Vegetables				
Alfalfa Grass		Brussels Sprout		Comfrey
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		Cabbage, Purple		Eggplant
pickled)		Cactus (Nopales)		Endive
Arugula		Capers		Fennel
Avocado		Capsicum		Garlic
Bamboo Shoot		Carrot, Orange	_ _	Ginger
Bean, Green				
Bean Sprout		Carrot, Purple		Hearts of Palm
Beet	i 📙	Carrot, White	<u> </u>	Horseradish
Beet Greens		Carrot, Yellow		Jicama
Bell Pepper		Carrot Juice		Kale, all types
Bell Pepper, Green		Cassava (see Tapioca and Yucca)		Kelp/Dulse
Bell Pepper, Orange		Cauliflower		Kohlrabi
		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		
Broccolini		unsweetened)		Mushrooms, Cremeni/Crimini
Broccoli Rabe		Coconut Concentrate		Mushrooms, Maitake
Broccoli Sprouts		Collard Greens		Mushrooms, Shiitake

Sh	Shopping List Page 2 All ingredients must be organic				
ha	rry potter				11/20/2017
_	Mustard Greens		Pepper, Habanero		Rutabaga
	Nori		Pepper, Jalapeño		Sauerkraut (Bubbies® Brand only)
	Oat Grass (Not For Gluten Sensitive)		Pepper, Poblano		Scallions
	Okra		Pepper, Red		Sea Vegetables
	Olives (without vinegar)		Pepper, Serrano		Seaweed
	Onion, Green		Pepper, Tabasco		Shallots
	Onion, Maui		Pimento		Spinach
	Onion, Red		Potato, Fingerling		Spirulina
	Onion, Sweet		Potato, Purple		Squash
	Onion, Yellow		Potato, Red		Squash, Acorn
	Paprika		Potato, Russet		Squash, Butternut
	Parsley		Potato, Sweet		Squash, Green
	Parsnip		Potato, White		Squash, Spaghetti
	Pea, Black-Eyed		Potato, Yukon Gold		Squash, Summer
	Pea, Green		Prickly Pear		Squash, Winter
	Pea, Snap		Psyllium Husk		Squash, Yellow
	Pea, Snow		Pumpkin		Sugar Beet
	Pea, Split		Pumpkin Powder		Swede
	Pea Protein		Radicchio		Sweet Potato, Red
	Pepper, Anaheim		Radish		Sweet Potatoes, White
	Pepper, Cayenne		Rainbow Chard		Swiss Chard
	Pepper, Chili		Red Pepper Flake		Tabasco Sauce
\neg	Penner Green		Rhubarb		Taro

		Fruits	
Tomatillo		Acai	Elderberry
Tomato		alpha	Fig
Tomato, Cherry		Apple (all types)	food name
Tomato, Heirloom		Apricot	Goji Berry
Tomato, Orange		Banana	Golden Berry
Tomato, Red		Bilberry	Gooseberries
Tomato, Roma		Blackberry	Grape
Tomato, Sun-dried		Blueberry	Grape, Green
Tomato, Yellow			Grape, Purple
Tomatoes, Big Beef		Boysenberry	Grape, Red
Tomato Paste (gluten & Vinegar-free)		bravo	Grape, White
Tomato Sauce (gluten & Vinegar-free)		Cantaloupe	Grapefruit
Truffle	<u></u> □[.	Cape Gooseberries	Grapefruit Juice
Turnip Greens		Carambola	Ground Cherries
Turnips		charlie	Guava
Wasabi Root		Cherry	Huckleberry
Water Chestnut		Clementine	Jack fruit
Watercress		Cranberry	Kiwi
Yams, Garnett		Cranberry Juice	Kumquat
Yams, Japanese		Currant	Lemon
Yucca	<u>□</u> [,	Dates	Lemon Juice
Zucchini		Dragon Fruit (Pitaya)	Lemon Rind/Peel
		Dried Fruit	Lime
		Durian Fruit	

