Milk, Cow

Hummus

Beverages & Protein Powders	Milk, Goat	Wine, White (Champagne)
Almond Milk, unsweetened (no tapioca)	Milk, Sheep	Yerba Matte Tea (Organic/Pure)
Apple Juice	Milk, Soy (Organic)	Zevia Drinks
Beer	Mineral Water	
Bone Broth Protein, Beef	Orange Juice	Condiments
Carrot Juice	Pea Protein	Apple Cider Vinegar (Bragg's®)
Coconut Kefir (No Tapioca, Carageenan)	Rice Protein Powder (gluten free)	Balsamic Vinegar (Caramel/Red W. Vinegar)
Coconut Milk(Native Forest or Natural Value)	Soy Milk/Soy Cheese (Organic)	Balsamic Vinegar (with Red Wine Vinegar)
Coconut Water (low sugar)	Soy Protein (Organic)	Balsamic Vinegar MiaBella NoCaramel/WineVinegar)
Coffee	Sparkling Water, unflavored	Barbeque Sauce, GF Annie's® Sweet & Spicy
Coffee Bean, Organic	Tea, Black	BodyPro Almond Mayo Grade B Maple Syrup
Coffee, Instant (has gluten)	Tea, Chamomile	BodyPro Almond Mayo with Yacon Syrup
Collagen Protein (Powder)	Tea, Green	BodyPro Avocado Oil Mayonnaise
Echinacea Tea	Tea, Hibiscus	Carob
Grapefruit Juice	Tea, Oolong	Coconut Vinegar (Coconut Secret)
Green Tea	Tea, Ramon	Dressing, Primal Kitchen Greek Avocado Oil
Hemp Protein (Powder)	Tea, Roobios	Dressing, Primal Kitchen Honey Mustard
Komboucha Tea	Tea, unflavored/caffeine-free only	Earth Balance® Avocado Oil Butter Spread
Lemon Juice	Tea, White	Earth Balance® Coconut Spread
Licorice Tea	Teechino	Harissa
Lime Juice	Water	Horseradish Sauce, Gluten-free (Annie's®)

Wine, Red

Ketchup (Organicville)	Corn-Derived Foods	Fish & Shellfish
Mayonnaise	Barbeque Sauce, GF Annie's® Sweet & Spicy	Anchovy
Mayonnaise, Primal Kitchen Avocado Oil	Cheese, Cream	Bass
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Cheese, Daiya (Coconut,Tapioca,yeast,Â)	Catfish
Mustard, Brown (Eden® gf mustard)	Cheese, Soy (Organic) (see Soy)	Chilean Sea Bass
Sauerkraut (Bubbies® Brand only)	Chewing Gum (has gluten and corn)	Clam
Sriracha Sauce Organicville gluten-free	Corn (Gluten-free & Non-GMO)	Cod/ Cod Liver Oil
Tabasco Sauce	Corn Gluten	Corvina
Ume Plum Vinegar	Corn Meal (gluten free)	Crab
Veganaise Soy-free (Follow Your Heart®)	Corn Oil	Crab, Immitation
Vinegar	Corn Starch (gluten free)	Crayfish
Vinegar, Beet	Corn, Blue	Flounder
Vinegar, Distilled	Corn, White	Haddock
Vinegar, Malt	Erythritol (non-GMO)	Hake
Vinegar, Red Wine	Fructose	Halibut
Vinegar, Rice	GemWraps®, Sandwich Wrap (Carrot)	Herring
Vinegar, White	Maltodextrin (Corn-based, non-GMO)	Lobster
Vinegar, White Wine	Sriracha Sauce Organicville gluten-free	Mackerel
Worcestershire Sauce (The Wizard's® GF)	Swerve® Xylitol	Mahi Mahi
	Vegetable Oil	Mussel
	Xanthan Gum	Octopus
	Yogurt (See Xanthan Gum)	Orange Roughy

