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Vegetables	ı 🗆 [Broccoli Sprouts	i \square [Collard Greens
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 pickled)		Cabbage, Purple		Eggplant
Arugula		Cactus (Nopales)		Endive
Avocado		Capers		Fennel
Bamboo Shoot		Capsicum		Garlic
Bean, Green		Carrot, Orange		Ginger
Bean Sprout		Carrot, Purple		Hearts of Palm
Beet		Carrot, White		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
Bell Pepper, Red		Cauliflower, Purple		Kombu
Bell Pepper, Yellow		Celery		Leeks
Bitter Melon		Chard		Lettuce, all types
Bok Choy		Chayote		Mushrooms
Broccoli		Chives		Mushrooms, Button
Broccolini		Coconut (raw and unsweetened)		Mushrooms, Cremeni/Crimini
Broccoli Rabe		Coconut Concentrate		Mushrooms, Maitake

Shopping List Page 2					All ingredients must be organic		
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	Mushrooms, Shiitake		Pepper, Green	i 🗆 [Rhubarb		
	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		

Taro	Fruits	Durian Fruit
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	Boysenberry	Grape, Purple
Tomatoes, Big Beef	bravo	Grape, Red
Tomato Paste (gluten & Vinegar-free)	Cantaloupe	Grape, White
Tomato Sauce (gluten & Vinegar-free)	Cape Gooseberries	Grapefruit
Truffle	Carambola	Grapefruit Juice
Turnip Greens	charlie	Ground Cherries
Turnips	Cherry	Guava
Wasabi Root	Clementine	Huckleberry
Water Chestnut	Cranberry	Jack fruit
Watercress	Cranberry Juice	Kiwi
Yams, Garnett	Currant	Kumquat
Yams, Japanese	Dates	Lemon
Yucca	Dragon Fruit (Pitaya)	Lemon Juice
Zucchini	Dried Fruit	Lemon Rind/Peel

Lime	Pear, Asian	Legumes, Pods, & Pulses
Lime Juice	Persimmons	Bean, Azuki
Loganberry	Pineapple	Bean, Black
Longan Fruit	Plum	Bean, Butter
Loquat	Pomegranate	Bean, Cannellini
Lychee	Pomelo	Bean, Chana Dahl
Mango	Prune	Bean, Chili
Mangosteen	Quince	Bean, Green
Maqui	Raisin (unsulfured, organic)	Bean, Haricot
Melon, Honeydew	Rambutan	Bean, Italian
Monk Fruit (Pure)	Raspberry	Bean, Kidney
Mulberry	Star Fruit	Bean, Lima
Nectarines	Strawberry	Bean, Mung
Noni	Tamarind	Bean, Navy
Orange	Tangelo	Bean, Ninja
Orange, Blood	Tangerine	Bean, Pinto/Frijole
Orange Juice	Watermelon	Bean, Red
Orange Peel/Rind	Wolfberry	Bean, White
Oranges, Mandarin	Youngberry	Beans
Papaya		Chickpea (see also Garbanzo Bean)
Passion Fruit		Coffee Bean, Organic
Peach		Edamame (must be organic)

Garbanzo Bean	Borage Seed Oil	Hemp Meal
Garbanzo Flour	Brazil Nut	Hemp Protein (Powder)
Kidney Bean	Canola/Rapeseed Oil	Hemp Seed
Lentil(s)	Canola Oil, Non-GMO	Krill Oil
Pea, Snap	Caraway Seed	Lard/Tallow (pork)
Pea, Snow	Cashew Butter	Macadamia Nut Oil
Pea, Split	Cashew Meal	Macadamia Nuts
Peanut (Organic, Valencia)	Cashews	MCT Oil
Peanut Butter (Organic, Maranatha®)	Chestnut	Olive Leaf Extract
Red Bean Paste	Chia Seed (1/4 cup, max)	Olive Oil, Virgin
Soybean oil(must be organic)	Coconut, shredded (raw, unsweetened)	Palm Kernel Oil
Soy Beans (must be organic)	Coconut Butter	Peanut Oil (Organic)
Vanilla Bean	Coconut Oil	Pepitas
Nuts, Seeds, Drupes & Oils	Cola Nut (aka Kola Nut)	Pili Nuts
Almond	Cottonseed/Cottonseed Oil	Pine Nut
Almond, Marcona	Duck Fat	Pistachios
Almond Butter (Artisana®)	Fenugreek Seed	Poppy seeds
Almond Flavor (natural, gluten free)	Flax Meal	Psyllium Husk
Almond Flour (gluten free)	Flax Oil	Pumpkin Oil
Almond Meal (gluten free)	Flax Seed	Pumpkin Seed Oil
Almond Oil	Grapeseed Oil, Organic	Pumpkin Seeds

