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

Sno	opping List Page 2		All	ingredients must be organic
har	ry potter			11/16/2017
	Onion, Red	Potato, Red		Squash, Butternut
	Onion, Sweet	Potato, Russet	Ш	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 in	ngredients must be organic
ha	rry potter				11/16/2017
	Tomato Sauce (gluten & Vinegar-free)		Cherry		Jack fruit
	Truffle		Clementine		Kiwi
	Turnip Greens		Cranberry		Kumquat
	Turnips		Cranberry Juice		Lemon
	Wasabi Root		Currant		Lemon Juice
	Water Chestnut		Dates		Lemon Rind/Peel
	Watercress		Dragon Fruit (Pitaya)		Lime
	Wheat Grass (Is Gluten-contaminated)		Dried Fruit		Lime Juice
ם וֹ	Yams, Garnett		Durian Fruit		Loganberry
	Yams, Japanese		Elderberry		Longan Fruit
	Yucca		Fig		Loquat
	Zucchini		Goji Berry		Lychee
	Fruits		Golden Berry		Mango
	Apple (all types)		Gooseberries		Mangosteen
— ;	Apricot		Grape		Maqui
	Banana		Grape, Green		Melon, Honeydew
	Bilberry		Grape, Purple		Monk Fruit (Pure)
	Blackberry		Grape, Red		Mulberry
	Blueberry		Grape, White		Nectarines
	Boysenberry		Grapefruit		Noni
	Cantaloupe		Grapefruit Juice		Orange
	Cape Gooseberries		Ground Cherries		Orange, Blood
	Carambola		Guava		Orange Juice
			Huckleberry		Orange Peel/Rind

Oranges, Mandarin	Youngberry	Fava Bean Flour
Рарауа	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	Bean, Kidney	Soybean oil(must be organic)
Prune	Bean, Lima	Soy Beans (must be organic)
Quince	Bean, Mung	Vanilla Bean
Raisin (unsulfured, organic)	Bean, Navy	Nuts, Seeds, Drupes & Oils
Rambutan	Bean, Ninja	Almond
Raspberry	Bean, Pinto/Frijole	Almond, Marcona
Star Fruit	Bean, Red	Almond Butter (Artisana®)
Strawberry	Bean, White	Almond Flavor (natural, gluten free)
Tamarind	Beans	Almond Flour (gluten free)
Tangelo	Chickpea (see also Garbanzo Bean)	Almond Meal (gluten free)
Tangerine	Edamame (must be organic)	Almond Oil
Watermelon	Fava Bean	Annatto Seed
Wolfberry		

hai	ry potter		11/16/2017
	Avocado Oil	Hemp Protein (Powder)	Rice Bran Oil
	Borage Seed Oil	Hemp Seed	Sacha Inchi Seeds
	Brazil Nut	Krill Oil	Safflower/Safflower Seed Oil
	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	
	Hazelnut/Filbert	Pumpkin Seeds	
	Hazelnut Flour	Ramon Seeds	
	Hemp Meal	Rice, Wild (Lundberg® - not the blend)	

All ingredients must be organic

Shopping List Page 5

Herbs & Spices	Cramp Bark Extract	Juniper Berry
Allspice	Cream of Tartar	Lavender
Almond Flavor (natural, gluten free)	Cumin	Lemon Balm (Melissa Officinalis)
Anise	Curcumin	Lemongrass
Ashwaganda	Curry (must be GF)	Lemon Pepper
Astragalus	Dandelion Root	Licorice Root
Basil	Dill	Maca Root
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

Shopping List Page 7			All ingredients must be organ		
har	ry potter				11/16/201
	Pau D'arco		Tamari (Wheat Free)		Crayfish
	Pepper, Black (see				
	Garlic/Lemon Pepper)		Tarragon		Flounder
	Pepper, Cayenne		Thyme		Haddock
	Pepper, Sichuan		Tomatillo		Hake
	Pepper, Szechuan		Turmeric		Halibut
	Pepper/Peppercorns		Uva Ursi		Herring
	Peppermint		Valerian		Krill
	Pine Bark Extract		Vanilla (gluten and corn-free)		Lobster
	Red Clover		Vanilla Bean		Lox
	Red Pepper Flake		Vanilla Powder		Mackerel
	Rose Hips		White Willow Bark Extract		Mahi Mahi
	Rosemary		Wintergreen		Mussel
	Saffron		Wormwood		Octopus
	Sage		Fish & Shellfish		Orange Roughy
	Sassafras		Anchovy		Oyster
	Savory		Bass		Perch
	Saw Plametto		Catfish		Red Snapper
	Sesame Seeds		Chilean Sea Bass		Salmon, wild (fresh)
	Sesame Seeds, Black		Clam		Sardines
	Shallots		Cod/ Cod Liver Oil		Scallop
	Spearmint		Corvina		Shrimp
	St. John's Wort		Crab		Sole
	Sumac		Crab, Immitation		Squid
٦.	Tahason Saura				Swai

