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Vegetables	Cabbage, Chinese (see also Bok Choy)	Ginger
Aloe Vera	Cabbage, Green	Hearts of Palm
Artichoke (not pickled)	Cabbage, Purple	Horseradish
Artichoke, Jerusalem (not pickled)	Cactus (Nopales)	Jicama
Arugula	Capers	Kale, all types
Asparagus	Capsicum	Kohlrabi
Avocado	Cauliflower	Leeks
Bamboo Shoot	Cauliflower, Purple	Lettuce, all types
Bean Sprout	Celery	Mushrooms
Beet Greens	Chard	Mushrooms, Button
Bell Pepper	Chayote	Mushrooms, Cremeni/Crimini
Bell Pepper, Green	Chives	Mushrooms, Maitake
Beil Copper, Orderi	Chives	Washiooms, Waltake
Bell Pepper, Orange	Coconut (raw and unsweetened)	Mushrooms, Shiitake
Bell Pepper, Red	Coconut Concentrate	Mustard Greens
Bell Pepper, Yellow	Collard Greens	Okra
Bitter Melon	Comfrey	Olives (without vinegar)
Bok Choy	Cucumber	Onion, Green
Broccoli	Daikon Radish	Onion, Maui
Broccolini	Dandelion Greens	Onion, Red
Broccoli Rabe	Dandelion Root	Onion, Sweet
Broccoli Sprouts	Eggplant	Onion, Yellow
Brussels Sprout	Endive	Paprika
Burdock	Fennel	Parsley

Pepper, Anaheim	Spinach	food name	
,	Op. I do	 	٠
Pepper, Cayenne	Swede	Goji Berry	į
Pepper, Chili	Swiss Chard	Golden Berry	
Pepper, Green	Taro	Gooseberries	
Pepper, Habanero	Turnip Greens	Grapefruit	
Pepper, Jalapeño	Wasabi Root	Huckleberry	
Pepper, Poblano	Water Chestnut	Lemon	
Pepper, Red	Watercress	Lemon Juice	
Pepper, Serrano	Zucchini	Lemon Rind/Peel	
Pepper, Tabasco	Fruits	Lime	
Pimento	Acai	Lime Juice	
Prickly Pear	alpha	Loganberry	
Pumpkin	Apricot	Longan Fruit	
Pumpkin Powder	Bilberry	Loquat	
Radicchio	Blackberry	Lychee	
Radish	Blueberry	Maqui	
Rainbow Chard	Boysenberry	Mulberry	
Red Pepper Flake	bravo	Nectarines	
Rhubarb	Carambola	Noni	
Rutabaga	charlie	Passion Fruit	
Sauerkraut (Bubbies® Brand only)	Cherry	Pear	
Scallions	Dragon Fruit (Pitaya)	Pear, Asian	

Sho	opping List Page 4		All ir	ngredients must be organic
sha	nes Watson			11/20/2017
	Black Cohosh	Dandelion Root		Marjoram
	Capsicum	Dill		Milk Thistle
	Caraway Seed	Dong Quai		Mint
	Cardamom	Echinacea		Mustard (as a Powder)
	Catnip	Fennel		Mustard Seeds (gluten free)
	Celery Powder	Fennel Seed		Nutmeg
	Celery Seed	Ginger Powder		Olive Leaf Extract
	Chaparral	Ginkgo Biloba		Onion
	Chervil	Ginseng (All Types)		Onion Powder
	Chili Powder	Goldenseal		Oregano
⊐ !	Chipotle Seasoning	Grapefruit Seed Extract		Paprika
	Cilantro/Coriander	Gymnema Silvestre		Paprika (smoked)
	Cinnamon	Herbs De Provence		Parsley
	Cinnamon, Ceylon	Hickory		Pau D'arco
	Clove Powder	Himalayan Salt		Pepper, Black (see Garlic/Lemon Pepper)
	Cloves, Madagascar	Jamaican Jerk		Pepper, Cayenne
	Cloves, Penang	Juniper Berry		Pepper, Red
	Comfrey	Lavender		Pepper, Sichuan
	Cramp Bark Extract	Lemon Balm (Melissa Officinalis)		Pepper, Szechuan
	Cream of Tartar	Lemongrass		Pepper/Peppercorns
	Cumin	Lemon Pepper		Peppermint
	Curcumin	Maca Root		Pine Bark Extract
	Curry (must be GF)	Mace Spice		Red Clover

