Oil
Youngberry	Garbanzo Bean	Brazil Nut

ha	harry potter 11/18/2017							
	Canola/Rapeseed Oil		Lard/Tallow (pork)		Sesame Seed Oil			
	Canola Oil, Non-GMO		Macadamia Nut Oil		Sesame Seeds			
	Caraway Seed		Macadamia Nuts		Sesame Seeds, Black			
	Cashew Butter		MCT Oil		Sunflower Seed Butter			
	Cashew Meal		Olive Leaf Extract		Sunflower Seed Flour			
	Cashews		Olive Oil, Virgin		Sunflower Seed Lecithin			
	Chestnut		Palm Kernel Oil		Sunflower Seed Oil			
	Chia Seed (1/4 cup, max)		Peanut Oil (Organic)		Sunflower Seeds			
	Coconut, shredded (raw, unsweetened)		Pecan Flour		Tahini			
	Coconut Butter		Pecans		Tea, Ramon			
	Coconut Oil		Pepitas		Tiger Nuts			
	Cottonseed/Cottonseed Oil		Pili Nuts		Truffle Oil			
	Duck Fat		Pine Nut		Truffle Oil, Black			
	Fenugreek Seed		Pistachios		Vegetable Shortening (Spectrum®)			
	Flax Meal		Poppy seeds		Walnut Oil			
	Flax Oil		Psyllium Husk		Walnuts			
	Flax Seed		Pumpkin Oil		Walnuts, Black			
	Grapeseed Oil, Organic		Pumpkin Seed Oil		Herbs & Spices			
	Hazelnut/Filbert		Pumpkin Seeds		Allspice			
	Hazelnut Flour		Ramon Seeds		Almond Flavor (natural, gluten free)			
	Hemp Meal		Rice, Wild (Lundberg® - not the blend)		Anise			
	Hemp Protein (Powder)		Rice Bran Oil		Ashwaganda			
	Hemp Seed		Sacha Inchi Seeds		Astragalus			
\neg	Krill Oil		Safflower/Safflower Seed Oil		Basil			

All ingredients must be organic

Shopping List Page 5

Shopping List Page 6					All ingredients must be organic		
harry potter					11/18/2017		
	Bay Leaf		Dong Quai		Mace Spice		
	Black Cohosh		Echinacea		Marjoram		
	Caramel Coloring		Fennel		Mesquite		
	Caraway Seed		Fennel Seed		Milk Thistle		
	Cardamom		Garam Masala		Mint		
	Catnip		Ginger Powder		Mustard (as a Powder)		
	Celery Powder		Ginkgo Biloba		Mustard Seeds (gluten free)		
	Celery Seed		Ginseng (All Types)		Nutmeg		
	Chaparral		Goldenseal		Olive Leaf Extract		
	Chervil		Grapefruit Seed Extract		Onion		
	Cilantro/Coriander		Grapeseed Extract		Onion Powder		
	Cinnamon		Guarana		Orange Peel/Rind		
	Cinnamon, Ceylon		Gymnema Silvestre		Orange Salt		
	Clove Powder		Herbs De Provence		Oregano		
	Cloves, Madagascar		Hickory		Paprika		
	Cloves, Penang		Himalayan Salt		Paprika (smoked)		
	Comfrey		Jamaican Jerk		Parsley		
	Cramp Bark Extract		Juniper Berry		Pau D'arco		
	Cream of Tartar		Lavender		Pepper, Black (see Garlic/Lemon Pepper)		
	Cumin		Lemon Balm (Melissa Officinalis)		Pepper, Cayenne		
	Curcumin		Lemongrass		Pepper, Sichuan		
	Curry (must be GF)		Lemon Pepper		Pepper, Szechuan		
	Dandelion Root		Licorice Root		Pepper/Peppercorns		
	Dill		Maca Root		Peppermint		

Shopping List Page 7					All ingredients must be organic		
harı	ry potter				11/18/2017		
	Pine Bark Extract		Vanilla (gluten and corn-free)		Lox		
	Red Clover		Vanilla Bean		Mackerel		
	Red Pepper Flake		Vanilla Powder		Mahi Mahi		
	Rose Hips		White Willow Bark Extract		Mussel		
	Rosemary		Wintergreen		Octopus		
	Saffron		Wormwood Fish & Shellfish		Orange Roughy		
	Sage				Oyster		
	Sassafras		Anchovy		Perch		
	Savory		Bass		Red Snapper		
	Saw Plametto		Catfish		Salmon, wild (fresh)		
	Sesame Seeds		Chilean Sea Bass		Sardines		
	Sesame Seeds, Black		Clam		Scallop		
	Shallots		Cod/ Cod Liver Oil		Shrimp		
	Spearmint		Corvina		Sole		
	St. John's Wort		Crab		Squid		
	Sumac	□[.	Crab, Immitation		Swai		
	Tabasco Sauce		Crayfish		Swordfish		
	Tamari (Wheat Free)		Flounder		Tilapia (Wild, Non-farmed)		
	Tarragon		Haddock		Trout		
	Thyme		Hake		Tuna		
	Tomatillo		Halibut		Walleye Pike		
	Turmeric		Herring		Whitefish/Turbot		
	Uva Ursi		Krill				
			Lobster				