Shopping List Page 8			All ir	ngredients must be organic	
har	ry potter				11/16/2017
	Swordfish		Goat, Grass-fed only (organic)		Milk, Soy (Organic)
	Tilapia (Wild, Non-farmed)		Great Lake's® Beef Gelatin		Paleo Cheese (Julianbakery.com or
	Trout		Lamb		Gluten-Free Grains
	Tuna		Ostrich		Almond Flour (gluten free)
	Walleye Pike		Pheasant		Amaranth
	Whitefish/Turbot		Pork, (organic)		Arrowroot Flour/powder
	Meat & Poultry		Quail		Avenin (Gluten-free)
	Applegate® organic black forest ham		Rabbit		Basmati Rice (gluten free)
	Applegate® organic chicken		Turkey (organic)		Brown Rice Flour
	Applegate® organic ham		Veal (organic)		Buckwheat
	Applegate® organic herb roasted turkey		Venison (see also Deer)		Buckwheat Flour
	Applegate® organic roast beef		Milk-Containing Foods		Coconut Flour (gluten free)
	Applegate® organic smoked chicken breast		No foods in this Category		Coconut Meal (gluten free)
	Applegate® organic smoked turkey breast		Non-Dairy & Eggs		Ener-G Brown Rice Yeast-Free Bread
	Applegate® organic turkey		Almond Milk, unsweetened (no tapioca)		Fava Bean Flour
	Beef, Grass-fed only (organic)		Almond Yogurt, unsweetened		Flax Meal
	Bison (see also Buffalo)		BodyPro Avocado Oil Mayonnaise		Garbanzo Flour
	Buffalo (see also Bison)		Coconut Kefir (No Tapioca, Carageenan)		Glucomannon Flour (konjacfoods.com)
	Chicken, free range (organic)		Coconut Milk (Native Forest or Natural Value)		Hazelnut Flour
	Chicken Broth (Imagine® gf/low sodium)		Egg, Pasture-raised (from a farmer)		Hemp Meal
	Collagen Protein (Powder)		Egg, Vital Farms® or Pasture Verde®		Hemp Protein (Powder)
	Deer (see also Venison)		Egg Whites, Pasture-raised		Hemp Seed
	Duck		Egg Yolks, Pasture-raised		Julian Bakery Almond Bread

	Julian Bakery Coconut Bread		Sunflower Seed Flour		Kamut
	Konjac Glucomannon Flour		Sweet Potato Flour (gluten free)		Liquid Smoke (can have gluten)
	Mikey's Original English Muffin		Tapioca		Oats
	Millet		Tapioca Flour (gluten free)		Oats, GF (not Certified) can have gluten
	Oats (Bob's Red Mill Gluten Free Version)		Tapioca Starch (gluten free)		Orzo
	Oats (Certified GF)		Teff		Panko
	Potato Flour (gluten free)		Teff Flour		Polish Wheat
	Potato Starch (gluten free)		Tolerant Green Lentil & Pea Pasta		Rye
	ProGranola (Julian Bakery)		Tolerant Red or Green Lentil Pasta		Semolina
	Quinoa (gluten free)		Tortilla, Siete Chia & Cassava		Spelt
	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 Gluten-contaminated)
	Rice, Japonica (gluten free)		Couscous		Corn-Derived Foods
	Rice, Purple (gluten free)		Crab, Immitation		No foods in this Category
	Rice, Red (gluten free)		Durum Wheat	ا	<u> </u>
	Rice, White (gluten free)		Egyptian Wheat		
	Rice, Wild (Lundberg® - not the blend)		Farro		
	Rice Bran		Gliadin		
	Rice Flour (gluten free)				
		Ш	Gluten		
Ш	Rice Protein Powder (gluten free)		Graham (wheat)		
	Sorghum	'		-	