Shopping List Page 4					ngredients must be organic
ha	rry potter				11/20/2017
	Lime Juice		Persimmons		Bean, Butter
	Loganberry		Pineapple		Bean, Cannellini
	Longan Fruit		Plum		Bean, Chana Dahl
	Loquat		Pomegranate		Bean, Chili
	Lychee		Pomelo		Bean, Green
⊐[Mango		Prune		Bean, Haricot
	Mangosteen		Quince		Bean, Italian
	Maqui		Raisin (unsulfured, organic)		Bean, Kidney
⊐[Melon, Honeydew		Rambutan		Bean, Lima
	Monk Fruit (Pure)		Raspberry		Bean, Mung
	Mulberry		Star Fruit		Bean, Navy
	Nectarines		Strawberry		Bean, Ninja
	Noni		Tamarind		Bean, Pinto/Frijole
ַן	Orange		Tangelo		Bean, Red
וֹכ	Orange, Blood		Tangerine		Bean, White
⊐ĺ	Orange Juice		Watermelon		Beans
	Orange Peel/Rind		Wolfberry		Chickpea (see also Garbanzo Bean)
	Oranges, Mandarin		Youngberry		Coffee Bean, Organic
⊐ <mark>Ì</mark>	Papaya				Edamame (must be organic)
	Passion Fruit				Fava Bean
	Peach				Fava Bean Flour
	Pear				Garbanzo Bean
	Pear, Asian				Garbanzo Flour
			Bean, Black		

Hemp Protein (Powder)

Sacha Inchi Seeds

	Herbs & Spices	
Safflower/Safflower Seed Oil	Allspice	Cloves, Madagascar
Sesame Seed Oil	Almond Flavor (natural, gluten	Cloves, Penang
Sesame Seeds	Anise	Comfrey
Sesame Seeds, Black	Ashwaganda	Cramp Bark Extract
Sunflower Seed Butter	Astragalus	Cream of Tartar
Sunflower Seed Flour	Basil	Cumin
Sunflower Seed Lecithin	Bay Leaf	Curcumin
Sunflower Seed Oil		Curry (must be GF)
Sunflower Seeds	Bell Pepper, Red	Dandelion Root
Tahini	Black Cohosh	Dill
Tea, Ramon	Capsicum	Dong Quai
Tiger Nuts	Caraway Seed	Echinacea
Truffle Oil	Cardamom	Fennel
	Catnip	
Truffle Oil, Black	Celery Powder	Fennel Seed
Vegetable Shortening (Spectrum®)	Celery Seed	Garam Masala
Walnut Oil	Chaparral	Garlic
Walnuts	Chervil	Garlic Pepper
Walnuts, Black	Chili Powder	Garlic Powder
	Chipotle Seasoning	Garlic Salt
	Cilantro/Coriander	Ginger Powder
		Ginkgo Biloba
	Cinnamon	Ginseng (All Types)
	Cinnamon, Ceylon	Goldenseal
	Clove Powder	Oudeliseal

Snopping List Page 7					ngredients must be organic
haı	rry potter				11/20/2017
	Grapefruit Seed Extract		Olive Leaf Extract		Sage
	Graperiuit Seed Extract		Olive Lear Extract		Saye
	Grapeseed Extract		Onion		Sassafras
	Guarana		Onion Powder		Savory
	Gymnema Silvestre		Orange Peel/Rind		Saw Plametto
	Herbs De Provence		Orange Salt		Sesame Seeds
	Hickory		Oregano		Sesame Seeds, Black
	Himalayan Salt		Paprika		Shallots
	Jamaican Jerk		Paprika (smoked)		Spearmint
	Juniper Berry		Parsley		St. John's Wort
	Lavender		Pau D'arco		Sumac
	Lemon Balm (Melissa Officinalis)		Pepper, Black (see Garlic/Lemon Pepper)		Tabasco Sauce
	Lemongrass		Pepper, Cayenne		Tamari (Wheat Free)
	Lemon Pepper		Pepper, Red		Tarragon
	Licorice Root		Pepper, Sichuan		Thyme
	Maca Root		Pepper, Szechuan		Tomatillo
	Mace Spice		Pepper/Peppercorns		Turmeric
	Marjoram		Peppermint		Uva Ursi
	Mesquite		Pine Bark Extract		Valerian
	Milk Thistle		Red Clover		Vanilla (gluten and corn-free)
	Mint		Red Pepper Flake		Vanilla Bean
	Mustard (as a Powder)		Rose Hips		Vanilla Powder
	Mustard Seeds (gluten free)		Rosemary		White Willow Bark Extract
	Nutmeg		Saffron		Wintergreen

