

Tab 1

You are what you eat - Reincarnation - Home is in each-every step - 90° ankles (Shoes)(Pores Close)

(Biodome-Sphere) 🌀 (Eternal Counterbalance - Karma)
(Gluten-Free - Organic(Original))(Vegan)

Allergies (Allergens) - Immune System

Antioxidants (Astaxanthin) - Free Radicals - Oxidative Stress - Vitamin C (Ascorbic Acid) - Vitamin E (Tocopherols - Tocotrienols) - Carotenoids (Carotenes - Provitamin A)

BPA - Bisphenol A - Chemical formula: C₁₅H₁₆O₂ - Appearance: White Solid - Odor: Phenolic, medical - 3 6 7 Contain BPA - 1 2 4 5 Generally do not contain BPA

Condiments - Liquid Spices

Each Step (Mindfully) - Weight Food

Culture;

- Halal (Haram - Zabihah/Dabiha)(Forbidden: Alcohol, Animals Dying of Nature Causes, Birds of Prey, Blood, Carnivores, Pork)(HFSA - Halal Food Standards Alliance of America)

- Kosher (Hechsher - Kashrut - Pareve - Shechita(OU- Orthodox Union) - Torah)(*Avoiding* Pork(Split Hooves), Predatory Birds, and Shellfish)(Meat and Dairy Products(Rennet) are never eaten together*)

Diet;

- Atkins (Stage 1* - Healthy Fats 70-80% - Carbs-Sugar 5-10% - Protein 10-20%)(Carbohydrates - Fiber)(Metabolic state called Ketosis)(Stages 2, 3, 4 are not Ketogenic)

- Keto (Healthy Fats 70-80% - Carbs-Sugar 5-10% - Protein 10-20%)(Carbohydrates - Fiber)(Metabolic state called Ketosis)(Maximum 3-6 month 6-12 not recommended)
Paleo (Whole - Unprocessed)(No Dairy, Grains, Legumes, or Processed)

- Plant Based (Almond - Milk, Avocado, Beans(Black, Chickpeas - Garbanzo, Kidney), Brown Rice, Chia, Flax, Fruits, Lentils, Millet, Oats, Olive Oil, Peas, Peanuts, Quinoa, Seeds, Soy, Tempeh, Tofu, Vegetables, Walnuts, Whole Wheat)(Emphasizes reducing Dairy, Meat, Processed Food)(Oatmeal, Hummus, Lentil Soup, Veggie Wraps)

- Vegan (Fruits, Grains, Legumes, Nuts, Seeds, Vegetables)(Excludes; All Animals Products* - Dairy, Eggs, Honey, Leather, Meat, Wool)(Dietary - Ethical/Lifestyle - Raw)(Maintain B12)

•Enzymes - Invertase (Breaks Sucrose) - Maltase (Breaks Maltose) - Zymase (Ferments Sugar)

•Fairtrade

Glucose (Monosaccharide-Carbohydrates)(6 Carbon Atoms, 12 Hydrogen Atoms, 6 Oxygen Atoms) - Insulin (Hormone - Pancreas)(Sugar - Energy) - Enzymes (Biological Catalyst - Chemical Reaction) - Lipids (Chemical Compound)(Phospholipid - Triglyceride - Cholesterol) - Monocarbohydrates

Phytosterols - D

Gluten-Free - Protein(Bread) (Naturally - Inherently Free - Sensitivities)(Dairy - Eggs - Fish - Legumes - Nuts - Poultry - Quinoa - Rice - Seeds - Unprocessed Meats - Vegetables - Whole Fruits)

Glycemic Index (Glycerin - $C_3H_8O_3$ - Colorless (Hygroscopic Liquid) - Orderless) - How quickly Carbohydrates Raise Blood Sugar Levels(Cane Sugar - No Sugar Added) - High Fructose Corn Syrup - HFCS (Corn Starch - Sweetener)(Insulin - Processed Food)

Memory Banks (Flashed-Impedence) - Stalkingvictims.org (Second Page (Bottom) - Summary)

Non-Dairy (Avoid - Butter, Buttermilk, Casein, Caseinates (Ammonium Caseinate, Calcium Caseinate, Magnesium Caseinates, Potassium Caseinates, Sodium Caseinate), Cheese, Cottage Cheese, Cream, Curds, Ghee, Hydrolysates (Casein Hydrolysates, Milk Protein Hydrolysates, Protein Hydrolysates, Whey Hydrolysates), Lactaid Milk, Lactalbumin, Lactalbumin Phosphate, Lactoglobulin, Lactose, Milk (Condensed Milk, Dry Milk, Evaporated Milk, Low-Fat Milk, Malted Milk, Milk Derivative, Milk Fat, Milk Salt, Milk Solids, Non-Fat Milk, Skim Milk, Whole Milk), Recaldent, Rennet, Sour Cream, Yogurt, Whey)(Maintain Calcium - Vitamin D)(Lactose-Free - Milk Proteins)(Non-Dairy - Casein)(Decrease Inflammation, Improved Digestion, Increased Energy, Reduced Acne)

Non-GMO-Project - nongmoproject.org - Genetically Modified Organism (501 Non-Profit Organizations)(Biotechnology - Genomic Techniques)

Omega - 9 - 6 - 3

Organic (Ecological Balance - Cultural - Biological - Mechanical)(Without Irradiation(Ionizing Radiation), Genetic Engineering(Antibiotics - Growth Hormones), Pesticides, Synthetic Fertilizers)(Higher Cost* - Shorter Life Cycles*)(Supply Chain)

Sea Salt - Salt - The USDA does not officially certify Salt as "Organic".

Sugar - Cane Sugar - Pure Cane Sugar - No Sugar Added

Terms;

- AHF - American Halal Foundation
- CCOF - California Certified Organic Farmers
- CRC - Chicago Rabbinical Council
- EVOO - Extra Virgin Olive Oil
- GMO - Genetically Modified Organism
- HFCS - High Fructose Corn Syrup
- HFSAA - Halal Food Standards Alliance of America
- KSA- Kosher Supervision of America
- MOSA - Midwest Organic Services Association
- NAHS - North American Herb & Spice
- NSF - National Sanitation Foundation
- OU - Orthodox Union
- OTCO - Oregon Tilth Certified Organics
- PCO - Pennsylvania Certified Organic
- QAI - Quality Assurance International
- TDA - Texas Department of Agriculture
- USA - United States of America
- USDA - U.S. Department of Agriculture
- WFCF - Where Food comes From
- WSDA - Washington State Department of Agriculture

Whole Oats (Unprocessed Oats - Intact Grain Kernel - Inedible* Hull Removed)(Germ - Bran - Endosperm - (Gluten)Sietin - Vital Wheat)(The stretchy protein found in Barley, Rye, and Wheat)

Yeast - Enzymes

B12 - Antioxidants - Energy - Anthocyanin - Calories - Total Fat - Saturated Fat Trans Fat - Polyunsaturated Fat Monounsaturated Fat - Cholesterol - Sodium (NA) - Total carbohydrates - Dietary Fiber - Total sugars - Included added sugars - Protein - Vitamin A(RAE)-C(collagen)-D-E-K - Calcium (CA) - Iron (FE) - Potassium(K) - Thiamin(B1) - Riboflavin(B2) - Niacin - Folate - DFE - Magnesium (MG) -Manganese (MN) - Copper (CU) - Folate (B9) - Pyridoxine(B6)- Pantothenic Acid(B5) - Niacin (B3) - Alpha Tocopherol (E) - Ascorbic Acid (C) - Cholecalciferol (D3) Phylloquinone* (K) - Calcium - Sulforaphane - Selenium (SE) - Phosphorus (P) - Zinc - Beta Carotene - Iron (FE) - Choline - Crypto Xanthin - Lutein Zeaxanthin - Cholesterol - Sodium - Triticum aestivum - Durum Wheat - Triticum Turgidum - Carotenoids - Sucrose - Phytosteroids - Pyridoxine - Tryptophan - Flavonoids - Phenolic Acids - calcium carbonate - Biotin - Iodine (I-53)(Thyroid Hormones T3 T4) - Chromium (CR-24)- Lycopene

Food (Weight) - Moderation (Smaller) - Water (Ambient Temperature)

Black Pepper - Peanut

WinCo***

1510-19.44-1.38

1404-1.18-2.18

1943-4.9-1.88 44.37

1642-11.78-.94

1638-2.6-1.22

Broccoli - 6.67 - .99 1

Asparagus-H - 1 - 5.98 2.5ml

Potato - 5 - .99 1

Mix 5 - 20 - 1.36 59ml

Green Onions-L - 1.25 - 1.5 1

Spinach - .625 - 1.98 2.5

Mushrooms - .5 - 1.87 1

Italian seasoning - .395 - 1.25 1ml

Carrots - 1.17 - 2.34

50.19

Soybeans*** - Bulk Bin 1510 (25 pounds - \$34.50) - 10 Grain Cereal*** - Bulk Bin 1943 (25 pounds - \$51.78) - Flax Seeds*** - Bulk Bin 1404 (25lbs - \$51.78) - Pearl Barley*** - Bulk Bin 1642 (25 pounds - \$23.28) - Chickpeas*** - Garbanzo Beans*** - Bulk Bin 1638 (25 pounds - \$30.50)(Winco; USA - North America)

FLAX Seeds - Pistachio - Blueberries - Broccoli - Banana - Carrots - Spinach - Apple - Almond - Milk - Macaroni - Pancake - Syrup - Marinara (Pasta)

Organic Basil - Organic Marjoram - Organic Oregano - Organic Parsley - Organic Rosemary - Organic Thyme ~ Organic Lavender Flowers

Organic Lemon Peel - Organic Parsley - Organic Sesame Seed ~ Citric Acid

Dehydrated - Freeze-Drying - Juice - Dried - Vacuum Sealed

THAT RED HEAD NEEDS HER FAMILY(250,000) + Study Time - 7 million - Don't eat vegetable meat

(110) - Total

(6)

CiCi's Pizza

- TRADITIONAL ROUND DOUGH [BLEACHED WHEAT FLOUR ENRICHED (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, POTASSIUM BROMATE], [SUGAR, SALT, YEAST, SOYBEAN OIL.], [SOYBEAN OIL]] ALLERGENS: WHEAT

- DEEP DISH PIZZA [BLEACHED WHEAT FLOUR ENRICHED (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, POTASSIUM BROMATE], [SUGAR, SALT, YEAST, SOYBEAN OIL.], [SOYBEAN OIL]] ALLERGENS: WHEAT

- FLATBREAD PIZZA CRUST FLOUR (WHEAT) (WHEAT FLOUR, MALTED BARLEY FLOUR), WATER, PALM OIL, SOYBEAN OIL, DEGERMED CORN MEAL, DEXTROSE, YEAST, SALT, CALCIUM PROPIONATE (PRESERVATIVE), FLAVORING (WHEAT FLOUR, ARTIFICIAL FLAVOR), SOY LECITHIN.