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harry potter

Condiments, Spreads & Sauces	Sauerkraut (Bubbies® Brand only)	Maltodextrin (Tapioca-based)
Apple Cider Vinegar (Bragg's®)	Tabasco Sauce	Maple Sugar
Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Tamari (Wheat Free)	Maple Syrup (Grade A Dark Amber Organic)
BodyPro Avocado Oil Mayonnaise	Tomato Paste (gluten & Vinegar-free)	Molasses
Carob	Tomato Sauce (gluten & Vinegar-free)	Monk Fruit (Pure)
Cocoa Butter	Vegetable Shortening (Spectrum®)	Monk Fruit Extract
Coconut Aminos®	Vinegar, Beet	Nutrasweet®
Coconut Cream	Vinegar, Distilled	Rebiana Leaf (Stevia)
Coconut Vinegar (Coconut Secret)	Sweeteners	Sorbitol
Distilled White Vinegar	Agave Nectar	Splenda
Dressing, Primal Kitchen Honey Mustard	Aspartame	Sucanat
Earth Balance® Avocado Oil Butter Spread	Brown Sugar	Sucralose
Earth Balance® Coconut Spread	Cane Syrup	Sugar Beet
Hummus	Coconut Palm Sugar	Sugar Cane
Ketchup (Organicville)	Coconut Sugar	Sweetleaf® Stevia
Kosher Salt	Date Sugar	Tapioca Dextrose
Liquid Aminos (Braggs®)(has Soy)	Fruit Pectin	Tapioca Syrup
Liquid Smoke (can have gluten)	Honey, (Organic)	Xyla (Birchwood Xylitol)
Liquid Smoke gluten free (natural)	Honey, Manuka	Yacon Syrup
Mayonnaise, Primal Kitchen Avocado Oil	Honey, Wildflower from Mahava®	
Mustard, Brown (Eden® gf mustard)	Jerusalem Artichoke Syrup	
Olives (without vinegar)	Just Like Sugar®	
Red Bean Paste	Lo Han	
Red Tomato Paste (gluten free)		

Beverages & Protein Powders	Sparkling Water, unflavored		Lycopene
Almond Milk, unsweetened (no tapioca)	Tea, Chicory Root		Modified Food Starch (Tapioca-based)
Bone Broth Protein, Beef	Tea, Hibiscus		Pycnogenol
Carrot Juice	Tea, Ramon		Red Tomato Paste (gluten free)
Cocoa	Tea, Roobios		Resveratrol
Coconut Kefir (No Tapioca, Carageenan)	Vodka, Potato		Rice Starch (if certified gluten free)
Coconut Milk (Native Forest or Natural Value)	Vodka, Rye or Grain		Silver
Coconut Water (low sugar)	Water		Tobacco
Collagen Protein (Powder)	Zevia Drinks		Tofu (Organic)
Echinacea Tea	Miscellaneous		Snacks
Grapefruit Juice	Antimony		Chewing Gum, Xylichew®
Great Lake's® Beef Gelatin	Baking Soda (Arm & Hammer®)		Dates
Hemp Protein (Powder)	Bone Broth, Beef		Skinny Crisps® (Plain Jane)
Lemon Juice	Cacao (Raw, Pure, & Unsweetened)		Food Additives
Licorice Tea	Chicken Broth (Imagine® gf/low sodium)		Acacia Gum
Lime Juice	Cocoa		Agar Gum
Milk, Rice	Collagen Protein (Powder)		Annatto Coloring
Milk, Soy (Organic)	GemWraps®, Sandwich Wrap (Kale-Apple)		Arabic Gum
Mineral Water	GemWraps®, Sandwich Wrap (Mango/Chipotle)		Asafoetida Powder
Orange Juice	Great Lake's® Beef Gelatin		Blue Food Dye
Pea Protein	Hops		Carrageenan Gum
Rice Protein Powder (gluten free)	Julian Bakery Paleo Wraps	·	Chicory Root
Soy Milk/Soy Cheese (Organic)	Latex		Formaldehyde
Soy Protein (Organic)		•	

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Guar Gum
Inulin
Lactic Acid (beet-derived)
Locust Bean Gum
MSG/MonosodiumGlutatmate
Palm Wax
Pea Protein Isolate
Pea Starch
Potato Protein
Red Food Dye
Sodium Alginate
Tragacanth Gum
Tricalcium Phosphate
Vegan Enzyme
Vegan Natural Flavors (no MSG)
Vegan Natural Flavors (with MSG)