Nanny Mai

Apple Juice

09/08/2017

Oyster	Apple Sauce	Grape, Green
Perch	Apricot	Grape, Purple
Red Snapper	Banana	Grape, Red
Salmon, wild (fresh)	Bilberry	Grape, White
Sardines	Blackberry	Grapefruit
Scallop	Blueberry	Grapefruit Juice
Shrimp	Boysenberry	Guava
Sole	Cantaloupe	Huckleberry
Squid	Cherry	Jack fruit
Swai	Clementine	Kiwi
Swordfish	Cranberry	Kumquat
Tilapia (Non-farmed)	Cranberry Juice	Lemon
Trout	Currant	Lemon Juice
Tuna	Date(s)	Lemon Rind/Peel
Walleye Pike	Dragon Fruit (Pitaya)	Lime
Whitefish/Turbot	Dried Fruit	Lime Juice
	Elderberry	Litchi (aka Lychee)
Fruits	Fig	Loganberry
Acai	Goji Berry	Loquat
Apple (all types)	Golden Berry	Mango
Apple Cider	Gooseberry	Mangosteen

Maqui

Grape

Quince

Melon, Honeydew	Raisin (unsulfured, organic)	Coffee, Instant (has gluten)
Monk Fruit (Pure)	Raspberry	Couscous
Mulberry	Star Fruit	Crab, Immitation
Nectarines	Strawberry	Durum Wheat
Noni	Tamarind	Farro
Orange	Tangelo	Gluten
Orange Juice	Tangerine	Graham (wheat)
Orange Peel/Rind	Watermelon	Kamut
Orange, Blood	Wolfberry	Liquid Smoke (can have gluten)
Papaya	Youngberry	Malt
Passion Fruit		Maltodextrin (Barley-derived)
Peach	Gluten-Containing Foods	Oats (Can be contaminated with gluten)
Peach	Gluten-Containing Foods Barley	
		gluten)
Pear	Barley Barley Greens (Not for	gluten) Orzo
Pear Pear, Asian	Barley  Barley Greens (Not for Gluten-Sensitive)  Barley Juice (Not for	gluten) Orzo Panko
Pear Pear, Asian Persimmons	Barley  Barley Greens (Not for Gluten-Sensitive)  Barley Juice (Not for Gluten-Sensitive)	gluten) Orzo Panko Polish Wheat
Pear Pear, Asian Persimmons Pineapple	Barley  Barley Greens (Not for Gluten-Sensitive)  Barley Juice (Not for Gluten-Sensitive)  Beer	gluten) Orzo Panko Polish Wheat Rye
Pear Pear, Asian Persimmons Pineapple Plantain	Barley Barley Greens (Not for Gluten-Sensitive) Barley Juice (Not for Gluten-Sensitive) Beer Bran	gluten) Orzo Panko Polish Wheat Rye Semolina
Pear Pear, Asian Persimmons Pineapple Plantain Plum	Barley  Barley Greens (Not for Gluten-Sensitive)  Barley Juice (Not for Gluten-Sensitive)  Beer  Bran  Bread  Brown Rice Syrup (contains	gluten) Orzo Panko Polish Wheat Rye Semolina Soy Sauce
Pear Pear, Asian Persimmons Pineapple Plantain Plum Pomegranate	Barley  Barley Greens (Not for Gluten-Sensitive)  Barley Juice (Not for Gluten-Sensitive)  Beer  Bran  Bread  Brown Rice Syrup (contains MSG/Gluten)	gluten) Orzo Panko Polish Wheat Rye Semolina Soy Sauce Spelt

Chewing Gum (has gluten and corn)

Triticale

Vinegar	Fava Bean Flour	Rice, Basmati (gluten free)
Vinegar, Malt	Flax Meal	Rice, Black (gluten free)
Vinegar, White	Garbanzo Flour	Rice, Brown (gluten free)
Wheat (All Types)	Glucomannon Flour (konjacfoods.com)	Rice, Japonica (gluten free)
Wheat Grass (Is Gluten-contaminated)	Hazelnut Flour	Rice, Purple (gluten free)
	Hemp Meal	Rice, Red (gluten free)
Gluten-Free Grains	Hemp Protein (Powder)	Rice, White (gluten free)
Almond Flour (gluten free)	Hemp Seed	Rice, Wild (Lundberg $\hat{A}$ $\!\!\!\! ^{\text{\tiny le}}$ - not the blend)
Amaranth	Konjac Glucomannon Flour	Simple Mills - Everything Sprouted Seed Cracker
Arrowroot Flour/powder	Millet	Simple Mills Grnd Sea Salt Almond Crackers
Basmati Rice (gluten free)	Oat Grass (Not For Gluten Sensitive)	Simple Mills Rosemary & Sea Salt Crackers
Buckwheat	Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Tomato & Basil Almond Crackers
Buckwheat Flour	Oats (Certified GF)	Sorghum
Chicory Root	Potato Flour (gluten free)	Sweet Potato Flour (gluten free)
Coconut Flour (gluten free)	Potato Starch (gluten free)	Tapioca
Coconut Meal (gluten free)	ProGranola (Julian Bakery)	Tapioca Flour (gluten free)
Corn (Gluten-free & Non-GMO)	Quinoa (gluten free)	Tapioca Starch (gluten free)
Corn Meal (gluten free)	Quinoa, Black (gluten free)	Teff
Corn Starch (gluten free)	Quinoa, Red (gluten free)	Tolerant Green Lentil & Pea Pasta
Corn, Blue	Rice Bran	Tolerant Red or Green Lentil Pasta
Corn, White	Rice Flour (gluten free)	Tortilla, Siete Almond
Ener-G Brown Rice Yeast-Free Bread	Rice Protein Powder (gluten free)	Tortilla, Siete Cassava & Coconut