ALLERGENS: WHEAT, SOY

- RED PIZZA SAUCE [CRUSHED TOMATOES, (CONCENTRATED CRUSHED TOMATOES, WATER), MALTODEXTRIN, SUGAR, SALT, SPICES, DEHYDRATED GARLIC, DEHYDRATED ONION, SOYBEAN OIL, GUAR GUM, CITRIC ACID]

- ALFREDO SAUCE

[MALTODEXTRIN, COCONUT OIL, MODIFIED CORN STARCH, SALT, PALM OIL, DRY WHOLE MILK, DEHYDRATED CHEESE (MILK) BLEND (CHEDDAR, PARMESAN, PASTEURIZED MILK, CHEESE (MILK) CULTURE, SALT, ENZYMES) CONTAINS LESS THAN 2% WHEY (MILK), MONOSODIUM GLUTAMATE, METHYLCELLULOSE, BUTTERMILK (MILK) SOLIDS, SODIUM CASEINATE (MILK), MONO AND DIGLYCERIDES, SODIUM PHOSPHATE, LACTIC ACID, CITRIC ACID, XANTHAN GUM, NATURAL CHEESE (MILK) FLAVORS, GARLIC, GUAR GUM, TITANIUM DIOXIDE, CARRAGEENAN, SPICE, CARAMEL

COLOR, SODIUM SILICOALUMINATE (ANTICAKING AGENT), FULLY REFINED SOYBEAN OIL (PROCESSING AID)] ALLERGENS: MILK

-SPINACH ALFREDO [MALTODEXTRIN, COCONUT OIL, MODIFIED CORN STARCH, SALT, PALM OIL, DRY WHOLE MILK, DEHYDRATED CHEESE (MILK) BLEND (CHEDDAR, PARMESAN, PASTEURIZED MILK, CHEESE (MILK) CULTURE, SALT, ENZYMES) CONTAINS LESS THAN 2% WHEY (MILK), MONOSODIUM GLUTAMATE, METHYLCELLULOSE, BUTTERMILK (MILK) SOLIDS, SODIUM CASEINATE (MILK), MONO AND DIGLYCERIDES, SODIUM PHOSPHATE, LACTIC ACID, CITRIC ACID, XANTHAN GUM, NATURAL CHEESE (MILK) FLAVORS, GARLIC, GUAR GUM, TITANIUM DIOXIDE, CARRAGEENAN, SPICE, CARAMEL COLOR, SODIUM SILICOALUMINATE (ANTICAKING AGENT), FULLY REFINED SOYBEAN OIL (PROCESSING AID)]], [SPINACH]

ALLERGENS: MILK

-ZESTY SAUCE

WATER, SOYBEAN OIL, DISTILLED VINEGAR, RED WINE VINEGAR, CONTAINS LESS THAN 2% OF WHEY (MILK) PROTEIN CONCENTRATE, SALT, SUGAR, CREAM (MILK), NATURAL FLAVOR, NONFAT MILK SOLIDS, NONFAT MILK POWDER, SOUR CREAM (MILK) SOLIDS (SOUR CREAM (MILK) [CREAM (MILK), NONFAT MILK, CULTURES], MALTODEXTRIN, CULTURED BUTTERMILK (MILK), CULTURED SKIM MILK), PROPYLENE GLYCOL ALGINATE, CARRAGEENAN, LACTIC ACID, GARLIC, MODIFIED CORN STARCH, MONO- AND DIGLYCERIDES, XANTHAN GUM, L- GLUTAMIC ACID, DISODIUM PHOSPHATE, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), BUTTERMILK (MILK), SPICE, POLYSORBATE 60, DISODIUM INOSINATE AND DISODIUM GUANYLATE, MONOSODIUM GLUTAMATE, DIPOTASSIUM PHOSPHATE, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR)

-MAC & CHEESE

[MALTODEXTRIN, MODIFIED CORN STARCH, SALT, COCONUT OIL, DEHYDRATED CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), MILK, WHEY. LESS THAN 1% BUTTERMILK SOLIDS, SODIUM PHOSPHATE, LACTIC ACID, CITRIC ACID, XANTHAN GUM, SODIUM CASEINATE, MONO AND DIGLYCERIDES, CARRAGEENAN, TITANIUM DIOXIDE, NATURAL FLAVOR, YELLOW 5, YELLOW 6, FULLY REFINED SOYBEAN OIL (ANTI-DUSTING AGENT), AND SODIUM SILICOALUMINATE (ANTI-CAKING AGENT)]

ALLERGENS: MILK

-PIZZA CHEESE

LOW MOISTURE MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES) MODIFIED FOOD STARCH

ALLERGENS: MILK

-CHEDDAR CHEESE

CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, COLOR ADDED), POWDERED CELLULOSE (TO PREVENT CAKING), NATAMYCIN (A NATURAL MOLD INHIBITOR)

ALLERGENS: MILK

-BRUSCHETTA TOMATO

GRAPE TOMATOES , PARMESAN AND ROMANO CHEESE (MILK): (PASTEURIZED PART-SKIM COW'S MILK, CHEESE (MILK) CULTURES, SALT, ENZYMES), PARMESAN AND ROMANO STYLE CHEESE (MILK): (CORN STARCH, WATER, PALM OIL, CELLULOSE, SALT, NATURAL FLAVOR, CASEINATE (MILK), SORBIC ACID (AS A PRESERVATIVE), ANNATTO), OREGANO, GRANULATED GARLIC, POWDERED CELLULOSE ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR)], SOYBEAN OIL

ALLERGENS: MILK

-GARLIC CHEESY BREAD

[BLEACHED WHEAT FLOUR ENRICHED (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, POTASSIUM BROMATE], [SUGAR, SALT, YEAST, SOYBEAN OIL.], [SOYBEAN OIL]], [LOW MOISTURE MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES) MODIFIED FOOD STARCH], [SOYBEAN OIL, WATER, CONTAINS LESS THAN 2% OF SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO & DIGLYCERIDES, SOY LECITHIN, POTASSIUM SORBATE (A PRESERVATIVE), NATURAL & ARTIFICIAL FLAVORS (INCLUDES MILK, SOYBEAN), CITRIC ACID, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED], [PARMESAN AND ROMANO CHEESE (MILK): (PASTEURIZED PART-SKIM COW'S MILK, CHEESE (MILK) CULTURES, SALT, ENZYMES), PARMESAN AND ROMANO STYLE CHEESE (MILK): (CORN STARCH, WATER, PALM OIL, CELLULOSE, SALT, NATURAL FLAVOR, CASEINATE (MILK), SORBIC ACID (AS A PRESERVATIVE), ANNATTO), OREGANO, GRANULATED GARLIC, POWDERED CELLULOSE ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR))], [SOYBEAN OIL]

ALLERGENS: WHEAT, MILK, SOY

-PASTA

[SEMOLINA, NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID. CONTAINS WHEAT INGREDIENTS.], [SOYBEAN OIL], [SALT]

ALLERGENS: WHEAT, MAY CONTAIN EGGS

-RED PASTA SAUCE

[CRUSHED TOMATOES, (CONCENTRATED CRUSHED TOMATOES, WATER), MALTODEXTRIN, SUGAR, SALT, SPICES, DEHYDRATED GARLIC, DEHYDRATED ONION, SOYBEAN OIL, GUAR GUM, CITRIC ACID]

-WHITE PASTA SAUCE

[WATER, CANOLA AND/OR PALM OIL, ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), NONFAT DRY MILK, MODIFIED FOOD STARCH, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), CONTAINS 2 PERCENT OR LESS OF THE FOLLOWING: CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES) (PASTEURIZED MILK, CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES) CULTURES, SALT, ENZYMES), DATEM, HIGH FRUCTOSE CORN SYRUP, MONO AND DIGLYCERIDES, MONOSODIUM GLUTAMATE, NATURAL FLAVORS, PROPYLENE GLYCOL MONO AND DIESTERS OF FATS AND FATTY ACIDS, SALT, SPICE, WHEY (MILK), YELLOW 5, YELLOW 6]

ALLERGENS: MILK

-CINNAMON ROLLS

[BLEACHED WHEAT FLOUR ENRICHED (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, POTASSIUM BROMATE], [SUGAR, SALT, YEAST, SOYBEAN OIL.], [SOYBEAN OIL]], [WATER, CONTAINS LESS THAN 2% OF SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO & DIGLYCERIDES, SOY LECITHIN, POTASSIUM SORBATE (A PRESERVATIVE), NATURAL & ARTIFICIAL FLAVORS (INCLUDES MILK, SOYBEAN), CITRIC ACID, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED], [SUGAR, WATER, CORN SYRUP, MALTODEXTRIN, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: PALM OIL, MONO- AND DIGLYCERIDES, POLYSORBATE 60, BUTTER (MILK) FAT, NATURAL AND ARTIFICIAL FLAVOR, TITANIUM DIOXIDE (COLOR), CITRIC ACID, SALT, POTASSIUM SORBATE (PRESERVATIVE), NONFAT DRY MILK, DEXTROSE, AGAR-AGAR, CORN STARCH, GUAR GUM], [SUGAR, CINNAMON, AND SOYBEAN OIL (PROCESSING AID)]
ALLERGENS: WHEAT, MILK, SOY

