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

| П. | | | |
|----|----------------------------------|---|-----------------------|
| | Pepper, Green | Tomato, Heirloom | Boysenberry |
| | Pepper, Habanero | Tomato, Orange | bravo |
| | Pepper, Jalapeño | Tomato, Red | Carambola |
| | Pepper, Poblano | Tomato, Roma | charlie |
| | Pepper, Red | Tomato, Sun-dried | Cherry |
| | Pepper, Serrano | Tomato, Yellow | Clementine |
| | Pepper, Tabasco | Tomatoes, Big Beef | Dates |
| | Prickly Pear | Tomato Paste (gluten & Vinegar-free) | Dragon Fruit (Pitaya) |
| | Radicchio | Tomato Sauce (gluten & Vinegar-free) | Durian Fruit |
| | Radish | Truffle | Elderberry |
| | Rainbow Chard | Turnip Greens | food name |
| | Red Pepper Flake | Wasabi Root | Goji Berry |
| | Rutabaga | Water Chestnut | Golden Berry |
| | Sauerkraut (Bubbies® Brand only) | Watercress | Gooseberries |
| | Scallions | Yams, Garnett | Grapefruit |
| | Shallots | Yams, Japanese | Guava |
| | Spinach | Fruits | Huckleberry |
| | Swede | Acai | Kiwi |
| | Swiss Chard | alpha | Kumquat |
| | Tabasco Sauce | Apricot | Lemon |
| | Tomatillo | Bilberry | Lemon Juice |
| | Tomato | Blackberry | Lemon Rind/Peel |
| | Tomato, Cherry | Blueberry | Lime |

| \Box . | | | |
|----------|---|---|--|
| | Lime Juice | Tangerine | Coconut Butter |
| | Loganberry | Wolfberry | Coconut Oil |
| | Longan Fruit | Youngberry | Cottonseed/Cottonseed Oil |
| | Loquat | Legumes, Pods, & Pulses | Duck Fat |
| | Lychee | Vanilla Bean Nuts, Seeds, Drupes & Oils | Flax Meal |
| | Mangosteen | Almond | Flax Oil |
| | Maqui | Almond, Marcona | Flax Seed |
| | Monk Fruit (Pure) | Almond Butter (Artisana®) | Hazelnut/Filbert |
| | Mulberry | Almond Flavor (natural, gluten free) | Hazelnut Flour |
| | Nectarines | Almond Flour (gluten free) | Hemp Meal |
| | Noni | Almond Meal (gluten free) | Hemp Protein (Powder) |
| | | | |
| | Passion Fruit | Almond Oil | Hemp Seed |
| | Passion Fruit Peach | Almond Oil Annatto Seed | Hemp Seed Lard/Tallow (pork) |
| | | | |
| | Peach Pear Pear, Asian | Annatto Seed | Lard/Tallow (pork) |
| | Peach Pear | Annatto Seed Avocado Oil | Lard/Tallow (pork) Macadamia Nut Oil |
| | Peach Pear Pear, Asian | Annatto Seed Avocado Oil Brazil Nut | Lard/Tallow (pork) Macadamia Nut Oil Macadamia Nuts |
| | Peach Pear Pear, Asian Persimmons | Annatto Seed Avocado Oil Brazil Nut Canola Oil, Non-GMO | Lard/Tallow (pork) Macadamia Nut Oil Macadamia Nuts MCT Oil |
| | Peach Pear Pear, Asian Persimmons Plum | Annatto Seed Avocado Oil Brazil Nut Canola Oil, Non-GMO Caraway Seed | Lard/Tallow (pork) Macadamia Nut Oil Macadamia Nuts MCT Oil Olive Leaf Extract |
| | Peach Pear Pear, Asian Persimmons Plum Pomegranate Pomelo Prune | Annatto Seed Avocado Oil Brazil Nut Canola Oil, Non-GMO Caraway Seed Cashew Butter | Lard/Tallow (pork) Macadamia Nut Oil Macadamia Nuts MCT Oil Olive Leaf Extract Olive Oil, Virgin |
| | Peach Pear Pear, Asian Persimmons Plum Pomegranate Pomelo | Annatto Seed Avocado Oil Brazil Nut Canola Oil, Non-GMO Caraway Seed Cashew Butter Cashew Meal | Lard/Tallow (pork) Macadamia Nut Oil Macadamia Nuts MCT Oil Olive Leaf Extract Olive Oil, Virgin Palm Kernel Oil |
| | Pear Pear, Asian Persimmons Plum Pomegranate Pomelo Prune | Annatto Seed Avocado Oil Brazil Nut Canola Oil, Non-GMO Caraway Seed Cashew Butter Cashew Meal Cashews | Lard/Tallow (pork) Macadamia Nut Oil Macadamia Nuts MCT Oil Olive Leaf Extract Olive Oil, Virgin Palm Kernel Oil Pine Nut |