Mint

Mustard (as a Powder)

Mustard Seeds (gluten free)

Cinnamon

Cloves

Cinnamon, Ceylon

Tortilla, Siete Chia & Cassava	Cloves, Madagascar	Guarana
	Cloves, Penang	Gymnema Silvestre
Herbs & Spices	Cramp Bark Extract	Herbs De Provence
Allspice	Cream of Tartar	Hickory
Almond Flavor natural, gluten free)	Cumin	Himalayan Salt
Anise	Curcumin	Jamaican Jerk
Ashwaganda	Curry (must be GF)	Juniper Berry
Astragalus	Dandelion Root	Lavender
Basil	Dill	Lemon Balm (Melissa Officinalis)
Bay Leaf	Dong Quai	Lemon Pepper
Black Cohosh	Echinacea	Lemongrass
Caramel Coloring	Fennel	Licorice Root
Caraway Seed	Garlic	Liquid Smoke (can have gluten)
Cardamom	Garlic Pepper	Liquid Smoke gluten free (natural)
Celery Powder	Garlic Powder	Maca Root
Chicory Root	Garlic Salt	Mace Spice
Chili Powder	Ginger	Marjoram
Chipotle Seasoning	Ginkgo Biloba	Mesquite
Cilantro/Coriander	Ginseng (All Types)	Milk Thistle

Grapefruit Seed Extract

**Grapeseed Extract** 

Goldenseal

Nutmeg

Wormwood

Saffron

Olive Leaf Extract Sage

Saw Plametto Legumes & Pulses Onion

Onion Powder Sesame Seeds Bean, Azuki

Orange Peel/Rind Sesame Seeds, Black Bean, Black

Orange Salt **Shallots** Bean, Butter

Bean, Cannellini Oregano Spearmint

Paprika St. John's Wort Bean, Chana Dahl

Paprika (smoked) Sumac Bean, Chili

Bean, Green Parsley Taco Seasoning

Pepper, Black (see Garlic/Lemon Tamari (Wheat Free) Bean, Italian

Pepper, Cayenne Bean, Kidney Tarragon

Pepper, Red Thyme Bean, Lima

Pepper, Sichuan **Tomatillo** Bean, Mung

Pepper, Szechuan Turmeric Bean, Navy/Ninja

Pepper/Peppercorns Uva Ursi Bean, Pinto/Frijole

Peppermint Valerian Bean, Red (see also Bean, Kidney)

Pine Bark Extract Vanilla (gluten and corn-free) Chickpea (see also Garbanzo Bean)

Red Chili Paste Thai Kitchen® Vanilla Bean Coffee Bean, Organic

(gluten free)

Red Pepper Flake Vanilla Powder Edamame (must be organic)

White Willow Bark Extract Fava Bean Rose Hips

Fava Bean Flour Rosemary Wintergreen

Milk-Containing Foods

Cheese, Cottage

09/08/2017

Applegate® organic chicken/apple Garbanzo Bean Ostrich sausage

Garbanzo Flour Applegate® organic ham Pheasant

Applegate® organic herb roasted Pork, (organic) Lentil(s)

turkey

Miso Applegate® organic hot dogs Quail

Applegate® organic red pepper Pea, Snap Rabbit

sausage

Applegate® organic roast beef Pea, Snow Turkey (organic)

Applegate® organic sausage sweet Pea, Split Veal (organic)

italian

Applegate® organic smoked Peanut (Organic, Valencia) Venison (see also Deer)

chicken breast

Applegate® organic smoked turkey Peanut Butter (Organic, Maranatha®)