-APPLE DESSERT

[BLEACHED WHEAT FLOUR ENRICHED (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, POTASSIUM BROMATE], [SUGAR, SALT, YEAST, SOYBEAN OIL.], [SOYBEAN OIL]], [WATER, HIGH FRUCTOSE CORN SYRUP, APPLES (SULPHUR DIOXIDE USED IN APPLE PROCESSING TO PREVENT DISCOLORATION) MODIFIED FOOD STARCH, MARGARINE (PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS WITH CULTURED BUTTERMILK (MILK), SALT, MONO- AND DIGLYCERIDES, SORBIC ACID, SODIUM BENZOATE (PRESERVATIVE), ARTIFICIAL FLAVOR, COLORED WITH BETA CAROTENE, VITAMINE A PALMITATE) CONTAINS 2% OR LESS OF THE FOLLOWING: APPLE JUICE CONCENTRATE, SPICE, SALT, POTASSIUM SORBATE (PRESERVATIVE), NATURAL AND ARTIFICIAL FLAVOR, ERYTHORBIC ACID, MALIC ACID, ARTIFICIAL COLOR (FD&C RED #40)], [BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE NMONONITRATE, RIBOFLAVIN, FOLIC ACID, WHEAT), SUGAR, MARGARINE (PALM OIL, SOYBEAN OIL, WATER, SALT, WHEY (MILK), MONO-AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE (PRESERVATIVE), BETA CAROTENE N (COLOR), ARTIFICIAL FLAVOR, VITAMIN A PALMITATE), VEGETABLE SHORTENING (PALM OIL) CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEY (MILK), SALT, NATURAL AND ARTIFICIAL FLAVOR, COLOR (ANNATTO AND TURMERIC, CONTAINS WHEAT}, EGG WHITES, SOY FLOUR], [SUGAR, WATER, CORN SYRUP, MALTODEXTRIN, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: PALM OIL, MONO- AND DIGLYCERIDES, POLYSORBATE 60, BUTTER (MILK) FAT, NATURAL AND ARTIFICIAL FLAVOR, TITANIUM DIOXIDE (COLOR), CITRIC ACID, SALT, POTASSIUM SORBATE (PRESERVATIVE), NONFAT DRY MILK, DEXTROSE, AGAR-AGAR, CORN STARCH, GUAR GUM]
ALLERGENS: WHEAT, EGGS, MILK, SOY

-BAVARIAN DESSERT

[BLEACHED WHEAT FLOUR ENRICHED (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, POTASSIUM BROMATE], [SUGAR, SALT, YEAST, SOYBEAN OIL.], SOYBEAN OIL (2.1%) [SOYBEAN OIL]], [WATER, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, MODIFIED

FOOD STARCH CONTAINS LESS THAN 2% OF: AGAR, COLOR ADDED (INCL YELLOW 5, YELLOW 6), NATURAL AND ARTIFICIAL FLAVOR, PALM OIL, PHOSPHORIC ACID, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), SALT, SODIUM STEAROYL LACTYLATE], [BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, WHEAT), SUGAR, MARGARINE (PALM OIL, SOYBEAN OIL, WATER, SALT, WHEY (MILK), MONO-AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE (PRESERVATIVE), BETA CAROTENE (COLOR), ARTIFICIAL FLAVOR, VITAMIN A PALMITATE), VEGETABLE SHORTENING (PALM OIL) CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEY (MILK), SALT, NATURAL AND ARTIFICIAL FLAVOR, COLOR (ANNATTO AND TURMERIC, CONTAINS WHEAT), EGG WHITES, SOY FLOUR], [SUGAR, WATER, CORN SYRUP, MALTODEXTRIN, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: PALM OIL, MONO- AND DIGLYCERIDES, POLYSORBATE 60, BUTTER (MILK) FAT, NATURAL AND ARTIFICIAL FLAVOR, TITANIUM DIOXIDE (COLOR), CITRIC ACID, SALT, POTASSIUM SORBATE (PRESERVATIVE), NONFAT DRY MILK, DEXTROSE, AGAR-AGAR, CORN STARCH, GUAR GUM]

ALLERGENS: WHEAT, EGGS, MILK, SOY

-BROWNIES

[SUGAR, BLEACHED ENRICHED WHEAT FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID) SOYBEAN OIL, INTERESTERIFIED SOYBEAN OIL, CORN SYRUP SOLIDS, COCOA POWDER (PROCESSED WITH ALKALI), CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: MONO- AND DIGLYCERIDES, WHEY (MILK), SOY FLOUR, WHEAT STARCH, EGG WHITE, SALT, WHEAT PROTEIN ISOLATE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR, CORN STARCH], [SOYBEAN OIL], ICING SUGAR

ALLERGENS: WHEAT, EGGS, MILK, SOY

WHEAT

-CROUTONS

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, WHEAT), CANOLA AND/OR SUNFLOWER OIL, SALT, 2% OR LESS OF HIGH FRUCTOSE CORN SYRUP, YEAST WHEAT GLUTEN, CORN SYRUP SOLIDS, GARLIC, ONION POWDER, WHEY (MILK), ROMANO CHEESE (MILK) FROM COW'S MILK (PASTEURIZED MILK, CHEESE) CULTURES, SALT, ENZYMES), PARSLEY, MALTODEXTRIN, SPICES, CALCIUM PROPIONATE, (PRESERVATIVE), NATURAL AND ARTIFICIAL FLAVOR (WITH MILK, AUTOLYZED YEAST EXTRACT), CITRIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE, ENZYMES, ASCORBIC ACID, TBHQ (TO PRESERVE FRESHNESS)

ALLERGENS: WHEAT, MILK, MAY CONTAIN TREE NUTS

-1000 ISLAND DRESSING

WATER, SOYBEAN OIL, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SWEET RELISH (CURED CUCUMBER, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, SALT, ONION, RED BELL PEPPER, XANTHAN GUM, SODIUM BENZOATE AND POTASSIUM SORBATE AS PRESERVATIVES, NATURAL FLAVOR, POLYSORBATE 80, EXTRACTIVE OF

TURMERIC), DISTILLED VINEGAR, TOMATO PASTE, FOOD STARCH-MODIFIED, EGG YOLKS, CONTAINS LESS THAN 2% OF SALT, XANTHAN GUM, SPICE, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), GARLIC, ONION, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, NATURAL FLAVOR DEHYDRATED

ALLERGENS: EGGS

-LITE ITALIAN DRESSING

WATER, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, SALT, CONTAINS LESS THAN 2% OF SOYBEAN OIL, XANTHAN GUM, GARLIC*, RED BELL PEPPER*, SPICES, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, ONION*, NATURAL FLAVOR, YELLOW 5, RED 40, BLUE 1. *DEHYDRATED

•Taffy - Sweet's Salt Water (Ten Flavor Taffy) 1892 - Non GMO Salt Water - Sweet Fruits Medley Non GMO: Corn Syrup, Sugar, Coconut Oil, Contains 1% or Less of: Egg Whites, Salt, Natural and Artificial Flavors, Malic Acid, Red 40, Yellow 5, Blue 1, Yellow 6, Red 3, Red 40 Lake, Blue 2 Lake, Yellow 6 Lake, Titanium Dioxide (for Color), Caramel Color, Soy Lecithin (an Emulsifier) Contains: egg, soy. May Contain: milk, almond, peanut. - Tapioca Syrup, Cane Sugar, Vegetable Oil (Sunflower Oil Or Coconut Oil), Egg Whites, Natural Flavors, Citric Acid, Salt, Beta Carotene, Carrot Concentrate Blackcurrant Concentrate - Tapioca Syrup, Cane Sugar, Coconut Oil, Contains 1% Or Less Of: Egg Whites, Natural Flavors, Citric Acid, Turmeric Extract (Color), Salt, Carrot Concentrate (Color), Blackcurrant Concentrate (Color)(Sweets; Atlantic City, New Jersey, USA)(Distributed; Sweets Candy Company © Salt Lake City, Utah 84104)(www.sweetcandy.com)(Gluten Free)(Kosher)

•nondairy The Tonight Dough starring - Jimmy Fallon - Caramel & Chocolate Non-Dairy Frozen Dessert with Chocolate Cookie Swirls & Gobs of Chocolate Chip Cookie Dough & Peanut Butter Cookie Dough***: Oat Milk (Water, Oats), Liquid Sugar (Sugar,Water), Corn Syrup, Water, Wheat Flour, Sugar, Vegetable Oil (Canola and/or Soybean), Cocoa (Processed with Alkali), Peanuts, Cocoa, Fava Bean Protein, Pea Protein, Salt, Chocolate Liquor, Chickpea Flour, Tapioca Flour, Natural Flavor, Guar Gum, Vanilla Extract, Locust Bean Gum, Caramelized Sugar Syrup, Soy Lecithin, Baking Soda, Molasses, Pectin, Sea Salt, Cocoa Butter, Sunflower Lecithin CONTAINS Wheat, Peanuts, and Soy (Ben and Jerry's - Rhino Foods; Canada, USA)(Fairtrade - Cocoa, Sugar & Vanilla: mass balance is used to match Fairtrade sourcing, total 22% info.fairtrade.net/sourcing)(Non GMO Project)

•Vanilla Bean Frozen Dessert - Dairy Free - enlarged to show yumminess - Round Sammie's Oregon Made Est 2004: Frozen Dessert: Dairy Free Frozen Dessert Blend*(Water, Cane Sugar,* Coconut Oil,* Tapioca Syrup,*Inulix,* Brown Rice,* Whole Oat Flour,* Acacia Gum,* Pea Protein,* Soy Lechithin,* Guar Gum,* Locust Bean Gum*), Natural Vanilla Flavor with other Natural Flavors,* Ground Vanilla Beans,* Cookie Waffers: Wheat,* Cane,* Palm Oil,* Carmel Color,* Contains 2% or Less of: Cocoa* (Processed with Alkali), Cane Syrup,* Soy Lechithin,* Salt, Baking Soda, Natural Flavor.* *Organic Contains Wheat, Coconut, and Soy Made by: Oregon Ice Cream Eugene OR 97402 | Plant # 41-90 Manufactured on shared equipment with

milk, eggs, peanuts, and other tree nuts - Oregon Blend - Dairy Free For All - We believe in doing life together - That's why we created a dairy-free recipe everyone could love. Our Oregon Blend stays true to the flavor and texture of our famous ice cream so that vanilla tastes like vanilla... not vanilla-coconut-ish! - What is Oregon Blend? Our plant based recipe includes •Brown Rice •Oat Flour •Coconut Oil •Pea Protein Only the Good Stuff No high fructose corn syrup No artificial sweeteners No artificial flavoring No GMOs No carrageenan - made with real vanilla beans and delicious chocolate wafers, these dairy-free Sammie's are the real deal. - 072609051349 (Alden's - Oregon Ice Cream CO;)(Find more favorites at www.aldensicecream.com)(#AldensOrganic- Instagram - Facebook)(Always Irresistible Always Organic Alden's For All)(how2recycle.info)(nonGMO)(Vegan.org)(Organic Certifiers)(USDA)