| Sunflower Seed Flour | Chaparral | Garlic Powder |
|---|--------------------|-------------------------------------|
| Sunflower Seed Lecithin | Chervil | Garlic Salt |
| Sunflower Seed Oil | Chili Powder | Ginger Powder |
| Sunflower Seeds | Cilantro/Coriander | Ginkgo Biloba |
| Tahini | Cinnamon | Ginseng (All Types) |
| Truffle Oil | Cinnamon, Ceylon | Goldenseal |
| Truffle Oil, Black | Clove Powder | Grapefruit Seed Extract |
| Vegetable Shortening | Cloves, Madagascar | Guarana |
| Herbs & Spices | Cloves, Penang | Gymnema Silvestre |
| Allspice Almond Flavor (natural, gluten | Comfrey | Herbs De Provence |
| free) | Cramp Bark Extract | Hickory |
| Anise | Cream of Tartar | Himalayan Salt |
| Astragalus | Cumin | Juniper Berry |
| Basil | Curcumin | Lavender |
| Bay Leaf | Curry (must be GF) | Lemon Balm (Melissa Officinalis) |
| Bell Pepper, Red | Dandelion Root | Lemongrass |
| Black Cohosh | Dill | Lemon Pepper |
| Capsicum | Dong Quai | Maca Root |
| Caraway Seed | Echinacea | Mace Spice |
| Cardamom | Fennel | Marjoram |
| Catnip | Fennel Seed | Milk Thistle |
| Celery Powder | Garlic | Mint |
| Celery Seed | Garlic Pepper | Mustard (as a Powder) |

| | | Fish & Shellfish |
|--|---------------------------|----------------------------|
| Mustard Seeds (gluten free) | Sassafras | Bass |
| Nutmeg | Savory | Chilean Sea Bass |
| Olive Leaf Extract | Saw Plametto | Corvina |
| Onion | Shallots | Flounder |
| Onion Powder | Spearmint | Haddock |
| Oregano | St. John's Wort | Hake |
| Paprika | Sumac | Halibut |
| Paprika (smoked) | Tabasco Sauce | Herring |
| Parsley | Tarragon | |
| Pau D'arco | Thyme | Lox |
| Pepper, Black (see Garlic/Lemon Pepper) | Tomatillo | Mackerel |
| Pepper, Cayenne | Turmeric | Mahi Mahi |
| Pepper, Red | Uva Ursi | Octopus |
| Pepper, Sichuan | Valerian | Perch |
| Pepper, Szechuan | Vanilla Bean | Red Snapper |
| Pepper/Peppercorns | Vanilla Powder | Salmon, wild (fresh) |
| | White Willow Bark Extract | Sardines |
| Peppermint | | Sole |
| Pine Bark Extract | Wintergreen | Swai |
| Red Pepper Flake | Wormwood | Swordfish |
| Rose Hips | | Tilapia (Wild, Non-farmed) |
| Rosemary | | Trout |
| Saffron | | Walleye Pike |
| Sage | | Whitefish/Turbot |