Hazelnut/Filbert

Ramon Seeds

Annatto Seed

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Rice, Wild (Lundberg® - not the blend)	Herbs & Spices	Clove Powder
Rice Bran Oil	Allspice	Cloves, Madagascar
Sacha Inchi Seeds	Almond Flavor (natural, gluten free)	Cloves, Penang
Safflower/Safflower Seed Oil	Anise	Comfrey
Sesame Seed Oil	Ashwaganda	Cramp Bark Extract
Sesame Seeds	Astragalus	Cream of Tartar
Sesame Seeds, Black	Basil	Cumin
Sunflower Seed Butter	Bay Leaf	Curcumin
Sunflower Seed Flour	Bell Pepper, Red	Curry (must be GF)
Sunflower Seed Lecithin	Black Cohosh	Dandelion Root
Sunflower Seed Oil	Capsicum	Dill
Sunflower Seeds	Caraway Seed	Dong Quai
Tahini	Cardamom	Echinacea
Tea, Ramon	Catnip	Fennel
Tiger Nuts	Celery Powder	Fennel Seed
Truffle Oil	Celery Seed	Garam Masala
Truffle Oil, Black	Chaparral	Garlic
Vegetable Shortening (Spectrum®)	Chervil	Garlic Pepper
Walnut Oil	Chili Powder	Garlic Powder
Walnuts	Chipotle Seasoning	Garlic Salt
Walnuts, Black	Cilantro/Coriander	Ginger Powder
	Cinnamon	Ginkgo Biloba
	Cinnamon, Ceylon	Ginseng (All Types)

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	Goldenseal		Nutmeg		Saffron			
	Grapefruit Seed Extract		Olive Leaf Extract		Sage			
	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			

All ingredients must be organic

Shopping List Page 7

Shopping List Page 8					ngredients must be organic
har	ry potter				11/20/2017
	Wintergreen		Octopus	L	Applegate® organic chicken
	Wormwood		Orange Roughy		Applegate® organic ham
	Fish & Shellfish		Oyster		Applegate® organic herb roasted turkey
	Anchovy		Perch		Applegate® organic roast beef
	Bass		Red Snapper		Applegate® organic smoked chicken breast
	Catfish		Salmon, wild (fresh)		Applegate® organic smoked turkey breast
	Chilean Sea Bass		Sardines		Applegate® organic turkey
	Clam		Scallop		Applegate® organic turkey bacon
	Cod/ Cod Liver Oil		Shrimp		Beef, Grass-fed only (organic)
	Corvina		Sole		Bison (see also Buffalo)
	Crab		Squid		Buffalo (see also Bison)
	Crayfish		Swai		Chicken, free range (organic)
	Flounder		Swordfish		Collagen Protein (Powder)
	Haddock		Tilapia (Wild, Non-farmed)		Deer (see also Venison)
	Hake		Trout		Duck
	Halibut		Tuna		Goat, Grass-fed only (organic)
	Herring		Walleye Pike		Great Lake's® Beef Gelatin
	Krill		Whitefish/Turbot		Lamb
	Lobster				Ostrich
	Lox				Pheasant
	Mackerel				Pork, (organic)
	Mahi Mahi				Quail
	Mussel				Rabbit
		_	Applegate® organic black forest		

ham

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Turkey (organic)	Non-Dairy & Eggs	Ener-G Brown Rice Yeast-Free Bread
Veal (organic)	Almond Milk, unsweetened (no tapioca)	Fava Bean Flour
Venison (see also Deer)	Almond Yogurt, unsweetened	Flax Meal
Milk-Containing Foods	BodyPro Avocado Oil Mayonnaise	Garbanzo Flour
Casein	Coconut Kefir (No Tapioca, Carageenan)	Glucomannon Flour (konjacfoods.com)
Cheese, Feta	Coconut Milk (Native Forest or Natural Value)	Hazelnut Flour
Cheese, Goat	Egg, Pasture-raised (from a farmer)	Hemp Meal
Cheese, Machego	Egg, Vital Farms® or Pasture Verde®	Hemp Protein (Powder)
Cheese, Pecorino	Egg Whites, Pasture-raised	Hemp Seed
Cheese, Ricotta	Egg Yolks, Pasture-raised	Julian Bakery Almond Bread
Cheese, Sheep	Milk, Soy (Organic)	Julian Bakery Coconut Bread
Goat Cheese	Paleo Cheese (Julianbakery.com or	Konjac Glucomannon Flour
Goat Kefir	Gluten-Free Grains	Mikey's Original English Muffin
Lactoalbumin	Almond Flour (gluten free)	Mikey's Pizza crust
Milk, Buffalo	Amaranth	Millet
Milk, Goat	Arrowroot Flour/powder	Oats (Bob's Red Mill Gluten Free Version)
Milk, Sheep	Avenin (Gluten-free)	Oats (Certified GF)
Whey	Basmati Rice (gluten free)	Potato Flour (gluten free)
	Brown Rice Flour	Potato Starch (gluten free)
	Buckwheat	ProGranola (Julian Bakery)
	Buckwheat Flour	Quinoa (gluten free)
	Coconut Flour (gluten free)	Quinoa, Black (gluten free)
	Coconut Meal (gluten free)	Quinoa, Red (gluten free)