•Vanilla Vegan Protein***: Pea Protein Isolate, Organic Brown Rice Protein Concentrate, Natural Vanilla Flavor, Flax Seed Powder, Stevia Leaf Extract, Chia Seed Powder, Sprouted Black Rice Powder, Sea Salt, Potassium Chloride, Veggie and Fruit Powder Blend (Grape Seed and Skin Extract, Blueberry Extract, Raspberry Extract, Cranberry Extract, Prune Powder, Cherry Powder, Bilberry Extract, Strawberry Powder, Broccoli Cruciferous Extract, Spinach Powder, Tomato Powder, Carrot Powder, Onion Powder), Monk Fruit Extract, Alpha-Galactosidase, And Prodigest Enzyme Blend(Protease 6.0, Protease 4.5, Peptidase, and Bromelain) - This Product Is Manufactured In A Facility That Processes Other Products That Contain Milk, Egg or Peanut. - Sprouts Farmers Market - Vanilla Flavored - 20g Protein Per Serving - 4g Carbs Per Serving - 3g Fat Per Serving - Easy to Digest - Gluten Free - Soy Free - Dietary Supplement - Notice: Use this product as a food supplement only. Do not use for weight reduction. - NET WT 1.13 OZ (32g) - Non GMO Project Verified nongmoproject.org - Directions: Add one packet (32 grams) of Sprouts Vegan Protein to an 8 oz. glass of water, milk of juice, or blend with yogurt and fruit. When mixing, add liquid first, then powder and stir briskly until completely dispersed. - Supplement Facts Serving Size 1 Packet (32g) 1 Serving Per Packet - Amount Per Serving % Daily Value - Calories 120 - Total Fat 3g 4%* - Saturated Fat 0.5g 3%* - Trans Fat 0g + - Cholesterol 0mg 0%* - Sodium 390mg 17% - Total Carbohydrates 4g 1%* - Dietary Fiber 1g 4%* - Total Sugars 0g + - Includes 0g Added Sugars 0%* - Protein 20g 31%* - Vitamin D 0mcg 0% - Niacin 3.6mg 23% - Calcium 40mg 3% - Iron 8mg 44% - Potassium 250mg 5% - *Percent Daily Values are based on a 2,000 calorie diet. +Daily Value not established. - Typical Amino Acid Profile Per 32g Packet - Alanine 880mg - Arginine 1650mg - Aspartic Acid 2210mg - Cysteine 290mg - Glutamic Acid 3470mg - Glycine 770mg - Histidine 480mg - Isoleucine 1030mg - Leucine 1720mg - Lysine 1400mg - Methionine 280mg - Phenylalanine 1020mg - Proline 950mg - Serine 1030mg - Threonine 780mg - Tryptophan 220mg - Tyrosine 770mg - Valine 1070mg - 2515100828 - 646670681547 - 2502V01 (Money Back Guarantee 100%)(Sprouts Farmers Market; Internationally)(Distributed By: Sprouts Farmers Market 5455 East High Street, Suite 111 Phoenix AZ 85054)(Sprouts.com)

•Plant Based Protein Organic: Organic Pea Protein, Organic Alkalized Cocoa, Organic Vanilla Powder, Organic Pumpkin Seed, Organic Monk Fruit Extract, Organic Chia Seed Protein (Truveni; Canada, China, USA)(WFCF)

•Cheese Non Dairy

(13)

- Bread

- Sobao

- Animal Cookies

- Parchment Crispbread

- Pancakes

- Pumpernickle

- Waffles

- Honey Almond Granola Organic: Organic Whole Rolled Oats, Organic Cane Sugar, Organic Rice Flour, Organic Expeller Pressed Canola Oil, Organic Whole Oat Flour, Organic Molasses, Organic Almonds, Organic Honey, Organic Natural Flavor, Salt, Organic Barley Malt Extract, Mixed Tocopherols (Vitamin E to Maintain Freshness) CONTAINS ALMOND PROCESSED IN A FACILITY THAT ALSO HANDLES SESAME, SOY, OTHER TREE NUT AND WHEAT INGREDIENTS - Naturally Flavored with Other Natural Flavors - made with organic whole rolled oats & organic almonds - Whole Grain 34g Per Serving** - NonGMO - It's Crunch Time Irresistibly crunchy Good & Gather Naturally Flavored Organic Honey Almond Granola is a delicious way to start the day. Made with whole grains, this craveable granola taste great straight out of the bag, paired with fruit or as a topping on yogurt or chia pudding. - Yogurt Parfait Layered granola into jars, cups or small bowls with yogurt and fresh fruit. - 085239875766 - C-002446-01-347 - 231 13 0050 31719-2B - 01Aug2026 2788658 03:33 3095 - 203784 - **The 2020-2025 USDA Dietary Guidelines Recommends Consuming at Least 3 Serving of Whole Grains Per Day For a Total of 48 Grams. One Serving of Whole Grains is Equivalent to 16 Grams. (Good & Gather;)(Distributed; Target Corporation Minneapolis, MN 55403)(1-800-316-6151)(Target.com)((100%) Satisfaction Guarantee or Your Money Back)(WholeGrainCouncil.org)(50%+ Whole Grain 34g or more per serving - 50% or more of the Grain is Whole Grain)(QAI)(USDA)

- Flour Organic - All Purpose Organic Flour is Never Bleached - Do not eat or play with raw flour wash hands,utensils and surfaces after handling: Organic Wheat Flour, CONTAINS Wheat (Good and Gather; USA - If the package does not explicitly list a specific foreign country of origin for the grain, it is generally understood to be produced in the USA)(100% Satisfaction Guarantee or Your Money Back)(Guest Services 1-800-316-6151)(how2recycle.info)(Target.com)(TDA)(USDA)

•Coconut Palm Sugar Organic: Organic Coconut Palm Sugar - Nutrition Facts - 56 servings per container - Serving size 2 tsp. (8) - Amount per serving - Calories 30 - % Daily Value - Total Fat 0g 0% - Sodium 0mg 0% - Total Carbohydrate 8g 3% - Total Sugars 7g - Includes 7g Added Sugars 14% - Protein 0g - Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron, and potassium - Tear Here Recloseable for Freshness - Good & Gather Organic - Coconut Palm Sugar - great for baking, beverages & sauces - fully recyclable pouch at in-store drop-off only - 1lb - NET WT 16 OZ (1LB) 454g - (u) - Non GMO - USDA Organic - Flourless Breakfast Cookies - Hands-On Time: 15 minutes - Total Time: 30 minutes - Makes 12 cookies - What you need - 1 cup Good & Gather Organic Coconut Palm Sugar - 1 cup peanut or sunflower seed butter - 2 large eggs - ½ tsp. baking soda - ½ tbs. cinnamon - 1 cup oats - ½ cup dark chocolate chips - ½ cup raisins, dried cherries or cranberries - ½ cup chopped walnuts - What you do - Heat oven to 350°. Stir sugar, nut or seed butter and eggs in large bowl until blended. Stir remaining ingredients. Drop by ¼ cupfuls onto Cookie sheets. Use fork to flatten into 3-inch rounds. Bake 11 to 13 minutes or until edges are golden brown. Allow to cool 5 minutes and remove to cooling rack. Store in a covered container or freeze up to 1 month. - Good & Gather Promise - G - Every product that carries the Good & Gather name starts with quality ingredients that deliver great, making it easier for you and your family to eat well, every day. We promise you'll love each bite or your money back. - 2106P-03 - C-001225-01-115 - 261 06 0340 25545-1A - 085239084601 - 25295HU3 20:33 - Best By 22 Oct 20:28 - Product of Indonesia (Good and Gather; Indonesia)(Distributed By Target Corporation Minneapolis, MN 55403)(Guest Services 1-800-316-6151)(Recycle if Clean & Dry - Store Drop-off - Plastic - Pouch- how2recycle.info)(™ & ©2020 Target Brands, Inc. Shop Target.com)(Keep package for reference)(NonGMO)(Certificate Organic By QAI)(USDA)

•Brown Rice Crisp

•Crisps Pineapple + Kale Made with only 2 Ingredients 100% Pure Pulp***: Pineapple Pulp, Kale Pulp (Brightside; USA - Rome Italy*)(Vegan - Gluten-Free - No Sugar Added - High in Fiber)(Proudly Supporting Brighterbites)

•Fudgey Brownie

(14)

•Curry

•Curry

•Curry

•Curry

•Curry

•Curry

•Curry

•Curry

•Tomato Sauce - Salsa De Tomate - Ingredients: Organic Tomato Puree, Sea Salt, Organic Red Pepper, Citric Acid.- Nutrition Facts - About 3.5 servings per container - Serving Size ¼ cup (63g) - Calories Per Serving 25 - Amount/ Serving % Daily Value - Total Fat 0g 0% - Sodium 220mg 10% - Total Carb. 6g 2% - Dietary Fiber 1g 4% - Total Sugars 3g - Protein 1g - Vit. D 0% - Calcium 0% - Iron 6 % - Potassium 6% - Not a significant source of Saturated Fat, Trans Fat,Cholesterol, Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium - H-E-B - Organics - USDA Organic - NET WT 8 OZ CONT. NET. 227G (Organics; Grown in The USA)(Made With Pride and Care For H-E-B San Antonio, Texas 78204)(Certified Organic by Yolo Certified Organic Agriculture)(USDA) ~ Non-BPA Lining* - Serving Suggestion - Sugerencia De Uso - Genetic Engineering (GMOs) prohibited - Sustainable Soil Management Methods - Grown Using Only Organic Compliant Materials - 100% Guarantee Promise - Charles Butt - *Can Lining Produced Without The Intentional Addition of BPA - Use As Is, Heat And Serve, Or As An Ingredient. Refrigerate After Opening In Separate Containers. Best If Used By On End Of Can - 12953-2001 - 041220977758 - Inf. Nutrimental - Aprox. 3.5 porciones por envase; Tamaño de la Porción ¼ de taza (63 g); - Por Porción: Cont. Energético - 25 Cal (102 KJ) - Grasas 0g; Grasa Saturada 0g; - Sodio 220 mg; Carbohidratos Totales 6g; Carbohidratos Disponibles 5g, Azúcares 3g, Include 0 g de Azúcares Agregados; Fibra Dietética 1g; Proteínas 1 g; Hierro 1 mg; Potasio 270 g; No contiene cantidades Significativas de Vitamina D, Calico. - Ingredientes: Pure De Tomate Organico, Sal De Mar, Chile Rojo Organico, Acido Citrico. Importado Y Distribuido por: Supermercados Internacionales H-E-B®, S.A. De C. V Hidalgo Pte 2405 Col. Obispado, C.P. 64060 Monterrey N.L., México Producto De EUA - Una Vez Abierto Mantener En Refrigeración - Fecha De Consumo Preferente: Ver Fondo De La Lata