| | Meat & Poultry | Milk-Containing Foods | Gluten-Containing Foods |
|---|-------------------------------------|--|--|
| | Applegate® organic black forest ham | No foods in this Category | No foods in this Category |
| | Applegate® organic ham | Non-Dairy & Eggs Almond Milk, unsweetened (no | Corn-Derived Foods |
| | Applegate® organic hot dogs | tapioca) | No foods in this Category Condiments, Spreads & Sauces |
| | Applegate® organic roast beef | Coconut Kefir (No Tapioca, Carageenan) | Apple Cider Vinegar (Bragg's®) |
| | Beef, Grass-fed only (organic) | Coconut Milk (Native Forest or Natural Value) | BodyPro Almond Mayo Grade A |
| | Bison (see also Buffalo) | Egg Whites, Pasture-raised Gluten-Free Grains | Maple Syrup BodyPro Almond Mayo with |
| | Buffalo (see also Bison) | Almond Flour (gluten free) | Yacon Syrup Coconut Aminos® |
| | Chicken, free range (organic) | Amaranth | Coconut Cream |
| | Collagen Protein (Powder) | | Coconut Vinegar (Coconut |
| | Deer (see also Venison) | Coconut Flour (gluten free) | Secret) |
| | | Coconut Meal (gluten free) | Distilled White Vinegar |
| Ш | Duck | Flax Meal | Earth Balance® Coconut Spread |
| | Goat, Grass-fed only (organic) | Glucomannon Flour (konjacfoods.com) | Harissa |
| | Great Lake's® Beef Gelatin | Hazelnut Flour | Horseradish Mustard, Gluten-free (Annie's®) |
| | Lamb | Hemp Meal | Ketchup (Organicville) |
| | Ostrich | Hemp Protein (Powder) | Liquid Smoke gluten free (natural) |
| | Pheasant | Hemp Seed | Mustard, Brown (Eden® gf mustard) |
| | Pork, (organic) | Konjac Glucomannon Flour | Olives (without vinegar) |
| | Quail | Sunflower Seed Flour | Red Tomato Paste (gluten free) |
| | Rabbit | | Sauerkraut (Bubbies® Brand only) |
| | Turkey (organic) | | Tabasco Sauce |
| | Veal (organic) | | Tomato Paste (gluten & |
| | Venison (see also Deer) | | Vinegar-free) Tomato Sauce (gluten & Vinegar-free) |

| | | Beverages & Protein Powders | |
|---|---|--|-------------------------------------|
| Ume Plum Vinegar | | Almond Milk, unsweetened (no | Yerba Matte Tea (Organic/Pure) |
| Vegetable Shortening (Spectrum®) | | tapioca) | Zevia Drinks |
| Vinegar, Distilled | Ш | Bone Broth Protein, Beef | Miscellaneous |
| Sweeteners | | Coconut Kefir (No Tapioca, Carageenan) | Baking Soda (Arm & Hammer®) |
| Agave Nectar | | Coconut Milk (Native Forest or Natural Value) | Bone Broth, Beef |
| BodyPro Almond Mayo Grade A Maple Syrup | | Coconut Water (low sugar) | Cacao (Raw, Pure, & Unsweetened) |
| Coconut Palm Sugar | | Collagen Protein (Powder) | Collagen Protein (Powder) |
| Coconut Sugar | | Echinacea Tea | Great Lake's® Beef Gelatin |
| Honey, (Organic) | | Great Lake's® Beef Gelatin | Latex |
| Honey, Manuka | | Green Tea | Lycopene |
| Honey, Wildflower from Mahava® | | Hemp Protein (Powder) | Red Tomato Paste (gluten free) |
| Jerusalem Artichoke Syrup | | Lemon Juice | Silver |
| Lo Han | | Lime Juice | Tobacco |
| Maple Sugar | | Mineral Water | Yeast, Baker's |
| Maple Syrup (Grade A Dark Amber Organic) | | Sparkling Water, unflavored | Yeast, Brewer's |
| Monk Fruit (Pure) | | Tea, Black | Yeast, Nutritional |
| Monk Fruit Extract | | Tea, Chamomile | Snacks |
| Rebiana Leaf (Stevia) | | Tea, Chicory Root | Dates |
| Sweetleaf® Stevia | | Tea, Green | |
| Xyla (Birchwood Xylitol) | | Tea, Hibiscus | |
| Yacon Syrup | | Tea, Oolong | |
| | | Tea, Roobios | |
| | | Tea, White | |
| | | Water | |

Nanny Mai 11/20/2017

| Food Additives |
|---------------------------|
| Annatto Coloring |
| Chicory Root |
| Inulin |
| Palm Wax |
| Tricalcium Phosphate |
| Vegan Enzyme |
| Vegan Natural Flavors (no |
| new food cat |
| alpha |
| bravo |
| charlie |
| food name |