Applegate® organic herb

roasted turkey

Octopus

Veal (organic)

Venison (see also Deer)

	Milk-Containing Foods				
\Box	Casein		Egg Yolks, Pasture-raised		Julian Bakery Almond Bread
٦,			Milk, Soy (Organic)		Julian Bakery Coconut Bread
	Cheese, Feta		Paleo Cheese		
	Cheese, Goat		/ Julianhakaru sam ar		Konjac Glucomannon Flour
	0110000, 0001		Gluten-Free Grains		Mikey's Original English Muffin
	Cheese, Machego		Almond Flour (gluten free)		
\Box	Cheese, Pecorino	_			Mikey's Pizza crust
۳;			Amaranth		Millet
	Cheese, Ricotta		Arrowroot Flour/powder		Oats (Bob's Red Mill Gluten
\Box	Cheese, Sheep				Free Version)
۳,			Avenin (Gluten-free)		Oats (Certified GF)
	Goat Cheese		Basmati Rice (gluten free)		
\Box	Goat Kefir				Potato Flour (gluten free)
	994.119	Ш	Brown Rice Flour		Potato Starch (gluten free)
	Lactoalbumin		Buckwheat		(0 /
\Box	Milk, Buffalo				ProGranola (Julian Bakery)
	Wilk, Dullaio		Buckwheat Flour		Quinoa (gluten free)
	Milk, Goat		Coconut Flour (gluten free)		(5 11)
\Box	Milk, Sheep				Quinoa, Black (gluten free)
Ξ,	Milk, Olleep		Coconut Meal (gluten free)		Quinoa, Red (gluten free)
	Whey		Ener-G Brown Rice Yeast-Free		Zamos, rea (grain mos)
	Non-Dairy & Eggs		Bread		Rice, Basmati (gluten free)
	Almond Milk, unsweetened (no		Fava Bean Flour		Rice, Black (gluten free)
[tapioca)		Flax Meal		Trioo, Black (glater moo)
	Almond Yogurt, unsweetened				Rice, Brown (gluten free)
\Box	BodyPro Avocado Oil		Garbanzo Flour		Rice, Japonica (gluten free)
Ш	Mayonnaise		Glucomannon Flour	;	rtioe, daportida (glateri fice)
	Coconut Kefir (No Tapioca, Carageenan)		(konjacfoods.com)		Rice, Purple (gluten free)
	Coconut Milk (Native Forest or		Hazelnut Flour		Rice, Red (gluten free)
	Natural Value)		Hemp Meal	ш ;	raso, rea (glater fiee)
	Egg, Pasture-raised (from a farmer)		•		Rice, White (gluten free)
	Egg, Vital Farms® or Pasture Verde®		Hemp Protein (Powder)		Rice, Wild (Lundberg® - not the blend)
	Egg Whites, Pasture-raised		Hemp Seed		Rice Bran
				•	