•Marina

•Portabella

•Marina

•Marina

•Homemade all natural, Premium Marinara Since 1896***: Italian whole peeled tomatoes, olive oil, onions, salt, garlic, basil, black pepper, and oregano (Roa's; Italy)(1-800-Homemade - www.roas.com)

•Syrup

(25)

•Almond Milk***: Almond milk (Water, Almonds), Cane Sugar, Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Carbonate, Vitamin E Acetate Vitamin A Palmitate, Vitamin D2, Vitamin B12, Sea Salt, Gellan Gum, Ascorbic Acid(Vitamin C to Protect Freshness), Natural Flavor (Silk - Danone North America; California - USA)

•Almond Milk Vanilla Organic: Water, Organic Almonds, Organic Vanilla Extract, Sea Salt
Allergen Statement: Contains Almonds - Vegan - Kosher - Carrageenan Free - Gluten Free - Soy Free - BPA Free Packaging - (100%) Recycled Plastic - 813636023950 - 05/30/2026 20222523760 06:26 - 221098 (01/2024)(Califia Farms; California)(Distributed; Califia Farms LLC Bakersfield CA 93308)([CalifiaFarms.com](https://califiafarms.com))(Always Plant-Based)(Non GMO Project)(OTCO)(USDA)

•Cold Pressed Juice Drink - Energy - Green Tea Tart Cherry Orange Beet Yerba Mate Tea - 100% DV Vitamin B6 and B12 Per Serving - 14 FL (414mL) - No Added Sugar or Chemical Preservatives - Not A Low Calorie Food - Cold Pressed Juice Drink Energy - Fruity Taste - Veggie Taste - What's inside - $\frac{1}{2}$ cup Green Tea $\frac{1}{4}$ cup Yerba Mate Tea $\frac{1}{2}$ Beet 10 Tart Cherries 1 Orange - 55% Juice: Ingredients: Organic Green Tea, Organic Tart Cherry Juice, Organic Orange Juice, Organic Beet Juice, Organic Yerba Mate Tea, Vitamin B3 (Niacin), Vitamin B6 (Pyridoxine Hydrochloride), B12 (Cyanocobalamin) - 041220728480 - Not from Concentrate - Pasteurized Refrigerate After Opening to Maintain Freshness - Natural Separation May Occur - Consume Within Five Days After Opening - Gluten-Free - Warning: Do Not Use If Seal Is Broken Or Cap Has Popped Up - *Shake Well Before Using * (HEB Organics; Product of Turkey)(Made with Pride and Care for H-E-B®, San Antonio, TX 78204)(H-E-B 100% Guarantee Promise - Charles Butt)(Empty & Replace Cap - Glass Bottle - how2recycle.info)(Certified Organic by Kiwa BCS OKO-Garantie GMBH)(USDA)

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•Cold Pressed Juice Drink - Energy - Green Tea Tart Cherry Orange Beet Yerba Mate Tea - 100% DV Vitamin B6 and B12 Per Serving - 14 FL (414mL) - No Added Sugar or Chemical Preservatives - Not A Low Calorie Food - Cold Pressed Juice Drink Energy - Fruity Taste -

Veggie Taste - What's inside - ½ cup Green Tea ¼ cup Yerba Mate Tea ½ Beet 10 Tart Cherries 1 Orange - 55% Juice: Ingredients: Organic Green Tea, Organic Tart Cherry Juice, Organic Orange Juice, Organic Beet Juice, Organic Yerba Mate Tea, Vitamin B3 (Niacin), Vitamin B6 (Pyridoxine Hydrochloride), B12 (Cyanocobalamin) - 041220728480 - Not from Concentrate - Pasteurized Refrigerate After Opening to Maintain Freshness - Natural Separation May Occur - Consume Within Five Days After Opening - Gluten-Free - Warning: Do Not Use If Seal Is Broken Or Cap Has Popped Up - *Shake Well Before Using * (HEB Organics; Product of Turkey)(Made with Pride and Care for H-E-B®, San Antonio, TX 78204)(H-E-B 100% Guarantee Promise - Charles Butt)(Empty & Replace Cap - Glass Bottle - how2recycle.info)(Certified Organic by Kiwa BCS OKO-Garantie GMBH)(USDA)

•Cold Pressed Juice Drink - Vita C - Elderberry Carrot Broccoli Satsuma Strawberry Lemon Turmeric - Excellent Source of Vitamin C, D, And E - 14 FL (414mL) - No Added Sugar or Chemical Preservatives - Not A Low Calorie Food - USDA Organic - ¾ - Cold Pressed Juice Drink Energy - Vita C - Fruity Taste - Veggie Taste - What's inside - 30 Elderberries 1 ½ Carrots 1/10 Broccoli 1 Satsuma 5 Strawberries ½ Lemon ¼ Turmeric - 99% Juice: Ingredients: Organic Elderberries Juice, Organic Carrot Juice, Organic Broccoli Juice, Organic Satsuma Juice, Organic Strawberry Juice, Organic Lemon Juice, Organic Turmeric, Vitamin C (L-Absorbic Acid), Vitamin E(DL-Alpha Tocopheryl, Acetate), Vitamin D3 (Cholecalciferol) - Nutrition Facts - About 1 servings per container - Serving size 1 Bottle - Amount Per Serving Calories 170 - % Daily Value - Total Fat 0g 0% - Saturated Fat 0g 0% - Trans Fat 0g - Cholesterol 0mg 0% - Sodium 35mg 2% - Total Carbohydrates 40g 15% - Dietary Fiber 7g 25% - Total Sugars 31g - Includes 0g Added Sugars 0% - Protein 2g - Vitamin D 20mcg 100% • Iron 0.7mg 4% • Vitamin E 2mg 15% • Calcium 40mg 2% • Potassium 830mg 20% • Vitamin C 100mg 110% • Vitamin E 15mg 100% - *The % Daily Value tells you how much a nutrient in a serving of food contributed to a Dailey diet. 2,000 calories a day is used for general nutrition advice. - 11563-2012 - 041220728503 - Not from Concentrate - Pasteurized Refrigerate After Opening to Maintain Freshness - Natural Separation May Occur - Consume Within Five Days After Opening - Gluten-Free - Warning: Do Not Use If Seal Is Broken Or Cap Has Popped Up - *Shake Well Before Using * (HEB Organics; Product of Turkey)(Made with Pride and Care for H-E-B®, San Antonio, TX 78204)(H-E-B 100% Guarantee Promise - Charles Butt)(Empty & Replace Cap - Glass Bottle - how2recycle.info)(Certified Organic by Kiwa BCS OKO-Garantie GMBH)(USDA)

•AllWellO Go Green Organic Cold Pressed Juice

•Allwelll

•Allwell

•Cinnamon Apple & Ginger Juice Blend

•Dutch Chocolate Whole Milk

•Mango

- Strawberry Lemonade

- Pure Concord Grape Organic: Organic Concord Grape Juice (Lakewood Organic; USA)(USDA)

- Pure Pomegranate Organic: Organic Pomegranate Juice (Lakewood Organic; North America)(USDA)

- Balsamic vinegar of Modena - Ingredients: Organic Cooked Grape Must, Organic Wine Vinegar. Contains only naturally occurring sulfites. Acidity 6% - Nutrition Facts - About 33 servings per container - Serving size 1 tbsp (15mL) - Calories 25 - % Daily Value - Total Fat 0g 0% - Sodium 0mg 0% - Total Carbohydrates 6g 2% - Total Sugars 6g - Incl. 6g Added Sugar 12% - Protein 0g - Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron, potassium. - Organics - Protected Geographical Indication - Aceto Balsamico di Modena P.G.I. - USDA-Organic - Always NON-GMO - Product of Italy - Smartlabel™ Scan here for food information - NET 16.9 FL OZ (1 PT 0.9 FL OZ) 500 mL - Consorzio Tutela-Aceto Balsamico di Modena-A-B-M-Consorzio Tutela - Love It or It's on us ++ - Best Before APR 28 28 L 5 118 - **Warning: Consuming this product can expose you to chemicals including lead which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.** - RD 23221 - S1400 - 079893404509 - (Organics; Italy)(Distributed By: Lucerne Foods, INC. PO Box 99, Pleasanton, CA 94566-0009)(Certified Organic by Quality Assurance International Certified by a Control Body authorized by the Competent Ministry - Italy)(Product of Italy)(Bottling Site N° CSQA 213693) (++1-877-232-4271)(Empty & Replace Cap - Glass - Bottle - how2recycle.info)(USDA)

- Extra Virgin Olive Oil Organic (100%): first cold pressed organic extra virgin olive oil (Terra Delyssa; Tunisia)(USDA)(Gluten-Free, Non