Applegate® organic spinach & feta Peanut Oil (Organic)

sausage

Applegate® organic spinach & feta Red Bean Paste Applegate® organic turkey

Butter, Raw and Pasture-raised Applegate® organic turkey bacon Soy Beans (must be organic)

Soy Beans Oil (must be organic) Beef, Grass-fed only (organic) Buttermilk

Vanilla Bean Bison (see also Buffalo) Casein

Vanilla Powder Buffalo (see also Bison) Cheese, American

Chicken Broth (Imagine® gf/low White Beans Cheese, Asiago

sodium)

Chicken, free range (organic) Cheese, Bleu

Meat & Poultry Deer (see also Venison) Cheese, Brie

Applegate® organic andouille Duck Cheese, Cheddar (Raw)

sausage

Applegate® organic bacon Goat, Grass-fed only (organic)

Applegate® organic black forest Lamb (organic) Cheese, Cream

Applegate® organic chicken Lard (pork) Cheese, Feta

**Goat Cheese** 

Julian Bakery Almond Bread

Cheese, Goat	Goat Kefir	Carrageenan Gum
Cheese, Gorgonzola	Kefir, Raw	Chewing Gum (has gluten and corn)
Cheese, Gouda	Lactoalbumin	Chewing Gum, Xylichew®
Cheese, Havarti	Milk Chocolate	Chicken Broth (Imagine® gf/low sodium)
Cheese, Machego	Milk, Cow	Chicory Root
Cheese, Marscapone	Milk, Goat	Cocoa Butter
Cheese, Mozzarella (Raw)	Milk, Sheep	Cocoa/Cacao (raw, pure, & unsweetened)
Cheese, Muenster	Mozzarella Cheese	Coconut Aminos®
Cheese, Parmesan	Sour Cream, Raw and Unpasteurized	Coconut Cream
Cheese, Pecorino	Whey	Collagen Protein (Powder)
Cheese, Provolone	Yogurt (See Xanthan Gum)	Formaldehyde
Cheese, Raw and Pasture-raised		Garam Masala
Cheese, Raw and Pasture-raised Cheese, Ricotta	Miscellaneous	Garam Masala  GemWraps®, Sandwich Wrap (Carrot)
	Miscellaneous Acacia Gum	GemWraps®, Sandwich Wrap
Cheese, Ricotta		GemWraps®, Sandwich Wrap (Carrot) GemWraps®, Sandwich Wrap
Cheese, Ricotta Cheese, Romano	Acacia Gum	GemWraps®, Sandwich Wrap (Carrot) GemWraps®, Sandwich Wrap (Kale-Apple) GemWraps®, Sandwich Wrap
Cheese, Ricotta Cheese, Romano Cheese, Sheep	Acacia Gum Agar Gum	GemWraps®, Sandwich Wrap (Carrot)  GemWraps®, Sandwich Wrap (Kale-Apple)  GemWraps®, Sandwich Wrap (Mango/Chi.)  GemWraps®, Sandwich Wrap
Cheese, Ricotta Cheese, Romano Cheese, Sheep Cheese, String (Mozzarella)	Acacia Gum Agar Gum Antimony	GemWraps®, Sandwich Wrap (Carrot)  GemWraps®, Sandwich Wrap (Kale-Apple)  GemWraps®, Sandwich Wrap (Mango/Chi.)  GemWraps®, Sandwich Wrap (Tomato)
Cheese, Ricotta Cheese, Romano Cheese, Sheep Cheese, String (Mozzarella) Cheese, Swiss	Acacia Gum Agar Gum Antimony Arabic Gum	GemWraps®, Sandwich Wrap (Carrot)  GemWraps®, Sandwich Wrap (Kale-Apple)  GemWraps®, Sandwich Wrap (Mango/Chi.)  GemWraps®, Sandwich Wrap (Tomato)  Glucomannon Flour (konjacfoods.com)
Cheese, Ricotta Cheese, Romano Cheese, Sheep Cheese, String (Mozzarella) Cheese, Swiss Chocolate, Milk	Acacia Gum Agar Gum Antimony Arabic Gum Baking Powder	GemWraps®, Sandwich Wrap (Carrot)  GemWraps®, Sandwich Wrap (Kale-Apple)  GemWraps®, Sandwich Wrap (Mango/Chi.)  GemWraps®, Sandwich Wrap (Tomato)  Glucomannon Flour (konjacfoods.com)  Great Lake's® Beef Gelatin
Cheese, Ricotta Cheese, Romano Cheese, Sheep Cheese, String (Mozzarella) Cheese, Swiss Chocolate, Milk Chocolate, White	Acacia Gum  Agar Gum  Antimony  Arabic Gum  Baking Powder  Baking Soda (Arm & Hammer®)  Beef broth (Imagine® low	GemWraps®, Sandwich Wrap (Carrot)  GemWraps®, Sandwich Wrap (Kale-Apple)  GemWraps®, Sandwich Wrap (Mango/Chi.)  GemWraps®, Sandwich Wrap (Tomato)  Glucomannon Flour (konjacfoods.com)  Great Lake's® Beef Gelatin  Guar Gum