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$\Box c$	,			
<b>−</b> [.	Red Pepper Flake	Fish & Shellfish	_	Whitefish/Turbot
	Rose Hips	Bass		Meat & Poultry
	Rosemary	Chilean Sea Bass		Applegate® organic black forest ham
	Saffron	Corvina		Applegate® organic ham
	Sage	Flounder		Bison (see also Buffalo)
	Sassafras	Haddock		Buffalo (see also Bison)
	Savory	Hake		Chicken, free range (organic)
	Saw Plametto	Halibut		Deer (see also Venison)
	Shallots	Herring		Duck
	Spearmint	Lox		Goat, Grass-fed only (organic)
	St. John's Wort	Mackerel		Lamb
	Sumac	Mahi Mahi		Ostrich
	Tarragon	Octopus		Pheasant
	Thyme	Perch		Pork, (organic)
	Turmeric	Red Snapper		Quail
	Uva Ursi	Salmon, wild (fresh)		Rabbit
	Valerian	Sardines		Turkey (organic)
	Vanilla (gluten and corn-free)	Sole		Venison (see also Deer)
	Vanilla Bean	Swai		
	Vanilla Powder	Swordfish		
	White Willow Bark Extract	Tilapia (Wild, Non-farmed)		
	Wintergreen	Trout		
	Wormwood	Walleye Pike		

Milk-Containing Foods	Gluten-Containing Foods	Beverages & Protein Powders
No foods in this Category	No foods in this Category	Coconut Kefir (No Tapioca, Carageenan)
Non-Dairy & Eggs	Corn-Derived Foods	Coconut Milk (Native Forest or Natural Value)
Coconut Kefir (No Tapioca, Carageenan)	No foods in this Category	Coconut Water (low sugar)
Coconut Milk (Native Forest or Natural Value)	Condiments, Spreads & Sauces	Coffee (Brewed and Not Instant)
Egg Whites, Pasture-raised	Carob	Coffee Bean, Organic
Gluten-Free Grains	Cocoa Butter	Echinacea Tea
Amaranth	Coconut Aminos®	Green Tea
Coconut Flour (gluten free)	Coconut Cream	Hemp Protein (Powder)
Coconut Meal (gluten free)	Earth Balance® Coconut Spread	Lemon Juice
Flax Meal	Liquid Smoke gluten free (natural)	Lime Juice
Glucomannon Flour (konjacfoods.com)	Olives (without vinegar)	Mineral Water
Hazelnut Flour	Sauerkraut (Bubbies® Brand only)	Sparkling Water, unflavored
Hemp Meal	Vegetable Shortening (Spectrum®)	Tea, Black
Hemp Protein (Powder)	Sweeteners	Tea, Chamomile
Hemp Seed	Jerusalem Artichoke Syrup	Tea, Chicory Root
Konjac Glucomannon Flour	Just Like Sugar®	Tea, Green
Sunflower Seed Flour	Lo Han	Tea, Hibiscus
	Rebiana Leaf (Stevia)	Tea, Oolong
	Sweetleaf® Stevia	Tea, Ramon
		Tea, Roobios
		Tea, White
		Water

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Yerba Matte Tea (Organic/Pure)	new food cat
Zevia Drinks	alpha
Miscellaneous	bravo
Baking Soda (Arm & Hammer®)	charlie
Cacao (Raw, Pure, & Unsweetened)	food name
Latex	
Lycopene	
Silver	
Tobacco	
Snacks	
No foods in this Category	
Food Additives	
Food Additives  Annatto Coloring	
Annatto Coloring  Arabic Gum	
Annatto Coloring	
Annatto Coloring Arabic Gum	
Annatto Coloring  Arabic Gum  Asafoetida Powder	
Annatto Coloring  Arabic Gum  Asafoetida Powder  Chicory Root	
Annatto Coloring  Arabic Gum  Asafoetida Powder  Chicory Root  Inulin	
Annatto Coloring  Arabic Gum  Asafoetida Powder  Chicory Root  Inulin  Palm Wax	
Annatto Coloring  Arabic Gum  Asafoetida Powder  Chicory Root  Inulin  Palm Wax  Tragacanth Gum	