- EVOO

- EVOO

- EVOO

- Vinegar

- Vinegar

- Vinegar

- Black Tea

•Green Tea Leaves Organic: Ingredients Organic Green Tea Leaves (camellia sinensis) - Nutrition Facts - Per 1 cup (2500 ml) - Calories 0 - % Daily Value* - Fat 0% - Saturated 0% - +Trans 0g - Carbohydrate .45g - Fibre 0g 0% - Sugars 0g 0% - Protein 0g - Cholesterol 0mg - Sodium 0mg 0% - Potassium 22mg 0% - Calcium 0mg 0% - Iron 0mg 0% - *5 or less is a little, 15% or more is a lot - Valeur nutritive - pour 1 tasse (250 ml) - Calories 0 - % Valeur Quotidienne* - Lipides 0g 0% - satures 0g 0% - trans 0g - Glucides .45 g - Fibres 0g 0% - Sucres 0g 0% - Proteines 0g - Cholesterol 0mg - Sodium 0mg 0% - Potassium 22mg 0% - Calcium 0mg 0% - Fer 0mg 0% - *5% ou moins c est peu, 15% ou plus c est beaucoup - Lee - Uncle Lee's Tea® - Blending Eastern and Western Traditions, Naturally - The Vert Biologique - 100 tea bags individually wrapped - Eco Cert - Certified by Ecocert - Net Wt 5.56 oz (160g), 100 Tea Bags - USDA Organic - Lee - Uncle Lee's Tea® - Blending Eastern and Western Traditions, Naturally - The Vert Biologique - 100 tea bags individually wrapped - USDA - Lee - Uncle Lee's Tea® - Blending Eastern and Western Traditions, Naturally - The Vert Biologique - 100 tea bags individually wrapped - Eco Cert - Certified by Ecocert - Net Wt 5.56 oz (160), 100 Tea Bags - USDA - Uncle Lee's Organic Green Tea (camillia sinensis) comes from high in the mountains of the Fijian Province of China and is grown without Pesticides, with natural fertilizer and with careful attention for preservation of the ecosystem. For more information on benefits of Uncle Lee's Tea, please visit us at www.unclelee.com. - Uncle Lee Thé Vert Biologique (camellia sinensis) vient de haut dans les montagnes de la province de Fujian de Chine et est cultivé sans pesticides, des engrais naturels et avec une attention particulière pour la préservation de l'écosystème. Pour obtenir de plus amples renseignements à propos des bienfaits de Uncle Lee's visitez www.unclelee.com. - Directions: Just before water comes to a full boil, pour water over the tea bag and brew for 3 to 4 minutes. - Indications: Juste avant l'eau commence à bouillir complète, versez l'eau sur le sachet de thé et laisser infuser pendant 3 à 4 minutes ou à la force désirée. Ingredients: Feuilles de the vert (camellia sinensis) - Eco Cert - Certified Organic by ECOCERT - W0567-201 - Best By 2029.06.29 D - 892241000686 - Organic Green Tea - www.unclelee.com - Tea Bag - Not labeled for Individual Retail Sale - No Etiquetado Para Su Venta Individual - LC10608 (Uncle Lee; China)(Uncle Lee's Tea, Inc. 11020 Rush St South El Monte, CA 91733 U.S.A)(www.unclelee.com)(ECOCERT)(USDA)

(15)

•Rice

•Chia Seeds Organic: Salvia Hispanica L.(Vivanaturals Organics; Mexico)(QAI)(USDA)

•Pecan

•Walnut

•Dark Roasted Peanut Butter Creamy - Ingredients: Organic Roasted Peanuts, Contains 1% or Less of Salt. - Nutrition Facts - About 23 servings per container - Serving size 2 TBSP (32g) -

Amount Per Serving Calories 180 - % Daily Value - Total Fat 15g 20% - Saturated Fat 2g 11% - Trans Fat 0g - Cholesterol 0mg 0% - Sodium 50mg 0% - Total Carbohydrates 6g 2% - Dietary Fiber 3g 10% - Total Sugars 1g - Includes 0g Added Sugars 0% - Protein 9g - Vitamin D 0mcg% • Iron 1mg 4% • Vitamin E 2mg 15% • Calcium 32mg 2% • Potassium 247mg 6% • Niacin 6mg 40% - *The % Daily Value tells you how much a nutrient in a serving of food contributed to a Dailey diet. 2,000 calories a day is used for general nutrition advice. - Santa Cruz Organic - NON-GMO Project Verified nongmoproject.org - USDA-Organic - Per 2 TBSP - 180 Calories - 2g SAT FAT (11% DV) - 50mg SODIUM (2% DV) - 1g TOTAL SUGARS - (U) - NET WT 26 OZ (1LB 10OZ) 737g - Santa Cruz Organics - 92183002 - santacruzorganic.com - Gluten-Free - Best if Used By: Jul 10 2026 - 92181003 - 051500490334 - Discard Seal, Rinse Jar & Replace Lid - Glass - Jar - how2recycle.info - (©/TM/ THE J.M. Smucker Company Orrville, OH 44667 USA)(Questions? Comments? 888-598-2903 or visit us at santacruzorganic.com)(Certified Organic by Quality Assurance International)(USDA)

•The Casa Market Hibiscus Marmalade

•Fig Jam*** - Ingredients: Fig, Pure Cane Sugar, and Lemon Juice. - 1.16oz/ 33gr - 7503007863782 - (The Casa Market - Hencho En Mexico)(Distributed by: The Casa Market 11729 Warfield St, San Antonio, TX 78216)(For Nutritional Info: TheCasaMarket.com)(Montreal Kosher Pareve) ~ Just 3 Ingredients - Vegan - All Natural - Gluten Free - 08 2027 - M2523178

•The Casa Market Guava Marmalade

•Fig Spread*** - Ingredients: Figs(Water, Dried Figs), Sugar, Fruit Pectin, Citric Acid, Lactic Acid, Ascorbic Acid. - May Contain Occasional Stem or Stem Fragments. - Net WT. 1.05 Oz (30 G) - 85485800125-09 (Dalmatia® - Product of Croatia)(Imported By Dalmatia Import Group, Inc. Miami, FL 33130)(For Nutritional Information Please See WWW.FIGSPREAD.COM) ~ EXP 02/2028 L 056502 A 14:44 - Fig Spread Original - Each Fig Is Inspected For Quality

•Fig Chili Spread Organic - Ingredients: Organic Figs (Water, Organic Dried Figs), Organic Cane Sugar, Organic Chili, Citric Acid, Fruit Pectin, Lactic Acid, Ascorbic Acid. - Nutrition Facts - Servings: 12 - Serv. Size: 1 Tbsp (20 g), Amount Per Serving: - Calories 60 - Total Fat 0 g (0% DV) - Sat. Fat 0g (0% DV) - Trans Fat 0 g - Cholest. 0 mg 0% DV) - Sodium 0 mg (0% DV) - Total Carb. 14g (5% DV) - Fiber 0 g (0% DV) - Total Sugars 14 g (Incl. 6 g Added Sugars, 12% DV) - Protein 0 g - Vitamin. D (0% DV) - Calcium 0% DV) - Iron (0% DV) - Potassium. (0% DV) - Contains Seeds. May Contain Occasional Stem Fragments. - 854858001579 (Dalmatia® - Product of Croatia)(Imported by Dalmatia Import Group, Inc., Miami, FL 33130)(Manufactured for Dalmatia Import Group Inc. - Produced by Hermes International d.o.o. - Certified Organic by AgriBioCert EU-HR-EKO-03)(www.dalmaticspreads.com)(Exclusive Only Here - Whole Foods)(USDA - Organic) ~ Net Wt. 8.5 Oz (240 g) - EXP 01/2028 D8(28)532 A 16:(XX) - Refrigerate After Opening - The Figs In This Mediterranean Delicacy are Hand-Packed By Local Workers - Organic Fig Chili Spread - A little bit spicy, a little bit sweet - Organic Fig Chili Spread is a showstopper. Want to WOW palates with a palette of flavor? Serve this alongside our signature Organic Adriatic Fig Spread and Organic Fig Orange Spread with cheese and

charcuterie. - Try our Dalmatia Organic Fig Chili Spread - •Create next level grilled cheese -
•Layered on rustic Italian bread with Aged Gouda - •Pair with any cheese, but especially
Manchego, Bleu, and Gouda

•Flax Seeds Organic(Great Value Organic; Canada, USA)(USDA)

•Pistachios Roasted Salted***: Pistachio Nuts in Shells, Sea Salt - Contains Pistachios -
Nutrition Facts - about 13 servings per container - Serving Size ½ cup with shells (28g without
shells) - Amount per serving - Calories 160 - % Daily Value - Total Fat 13g 17% - Saturated Fat
1.5g 8% - Trans Fat 0g - Cholesterol 0mg 0% - Sodium 135mg 6% - Total Carbohydrate 8g 3% -
Dietary Fiber 3g 11% - Total Sugars 2g - Includes 0g Added Sugars 0% - Protein 6g - Vitamin D
0mcg 0% - Calcium 30mg 2% - Iron 1.1mg 6% - Potassium 280mg 6% - *The % Daily Value
(DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories
a day is used for general nutrition advice. - Great Value - Pistachios - Enlarged to show Texture
- NET WT 24 OZ (1 LB 8 OZ) 680g - (u) - Store in a cool, dry place. - 0 Grams Trans Fat Per
Serving - See Nutrition Information For Fat Content - Gluten-Free - Best if Used By 01/19/2027 -
Lot# 2604154589901 - Best if Used By - 259585 - 078742159812 (Great Value;
California)(Satisfaction Guaranteed - For more information call 1-877-505-2267 or visit
Walmart.com/greatvalue)(Recycle if Clean & Dry - Store Drop-off - Plastic - Pouch -
how2recycle.info) (Gluten-Free)

•Pumpkin Seeds

•Tri-Color Quinoa: Organic White Quinoa, Organic Red Quinoa, Organic Black Quinoa(HEB
Organics; Peru)(Pro-Cert Organic)

(8)

•Coarse Ground Black Pepper: Organic Black Pepper - Organic - Mc Gourmet Collection - Net
WT 1.62 OZ (45g)(U) - Best if Used By Sep 16 29 B 10:47 - Filled By Weight Settling May Occur
- 052100005867 - Use this coarsely ground pepper to season any savory dish. It's robust flavor
and texture make it ideal for rubbing on grilled or roasted meals. - For questions, recipes and
more, visit McCormick.com/info or call/text 1-800-632-5847 (McCormick &CO., INC. Hunt Valley,
MD 21031-1105 Packed in U.S.A. (Non GMO Project)(Certified Organic By
QAI)(USDA-Organic)

•Garlic Powder

•Onion Powder***: Onion Powder - Organic Mc Gourmet Collection - Net WT 2 OZ (56g)(U) -
Best if Used By Mar 28 28 B 12:48 - Filled By Weight Settling May Occur - 052100003658 -
Onion powder makes it easy to add savory richness to just about any dish - from dips to soups,
sauces, vegetables, chicken and burgers. - For questions, recipes and more, visit
McCormick.com/info or call/text 1-800-632-5847 (McCormick &CO., INC. Hunt Valley, MD
21031-1105 Packed in U.S.A. (Non GMO Project)(Certified Organic By QAI)(USDA-Organic)