		Corn-Derived Foods		
Rice Flour (gluten free)		No foods in this Catagory		Red Bean Paste
Rice Protein Powder (gluten free)		No foods in this Category Condiments, Spreads & Sauces		Red Tomato Paste (gluten free)
Simple Mills Ground Sea Salt Almond Crackers		Apple Cider Vinegar (Bragg's®)		Sauerkraut (Bubbies® Brand only)
Simple Mills Rosemary & Sea Salt Crackers		Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)		Tabasco Sauce
Simple Mills Tomato & Basil Almond Crackers		BodyPro Avocado Oil Mayonnaise		Tamari (Wheat Free)
Sorghum		Carob		Tomato Paste (gluten & Vinegar-free)
Sunflower Seed Flour		Cocoa Butter		Tomato Sauce (gluten & Vinegar-free)
Sweet Potato Flour (gluten free)		Coconut Aminos®		Vegetable Shortening (Spectrum®)
Tapioca		Coconut Cream		Vinegar, Beet
Tapioca Flour (gluten free)		Coconut Vinegar (Coconut Secret)		Vinegar, Distilled
Tapioca Starch (gluten free)		Distilled White Vinegar	ш ,	Sweeteners
Teff		Dressing, Primal Kitchen Honey Mustard		Agave Nectar
Teff Flour		Earth Balance® Avocado Oil Butter Spread		Aspartame
Tolerant Green Lentil & Pea Pasta		Earth Balance® Coconut Spread		Brown Sugar
Tolerant Red or Green Lentil		Horseradish Mustard, Gluten-free		Cane Syrup
Tortilla, Siete Chia & Cassava		Ketchup (Organicville)		Chocolate, Dark
Gluten-Containing Foods	□ [Kosher Salt		Coconut Palm Sugar
No foods in this Category		Liquid Aminos (Braggs®)(has		Coconut Sugar
		Soy) Liquid Smoke gluten free		Date Sugar
		(natural) Mayonnaise, Primal Kitchen		Fruit Pectin
	□ _•	Avocado Oil Mayonnaise, Primal Kitchen		Honey, (Organic)
		Mayonnaise, Primai Ritchen Chipotle Avocado Oil		Honey, Manuka
		Mustard, Brown (Eden® gf mustard)		
		Olives (without vinegar)		Honey, Wildflower from Mahava®

			Beverages & Protein Powders		
_	Jerusalem Artichoke Syrup		Almond Milk, unsweetened (no		Milk, Sheep
	Just Like Sugar®		Bone Broth Protein, Beef		Milk, Soy (Organic)
	Lo Han		Carrot Juice		Mineral Water
	Maltodextrin (Tapioca-based)		Casein		Orange Juice
	Maple Sugar		Cocoa		Pea Protein
	Maple Syrup (Grade A Dark Amber Organic)	╙.	Coconut Kefir (No Tapioca,		Rice Protein Powder (gluten free)
	Molasses		Carageenan) Coconut Milk (Native Forest or		Soy Milk/Soy Cheese (Organic)
	Monk Fruit (Pure)		Natural Value)		Soy Protein (Organic)
	Monk Fruit Extract		Coconut Water (low sugar) Coffee (Brewed and Not		Sparkling Water, unflavored
	Nutrasweet®		Instant)		Tea, Black
	Rebiana Leaf (Stevia)		Coffee Bean, Organic		Tea, Chamomile
	Sorbitol		Collagen Protein (Powder)		Tea, Chicory Root
	Splenda		Echinacea Tea		Tea, Green
	Sucanat		Grapefruit Juice		Tea, Hibiscus
	Sucralose		Great Lake's® Beef Gelatin		Tea, Oolong
	Sugar Beet		Green Tea		Tea, Ramon
_ <u>:</u>	Sugar Cane		Hemp Protein (Powder)		
╙.			Lactoalbumin		Tea, Roobios
	Sweetleaf® Stevia		Lemon Juice		Tea, White
	Tapioca Dextrose		Licorice Tea		Vodka, Potato
	Tapioca Syrup		Lime Juice	□ _!	Water
□ _:	Xyla (Birchwood Xylitol)		Milk, Buffalo		Whey
	Yacon Syrup		Milk, Goat		Yerba Matte Tea (Organic/Pure)
			Milk, Rice		Zevia Drinks

	Miscellaneous	Snacks	
	Antimony	Chewing Gum, Xylichew®	Tragacanth Gum
	Baking Soda (Arm & Hammer®)	Dates	Tricalcium Phosphate
	Bone Broth, Beef	Food Additives	Vegan Enzyme
	Cacao (Raw, Pure, &	Acacia Gum	Vegan Natural Flavors (no MSG)
	Unsweetened) Cocoa	Agar Gum	Vegan Natural Flavors (with
	Collagen Protein (Powder)	Annatto Coloring	new food cat
	GemWraps®, Sandwich Wrap	Arabic Gum	alpha
	(Mango/Chipotle)	Asafoetida Powder	bravo
	Great Lake's® Beef Gelatin	Blue Food Dye	charlie
	Hops	Carrageenan Gum	food name
	Julian Bakery Paleo Wraps	Chicory Root	
	Latex		
	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	
		Pea Starch	
	Tofu (Organic)	Potato Protein	
		Red Food Dye	
		Sodium Alginate	