Bone Broth, Beef

Nanny Mai 09/0

Julian Bakery Coconut Bread	Tamari (Wheat Free)	Coconut Kefir (No Tapioca, Carageenan)
Julian Bakery Paleo Wraps	Tofu (Organic)	Coconut Milk(Native Forest or Natural Value)
Konjac Glucomannon Flour	Tomato Paste (gluten & Vinegar-free)	Egg, Pasture-raised (from a farmer)
Lard (pork)	Tomato Sauce (gluten & Vinegar-free)	Egg, Vital Farms® or Pasture Verde®
Latex	Tragacanth Gum	Egg, Whites, Pasture-raised
Liquid Aminos (Braggs®)(has Soy)	Vegetable broth (Imagine® Low Sodium)	Egg, Yolks Pasture-raised
Locust Bean Gum	Vegetable Oil	Milk, Soy (Organic)
Lycopene	Vegetable Shortening (Spectrum®)	Modified Food Starch
Malt	Vinegar, Red Wine	Paleo Cheese (Julianbakery.com or Amazon.com)
Maltodextrin (Barley-derived)	Vinegar, Rice	
Modified Food Starch	Vinegar, White Wine	Nuts, Seeds, Drupes & Oils
Modified Food Starch (Tapioca-based)	Xanthan Gum	Almond
	Xanthan Gum Yeast, Baker's	Almond Almond Butter (Artisana®)
(Tapioca-based)		
(Tapioca-based) Palm Wax	Yeast, Baker's	Almond Butter (Artisana®)
(Tapioca-based)  Palm Wax  Pycnogenol  Red Chili Paste Thai Kitchen®	Yeast, Baker's Yeast, Brewer's	Almond Butter (Artisana®)  Almond Flavor natural, gluten free)
(Tapioca-based)  Palm Wax  Pycnogenol  Red Chili Paste Thai Kitchen® (gluten free)	Yeast, Baker's Yeast, Brewer's	Almond Butter (Artisana®)  Almond Flavor natural, gluten free)  Almond Flour (gluten free)
(Tapioca-based)  Palm Wax  Pycnogenol  Red Chili Paste Thai Kitchen® (gluten free)  Red Food Dye	Yeast, Baker's Yeast, Brewer's Yeast, Nutritional	Almond Butter (Artisana®)  Almond Flavor natural, gluten free)  Almond Flour (gluten free)  Almond Meal (gluten free)
(Tapioca-based)  Palm Wax  Pycnogenol  Red Chili Paste Thai Kitchen® (gluten free)  Red Food Dye  Red Tomato Paste (gluten free)	Yeast, Baker's Yeast, Brewer's Yeast, Nutritional  Non-Dairy & Eggs  Almond Milk, unsweetened (no	Almond Butter (Artisana®)  Almond Flavor natural, gluten free)  Almond Flour (gluten free)  Almond Meal (gluten free)  Almond, Marcona
(Tapioca-based)  Palm Wax  Pycnogenol  Red Chili Paste Thai Kitchen® (gluten free)  Red Food Dye  Red Tomato Paste (gluten free)  Resveratrol	Yeast, Baker's Yeast, Brewer's Yeast, Nutritional  Non-Dairy & Eggs  Almond Milk, unsweetened (no tapioca)	Almond Butter (Artisana®)  Almond Flavor natural, gluten free)  Almond Flour (gluten free)  Almond Meal (gluten free)  Almond, Marcona  Annatto Seed
(Tapioca-based)  Palm Wax  Pycnogenol  Red Chili Paste Thai Kitchen® (gluten free)  Red Food Dye  Red Tomato Paste (gluten free)  Resveratrol  Rice Starch (if certified gluten free)	Yeast, Baker's Yeast, Brewer's Yeast, Nutritional  Non-Dairy & Eggs  Almond Milk, unsweetened (no tapioca)  Almond Yogurt, unsweetened	Almond Butter (Artisana®)  Almond Flavor natural, gluten free)  Almond Flour (gluten free)  Almond Meal (gluten free)  Almond, Marcona  Annatto Seed  Brazil Nut