•Allspice: Organic Allspice - nutmeg, black pepper, cinnamon and clove - USDA Organic - NET WT. 2.57 OZ. (73G) - Simply Organic® Supports organizations working to end food insecurity. - 089836180469 (Simply Organic;)(Distributed; Frontier CO-OP Norway, IA 52318 USA © 2023 Frontier CO-OP MB05016C)(Empty & Replace Lid - Glass - Jar - how2recycle.info)(KSA)(Certified Organic by QAI)(USDA)

•garlic 'n herb: Organic Black Pepper, Organic Citric Acid, Organic Garlic, Organic Lemon Peel, Organic Onion, Organic Parsley, Organic Sesame Seed - Nutrition Facts - Serving about 126, Serv. Size ¼ tsp (0.7g), - Amount per serving: - Calories 5 , Total Fat 0g (0% DV), Sodium 0mg (0% DV), Total Carb. 0g (0% DV), Protein 0g %DV = %Daily Value - USDA Organic - NET WT. 3.10 OZ. (88g) - Simply Organic® Supports organizations working to end food insecurity. - 089836186058 (Simply Organic;)(Distributed; Frontier CO-OP Norway, IA 52318 USA © 2023 Frontier CO-OP MB04038F)(Empty & Replace Lid - Glass - Jar - how2recycle.info)(KSA)(Certified Organic by QAI)(USDA)

•herbes de provence: Organic Basil, Organic Lavender Flowers, Organic Marjoram, Organic Oregano , Organic Parsley, Organic Rosemary, Organic Thyme - USDA Organic - NET WT 1.00 OZ. (28g) - Simply Organic® Supports organizations working to end food insecurity. - 089836180391 (Simply Organic;)(Distributed; Frontier CO-OP Norway, IA 52318 USA © 2023 Frontier CO-OP MB05011B)(Empty & Replace Lid - Glass - Jar - how2recycle.info)(KSA)(Certified Organic by QAI)(USDA)

•Italian Seasoning***:Basil, Marjoram, Oregano, Rosemary, Sage, Thyme - Suggested Serving - Supreme Tradition - NET WT 1.23 OZ (35G) - Nutrition Facts - About 70 servings per container - Serving size ¼ Tsp (0.5g) - Amount per serving Calories 0 - % Daily Value* - Total Fat 0g 0% - Saturated Fat 0g 0% - Trans Fat 0g - Cholesterol 0mg 0% - Sodium 0mg 0% - Total Carbohydrate 0g 0% - Dietary Fiber 0g 0% - Total Sugar 0g - Incl. Added Sugar 0% - Protein 0g - Vitamin D 0mcg 0% - Iron 0.1mg - Calcium 0mg 0% - Potassium 0mg 0% - The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to daily diet. 2,000 calories a day is used for general nutrition advice. - \$1.25 - 639277990051(Supreme Tradition;)(Distributed By; Greenbrier International, INC. 500 Volvo Parkway Chesapeake, VA 23320)

•Oreganol - Oil of Wild Oregano - Mediterranean Source P73 - Healthy immune support* - Natural carvacrol level: 73% plus - .45 FL. OZ.(13.5ml) Dietary Supplement - Certified 100% Organic Guaranteed - 335824000012 - LA001R10 (North American Herb & Spice;)(Supplement Facts Amount per serving: 2 drops Serving Per container: 194 | Proprietary blend (2 drops) 50mg total in organic extra Virgin Olive oil | Organic, wild Mediterranean oregano oil P73* | * Daily value not established (Manufactured for NAHS 13900 W Polo Trail Dr. Lake Forest, IL 60045)(Oregano.com)(America Hajal Foundation - Certified Hajal)(CRC - Kosher 748)(MOSA)(USDA)(Directions: Take two drops under the tongue or in juice or in water daily. Due to heat sensation, keep away from genitals, eyes, and store away from children.)(*These

statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.)

(29)

- Apples Organic (X2) - Amazing Flavor + Infinite Possibilities - 888289405354 (Cosmic Crisp - Pacific Northwest - Washington State)(Distributed; Chelan Fresh Chelan Washington 98816 USA)(Cosmic Crisp.com)(WSDA)(USDA)

- Asparagus Organic - PLU# 94080 (Hippie Organics; Mexico)(USDA)

- Avocados Organic (X2) - Hass Avocado - EMP 296 - 94046 - 887214000275 (AvoTerra By Index Fresh; Mexico)(Bioagricert Srl)(USDA)

- Banana Organic (Marketside; Guatemala, Ecuador, and Peru)(USDA)

- Blueberries Organic (North Bay Produce; Argentina, Chile, Mexico, Peru)(USDA)

- Brussel Sprouts Organic (4Earth Farms; Baja, California, Guatemala, Mexico, Oregon, Washington) (QAI)(USDA)

- Broccoli Organic (Marketside; California)(USDA)

- Carrot Organic (Marketside; USA)(USDA)

- Coconut Organic: Organic Coconut Contains: Tree Nuts (Coconut) - PLU# 94261 - (01)00045255255249958 (Melissa's; Mexico)(Distributed; World Variety Produce, INC. Los Angeles CA 90051)(1-800-588-0151)(www.melissas.com)(CCOF)(USDA)

- Eggplant Organic (X2) - PLU# 94081 (Wholesum; Mexico)(USDA)

- Ginger Organic - People. Produce. Planet. - 803944306005 - S3383 - Packed on: 02/03/26 Job # 49356505 (4Earth Farms; Peru)(Distributed By 4Earth Farms, LLC Commerce, CA 90022)(1-800-565-6742)(www.4earthfarms.com)(Instagram - Facebook - @4earthfarms)(QAI)(USDA)

- Goji Berries Organic: Lycium Barbarum (Navitas Organic; China)(USDA)

- Green Beans Organic (Southern Selects; Guatemala)(USDA)

- Kiwi Organic - 014668510009 (Mighties; USA)(Distributed; Sun Pacific - Reedley CA 93654)(CCOF)(USDA)

- Lemon-Citron Organics - PLU# 94053 (HGOFarms.com; USA , E.-U.)(CCOF)

•Limes Persian Organic (SiCarFarms; Mexico)(USDA)

•Mandarins Organic - 072240601163 - CDM12637783 JD: 047 06:24 L1W1B1 -
CDMDBF03HLOG.2 DA W1113925 (Wonderful Halos; California)(halosfun.com) (Distributed;
Wonderful Citrus Packaging - Delano CA 93215)(CCOF)(Non GMO Project)(USDA)

•Mangos Organic PLU# 94959 - 00850009984104 (TerraFresh Organics - Dayka & Hackett;
Peru)(USDA)

•Pineapple Super Sweet Organic - PLU# 94430 - 643126071983 - ® TM & © Dole Food
Company, Inc. 2023 - 22023-01 (Dole; Costa Rica)(Distributed; Dole Fresh Fruit Company,
Charlotte, NC 28231(USA))(Eco-LOGICA)(USDA)

•Portabella Caps (Organic Mushrooms - Mother Earth - Est. 1919; Product of USA)(Mother
Earth, LLC, Landenberg, PA 19350)(OrganicMushrooms.com)(Certified Gluten Free
CFCO.org)(Earth Kosher)(Certified Organic By PCO)(USDA Organic) ~ 100 Years of Growing
Mushrooms - 1921-202. - Keep Refrigerated - NET WT 6 OZ (170 g) - 642102630602

• Saffron*** - Azafran: Ingredients: 100% Saffron, P.D.O. Herat Certified - Nutrition Facts -
Serving Size 0.03125g - servings per Box 16 - Amount Per Serving - Calories 0 Calories from
Fat 0 - % Daily Value - Total Fat 0g 0% - Sodium 0mg 0% - Total Carbohydrate less than 1 g 0%
- Protein less than 1 g 0% - Not a significant source of calories from fat, saturated fat,
cholesterol, dietary fiber, sugars, vitamin A, Vitamin C, Calcium and Iron - Percent Daily on a
2,000 calorie diet. - Información Nutricional - Tamaño por ración 0.03125g - Raciones por cajita
16 - Cantidades por Ración - Contenido Energético 0kJ - Grasa(Lípidos) 0g - Sodio 0g -
Carbohidratos (hidratos de Carbono) menos de 1g - Proteínas menos de 1g - % de IDR* -
Vitamina A 0% - Vitamina C 0% - Calcio 0% - Hierro 0% - *Ingesta Diaria Recomendada -
Threads - Hebras - The Brand Professional Chefs Trust © - La marca preferida por los chefs
profesionales - Golden Gate Brand - Since 1983 - Non GMO Project - Verified -
nongmoproject.org - International Taste Institute - Brussels - 2024 - Superior Taste Award -
Minimum plastic use: We are pro sustainability! - Mínimo uso de plástico: Apostamos por la
sostenibilidad - FSSC 22000 - Each .125 g (¼ of box) is good for one recipe for 4 servings. -
Con .125 g (¼ de cajita) es suficiente para una paella para 4 personas - Net Weight / Contenido
Neto: .5 g (0.176 oz) - Perfect Measure Every Recipe. No Waste. Complies with ISO 22000 &
HACCP - Category / Categoría ISO 3632-2:2010 - Coloring Strength - Poder Colorante 255-275
- "The higher the coloring strength, the better the saffron" - "A mayor Poder Colorante, mejor el
azafran" - For All your questions about saffron, read our "Consumer Guide to Saffron
Purchasing" - www.saffron.com - Nuestra "Guía del Consumidor" respondera todas sus
preguntas sobre azafran - Imported by: Exportado por: Vanilla, Saffron Imports San Francisco.
CA 94110 saffron@saffron.com FDA 18817659402 - Importado por: Teresa Talonia V Colonia
Prados de Coyoacan Calle Lira 55 C.P. 04810 Mexico R.F.C. TAVT 551013 M 80 FDA
17240865968 azafranmex@gmail.com - Produced & Packed by: Afghan Saffron Company, Ltd
Shahr-e-Now, Chowk-e-Gulha Bimazir Market, 3rd Floor Harat Province-Afganistan

info@afgansaffron.com FDA 12652346494 - 2025 Crop Product of Afghanistan - Best before /
Consumir antes de: 11/2031 - Pack/Empacado: 12/2025 - Lot/ Lote: 202512USA -
045702000507

•Suarcrautt

•Snap Peas: Sugar Snap Peas (Earthbound Farm; Mexico)(CCOF)(USDA)