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Rice, Basmati (gluten free)	Tolerant Red or Green Lentil Pasta	Liquid Smoke gluten free (natural)
Rice, Black (gluten free)	Tortilla, Siete Chia & Cassava	Mayonnaise, Primal Kitchen Avocado Oil
Rice, Brown (gluten free)	Gluten-Containing Foods	Mayonnaise, Primal Kitchen Chipotle Avocado Oil
Rice, Japonica (gluten free)	No foods in this Category	Mustard, Brown (Eden® gf mustard)
Rice, Purple (gluten free)	Corn-Derived Foods	Olives (without vinegar)
Rice, Red (gluten free)	No foods in this Category	Red Bean Paste
Rice, White (gluten free)	Condiments, Spreads & Sauces	Red Tomato Paste (gluten free)
Rice, Wild (Lundberg® - not the blend)	Apple Cider Vinegar (Bragg's®)	Sauerkraut (Bubbies® Brand only)
Rice Bran	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Tabasco Sauce
Rice Flour (gluten free)	BodyPro Avocado Oil Mayonnaise	Tamari (Wheat Free)
Rice Protein Powder (gluten free)	Carob	Tomato Paste (gluten & Vinegar-free)
Simple Mills Ground Sea Salt Almond Crackers	Cocoa Butter	Tomato Sauce (gluten & Vinegar-free)
Simple Mills Rosemary & Sea Salt Crackers	Coconut Aminos®	Vegetable Shortening (Spectrum®)
Simple Mills Tomato & Basil Almond Crackers	Coconut Cream	Vinegar, Beet
Sorghum	Coconut Vinegar (Coconut Secret)	Vinegar, Distilled
Sunflower Seed Flour	Distilled White Vinegar	Sweeteners
Sweet Potato Flour (gluten free)	Dressing, Primal Kitchen Honey Mustard	Agave Nectar
Tapioca	Earth Balance® Avocado Oil Butter Spread	Aspartame
Tapioca Flour (gluten free)	Earth Balance® Coconut Spread	Brown Sugar
Tapioca Starch (gluten free)	Horseradish Mustard, Gluten-free (Annie's®)	Cane Syrup
Teff	Ketchup (Organicville)	Chocolate, Dark
Teff Flour	Kosher Salt	Coconut Palm Sugar
Tolerant Green Lentil & Pea Pasta	Liquid Aminos (Braggs®)(has Soy)	Coconut Sugar

Lemon Juice

Sweetleaf® Stevia

Tea, Roobios

Tea, White

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Vodka, Potato	Silver	Pea Starch
Water	Tobacco	Potato Protein
Whey	Tofu (Organic)	Red Food Dye
Yerba Matte Tea (Organic/Pure)	Snacks	Sodium Alginate
Zevia Drinks	Chewing Gum, Xylichew®	Tragacanth Gum
Miscellaneous	Dates	Tricalcium Phosphate
Antimony	Food Additives	Vegan Enzyme
Baking Soda (Arm & Hammer®)	Acacia Gum	Vegan Natural Flavors (no MSG)
Bone Broth, Beef	Agar Gum	Vegan Natural Flavors (with MSG)
Cacao (Raw, Pure, & Unsweetened)	Annatto Coloring	new food cat
Cocoa	Arabic Gum	alpha
Collagen Protein (Powder)	Asafoetida Powder	bravo
GemWraps®, Sandwich Wrap (Mango/Chipotle)	Blue Food Dye	charlie
Great Lake's® Beef Gelatin	Carrageenan Gum	food name
Hops	Chicory Root	
Julian Bakery Paleo Wraps	Formaldehyde	
Latex	Guar Gum	
Lycopene	Inulin	
Modified Food Starch (Tapioca-based)	Lactic Acid (beet-derived)	
Pycnogenol	Locust Bean Gum	
Red Tomato Paste (gluten free)	MSG/MonosodiumGlutatmate	
Resveratrol	Palm Wax	
Rice Starch (if certified gluten free)	Pea Protein Isolate	