Valerian

Meat & Poultry	Rabbit	Buckwheat
Applegate® organic black forest ham	Turkey (organic)	Buckwheat Flour
Applegate® organic chicken	Veal (organic)	Coconut Flour (gluten free)
Applegate® organic ham Applegate® organic herb roasted turkey	Venison (see also Deer) Milk-Containing Foods	Coconut Meal (gluten free) Ener-G Brown Rice Yeast-Free Bread
Applegate® organic roast beef	No foods in this Category Non-Dairy & Eggs	Fava Bean Flour
Applegate® organic smoked chicken breast	Almond Milk, unsweetened (no	Flax Meal
Applegate® organic smoked turkey breast	Almond Yogurt, unsweetened	Garbanzo Flour
Applegate® organic turkey	BodyPro Avocado Oil Mayonnaise	Glucomannon Flour (konjacfoods.com)
Beef, Grass-fed only (organic)	Coconut Kefir (No Tapioca, Carageenan)	Hazelnut Flour
Bison (see also Buffalo)	Coconut Milk (Native Forest or Natural Value)	Hemp Meal
Buffalo (see also Bison)	Egg, Pasture-raised (from a farmer)	Hemp Protein (Powder)
Chicken, free range (organic)	Egg, Vital Farms® or Pasture Verde®	Hemp Seed
Chicken Broth (Imagine® gf/low sodium)	Egg Whites, Pasture-raised	Julian Bakery Almond Bread
Collagen Protein (Powder)	Egg Yolks, Pasture-raised	Julian Bakery Coconut Bread
Deer (see also Venison)	Milk, Soy (Organic)	Konjac Glucomannon Flour
Duck	Paleo Cheese	Mikey's Original English Muffin
Goat, Grass-fed only (organic)	Gluten-Free Grains	Millet
Great Lake's® Beef Gelatin	Almond Flour (gluten free)	Oats (Bob's Red Mill Gluten Free Version)
Lamb	Amaranth	Oats (Certified GF)
Ostrich	Arrowroot Flour/powder	Potato Flour (gluten free)
Pheasant	Avenin (Gluten-free)	Potato Starch (gluten free)
Pork, (organic)	Basmati Rice (gluten free)	ProGranola (Julian Bakery)
Quail	Brown Rice Flour	Quinoa (gluten free)

Quinoa, Black (gluten free)		Gluten-Containing Foods		Triticale
Quinoa, Red (gluten free)		Allulose		Vodka, Rye or Grain
Rice, Basmati (gluten free)		Avenin		Wheat (All Types)
Rice, Black (gluten free)		Bran		Wheat Germ
Rice, Brown (gluten free)		Caramel Coloring		Wheat Grass (Is
Rice, Japonica (gluten free)		Couscous		Corn-Derived Foods
Rice, Purple (gluten free)		Crab, Immitation		No foods in this Category Condiments, Spreads & Sauces
Rice, Red (gluten free)		Durum Wheat		Apple Cider Vinegar (Bragg's®)
Rice, White (gluten free)		Egyptian Wheat		Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)
Rice, Wild (Lundberg® - not the blend)		Farro		BodyPro Avocado Oil Mayonnaise
Rice Bran		Gliadin		Carob
Rice Flour (gluten free)		Gluten		Cocoa Butter
Rice Protein Powder (gluten free)		Graham (wheat)		Coconut Aminos®
Sorghum		Kamut		Coconut Cream
Sunflower Seed Flour		Liquid Smoke (can have gluten)		Coconut Vinegar (Coconut Secret)
Sweet Potato Flour (gluten free)		Oats		Distilled White Vinegar
Tapioca		Oats, GF (not Certified) can have		Dressing, Primal Kitchen Honey Mustard
Tapioca Flour (gluten free)		gluten Orzo		Earth Balance® Avocado Oil Butter Spread
Tapioca Starch (gluten free)		Panko		Earth Balance® Coconut Spread
Teff		Polish Wheat		Hummus
Teff Flour		Rye		Ketchup (Organicville)
Tolerant Green Lentil & Pea Pasta		Semolina		Kosher Salt
Tolerant Red or Green Lentil Pasta		Spelt		Liquid Aminos (Braggs®)(has Soy)
Tortilla, Siete Chia & Cassava	•		i	557)

	Soy Protein (Organic)	Lycopene	Inulin
	Sparkling Water, unflavored	Modified Food Starch (Tapioca-based)	Lactic Acid (beet-derived)
	Tea, Chicory Root	Pycnogenol	Locust Bean Gum
	Tea, Hibiscus	Red Tomato Paste (gluten free)	MSG/MonosodiumGlutatmate
	Tea, Ramon	Resveratrol	Palm Wax
	Tea, Roobios	Rice Starch (if certified gluten free)	Pea Protein Isolate
	Vodka, Potato	Silver	Pea Starch
	Vodka, Rye or Grain	Tobacco	Potato Protein
	Water	Tofu (Organic)	Red Food Dye
	Zevia Drinks	Snacks	Sodium Alginate
	Miscellaneous	Chewing Gum, Xylichew®	Tragacanth Gum
	Antimony	Dates	Tricalcium Phosphate
	Baking Soda (Arm & Hammer®)	Skinny Crisps® (Plain Jane)	Vegan Enzyme
	Bone Broth, Beef	Food Additives	Vegan Natural Flavors (no
	Cacao (Raw, Pure, & Unsweetened)	Acacia Gum	MSG) Vegan Natural Flavors (with
	Chicken Broth (Imagine® gf/low	Agar Gum	MSG)
	sodium) Cocoa	Annatto Coloring	
	Collagen Protein (Powder)	Arabic Gum	
	GemWraps®, Sandwich Wrap	Asafoetida Powder	
	(Kale-Apple) GemWraps®, Sandwich Wrap	Blue Food Dye	
	(Mango/Chipotle) Great Lake's® Beef Gelatin	Carrageenan Gum	
		Chicory Root	
	Hops	Formaldehyde	
	Julian Bakery Paleo Wraps	Guar Gum	
1 1	Latex		