•Spinach Baby Organic (Marketside; USA)(USDA)

•Strawberry Organic (HEB Organics; Mexico)(CCOF)(USDA)

•Sweet Potato Organic (X2) - Organic Sweet Potatoes - PLU# 077041 - PLU# 94816 -
194346373819 - LOT#042P707 (Marketside; USA)(Distributed; Matthews Ridgeline Farms
Wayne AR 72396 - Walmart Inc. Bentonville AR
72716)(1-888-658-6325)(how2recycle.info)(Walmart.com/help)(OTCO)(USDC)

•Turmeric Organic (X2) - Mighty Gold Organic - Rich Flavor. Powerful Goodness - Power up
juices, smoothies, curries, rices, soups... - Superpowers abound - colorful. powerful. mighty. -
037842037277 - LOT# 1367866 CD 03/04/26 (This package used 65% less materials than a
clamshell and provides convenient consumer packaging)(Frieda's - Fiji)(Distributed; Frieda's
LLC Anaheim CA 92801)(Visit Friedas.com to get recipes and learn how our female-founded
business is inspiring healthy, colorful, delicious eating.)(100%) Satisfaction
Guarantee)(CCOF)(USDA)

•Watermelon Mini Organic - PLU# 93421 (Cache; Mexico)(USDA)

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Allergies - Sensitivities - Soul

Buddha - Gandhi - Jesus

Chia Seeds - Calamari - Caviar

China - Dog - India

Chlorella(Fresh)(Broken Cell Wall) - Chlorophyll - Spirulina(Salt) - Sea Moss (Irish)

Skeletons - Wolf - Vampires - Zombies

Bag of Leaves - Liquid Hay



Tab 2

Renaissance Square (BPA - Prop 65) - Round Rock TX (30.4945193, -97.6763947) - 18 Days  
Open Source (Elastic - Scholastic - Principles) - Think Tank (Group(Classification)) - Whiteboard

{Organic\* - USDA\*} Supply Chain - NO: Coupon (Digital) - Dairy (Bessie's Revenge)(Check on Bessie) - Egg (Ego) - Meat (It's in the Air)  
(Back Hair - Value Meals) (Count Each Movement (Mindfully) (Minute\* Men\*) - Weigh Food) (Induce Eating - Pizza Button)

Action Plan - Notes - Research Paper - Spreadsheet - Summary  
Don't go out after Dark\* (Grandpa - Paul) - Message if you go Downtown\*\* (Acrylic - Nails - Poison) - Don't eat Pizza\*\*\* (Grease) (For Love  
(s) Sake) (She's not\* eating Pizza) (Women Crying in the Street) (Northern) - Stay on the Main Street\*\*\*\* - No Gambling - Games\*\*\*\*\* - No  
Talking/Vulgarity/Yelling/0-1\*\*\*\*\* (No Smoking)

Allergies - Polymorph (Reincarnation ) (Shapeshifting) (You Spend Time with What you Eat) - Sensitivities - (\*Service Dog\*)\* (No Leash -  
Remote Shut off) - Soul

4/12-14/2026 - 5:12 PM\* - 7:13 PM\* - Sunday - \$23.60 - Card  
4/13-15/2026 - 12:28 PM\* - 1:34 PM\* - Monday - \$12.97 - Card  
4/14-16/2026 - 3:39 PM\* - 5:21 PM\* - Tuesday - \$12.97 - Card  
4/15-17/2026 - 10:29 AM\* - 12:12 PM\* - Wednesday - \$24.38 - Card  
4/16-18/2026 - 5:50 PM\* - 6:52 PM\* - Thursday - \$20.76 - Card  
4/17/2026 - Friday - Newsletter (Public Service Announcement)  
4/18-20/2026 - 1:45 PM\* - 3:51 PM\* - Saturday - \$24.38 - Card  
4/19-21/2026 - 1:59 PM\* - 3:36 PM\* - Sunday - \$12.97 - Card  
4/20/2026 - Monday  
4/21-22/2026 - 6:02 PM\* - 6:12 PM\* - Tuesday - \$25.96 - Card  
4/22-24/2026 - 7:49 PM\* - 8:07 PM\* - Wednesday - \$25.96 - Card  
4/23/2026 - Thursday - Newsletter\* (Public Service Announcement)  
4/24/2026 - Friday  
4/25/2026 - Saturday  
4/26/2026 - 2:00 PM\* - 3:29 PM\* - Sunday - \$14.00 - Cash  
4/27/2026 - 11:11 AM\* - 12:29 PM\* - Monday - \$10.00 - Cash - Newsletter\* (PSA)  
4/28/2026 - 11:13 AM\* - 12:05 PM\* - Tuesday - \$6.50 - Cash - Newsletter\* (PSA)  
4/29/2026 - 6:56 PM\* - 7:48 PM\* - Wednesday - \$15.00 - Cash  
4/30/2026 - Thursday  
5/1/2026 - Friday  
5/2/2026 - 2:11 PM\* - 3:00 PM\* - Saturday - \$15.00 - Cash - Posted on Website  
5/3/2026 - 6:40 PM\* - 7:10 PM\* - Sunday - Neo\* (Test\* - Tube\*) Party\* (Tendon Scripting - Parking lot)  
5/4/2026 - 10:25 AM\* - 11:25 AM\* - Monday - Sprouts - \$26.77 - Cash  
5/5/2026 - 8:56 AM\* - 9:46 AM\* - Tuesday - Sprouts - \$5.99 - Cash  
5/6/2026 - 7:27 AM\* - 7:48 AM\* - Wednesday - Sprouts - \$6.99 - Cash  
5/7/2026 - Thursday  
5/8/2026 - 8:10 PM\* - 9:09 PM\* - Friday - \$20.00 - Cash  
5/9/2026 - Saturday  
5/10/2026 - 9:20 AM\* - 11:20 AM\* - Sunday - \$24.46\* - Cash  
Total: \$328.66 - 8(2) - 9(2) - 9 - 10

14069 N 48th Ave Glendale, AZ 85306 - ( Extortion - Embezzlement ) (Remote Shut Off) ('Don't Jump') (Xbox - Sting - Operation)  
(AbstractLie - Blizzard - Overwatch) - Hard Drives - Sea Shell (Leaf) - USB - Video Surveillance Footage (Stolen) - Stalkingvictims.org  
(Hippocampus - Impedance - Memory Bank(s)) (Chicken - Egg) (Remote Shut off - Open Casket - Sedation) (Penny - Dime) (Stolen: Eggs -  
Ovaries\* - Sperm) - Women are Afraid of Police (Word Pyramid) (Attorney - Judges - No Heaven) (N64) (Grandmother on Chocolate) (Witness  
Protection) (Stolen/Swapped: Credentials/Drivers License/Phone - Leveraged Children - Power of Attorney) (Casa Grande - Dog Park - Train -  
Do you Traffick or live out of state?) 🐼🐼🐼T\$&5-Tony🐼 - Hate-Spice (Guilt) (Yahtzee is not Gambling - MEFF - Censorship is Gambling)  
(Fiat - Time Machine (Judicial)) (Cell Phone - Pulled from Home) (DDOS - 'Wink Wink')

Spotify (Bro Hymn (Durango Curve) - Everybody was Kung Fu Fighting - Tootsie Roll (Durango Curve) - Watermelon Crawl) (Remote  
Euphoria - Corporate) - Reddit (GME\* - Superstonk\*) (The Bigger Short - Cellar Boxing) - Google (Home - News - Shorts) ('That's Stabbing me  
in the Back') - Hollywood (No Theater) - (A - B - C - Z Questions) (Kaleidoscope) (R - Y - B - G - X - X - X - X) (Music Box - Ray Tracing -  
Locked Faces) (Ballon Animal - Pores) (Bumper Bowling - Roundabout - 'Wait until it slows down' - Roundabout - Zen Gardening) (This lasts  
forever\*) (P-r-o-u-d-G-R-E-A-T-S-K-A-T-E)

Parking Lot: Announcers (Audio - GPS - Illegal Microchip (Pirate Frequency) (Voice Synthesizer)) - Dumpster - Grease Trap (Tree) - Lines (Blue - Red - White - Yellow) - Open Door (x2) - Police (Brinks - Cruiser) - Shipping Containers (Annex - Precinct) - Tractor (Trailer) - Tow Trucks (Dairy) - Vans (Coca Cola) - Vehicles (Tesla - U-Haul)

Left behind: Backpacks - Bags - Belt- Clothes - Lighter - Vehicles (Disabled - ECU) - Water

Stores: Antique Gallery - Austin Sewing - Banaras Indian Boutique - CiCi's Pizza (50 Ft Out Back) - Curry Pizza House - Dentist - Derby Park (Southgate Apartments) - Dismassi (Mediterranean Buffet) - EV (Elite Vapor) - FiestaVille (777) - Furia Western Wear - Home Depot (Fence (Broken Sections) - Panhandle - The\*\*\*\*) - Home Zone - Image Blinds - Lodge Card Club - Massage - Melrose - My Choice Liquor - Nails & Spa - Once Upon a Child - Ravens Auto - Rogues Gallery Comics & Games - Scooter's (Smiley) - Smokey Moe's - Sprouts (1800's Settler) - Subham (Chettinad - Indian - Cuisine) - Tae Kwon Do - Twice the Ice - Aapka Bazaar - Valero - VirtropolisVR Escape Rooms - Whataburger

### The Space Time Continuum

( Atomizer\* ( Wrist\* ) - 1500\* ( Decades\* - Years\* ) - 78 Trillion\* ( Rice\* - Adage\* ) - Spaceship\* ( No\* - Magic\* - Just\* - Results\* - Properly\* - Archived\* ) (Army\* - Hors d'oeuvres\*\*\*\*) - Simulation\* - Teleportation\* ( Encryption\* ) ( Portals\* - Black\* - Worm\* - Holes\* ) ( Tenth\* - Dimension\* ) ( Arcade\* - Restroom\* ) ( FBI\* - Money\* - Glitch\* (Robbing\* ) - Kidnapping\* ) ( Cat\* ( World\* Market\* ) - Snoop\* Dogg\* ( H-E-B\* ) - Sprouts\* ( Apricot\* ) ( Peach\* - Squeeze\* ) - Wine\* Cellar\* )

Tab 3

Levies - Superdome - Louisiana - Hurricane Katrina

Simulation

Tab 4