Cashew Meal	Olive Leaf Extract	Sunflower Seed Lecithin
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Cashews Olive Oil, Virgin Sunflower Seed Oil

Palm Kernel Oil Sunflower Seeds Chestnut

Chia Seed (1/4 cup, max) Pecan Tahini

Pecan Flour Coconut Butter Tea, Ramon

Coconut Oil **Pepitas** Tiger Nuts

Coconut, shredded (raw, Pili Nuts Vegetable Oil unsweetened)

Cola Nut (aka Kola Nut) Pine Nut Vegetable Shortening (Spectrum®)

Corn Oil **Pistachios** Walnut (few)

Cottonseed/Cottonseed Oil Walnut Oil Poppy seeds

Flax Meal Psyllium Husk Walnut, Black (few)

Flax Oil Pumpkin Oil

Grapeseed Oil, Organic

Flax Seed Pumpkin Seed Oil

Pumpkin Seeds

Hazelnut Flour Ramon Seeds

Rice, Wild (Lundberg® - not the Hazelnut/Filbert Cookies blend)

Sacha Inchi Seeds Hemp Meal

Hemp Protein (Powder) Safflower/Safflower Seed Oil

Hemp Seed Sesame Seed Oil

Hydrogenated Oils Sesame Seeds

Macadamia Nut Oil Sesame Seeds, Black

Macadamia Nuts Sunflower Seed Butter

## **Snacks**

Apple Sauce

Date(s)

Simple Mills Chocolate Chip

Sweeteners	Maltodextrin (Barley-derived)	Vegetables
Agave Nectar	Maltodextrin (Corn-based, non-GMO)	Alfalfa Sprouts
Aspartame/Nutrasweet	Maltodextrin (Tapioca-based)	Aloe Vera
BodyPro Almond Mayo Grade B Maple Syrup	Maple Sugar	Artichoke (not pickled)
Brown Rice Syrup (contains MSG/Gluten)	Maple Syrup (Grade A Dark Amber Organic)	Artichoke, Jerusalem (not pickled)
Cane Syrup	Molasses	Arugula
Chocolate, Dark	Monk Fruit (Pure)	Asparagus
Chocolate, Milk	Monk Fruit Extract	Avocado
Chocolate, White	Nutrasweet®	Avocado Oil
Coconut Palm Sugar	Rebiana Leaf (Stevia)	Bamboo Shoot
Coconut Sugar	Sorbitol	Bean Sprout
Date Sugar	Splenda	Bean, Green
Erythritol (non-GMO)	Sucanat	Beet
Fructose	Sucralose	Beet Greens
Fruit Pectin	Sugar Beet	Bell Pepper
Honey, (Organic)	Sugar Cane	Bell Pepper, Green
Honey, Manuka	Sweetleaf® Stevia	Bell Pepper, Orange
Honey, Wildflower from Mahava®	Swerve® Xylitol	Bell Pepper, Red
Jerusalem Artichoke Syrup	Tapioca Dextrose	Bell Pepper, Yellow
Just Like Sugar®	Xyla (Birchwood Xylitol/non-corn source)	Bok Choy
Lo Han	Yacon Syrup	Broccoli
Maltitol		Broccoli Rabe

Broccoli Sprouts	Coconut (raw and unsweetened)	Lettuce, all types
2.0000 op. 00	occondit (nam and anomocionou)	

Broccolini Coconut Concentrate Mushrooms

Brussels Sprout Collard Greens Mushrooms, Button

Burdock Corn (Gluten-free & Non-GMO) Mushrooms, Cremeni/Crimini

Cabbage, Chinese (see also Bok

Choy)

Corn, Blue Mushrooms, Maitake

Cabbage, Green Corn, White Mushrooms, Shiitake

Cabbage, Purple Cucumber Mustard Greens

Cactus (Nopales) Daikon Radish Nori

Capers Dandelion Greens Okra

Capsicum Dandelion Root Olives (without vinegar)

Carrot Juice Eggplant Onion, Green

Carrot, Orange Endive Onion, Maui

Carrot, Purple Fennel Onion, Red

Carrot, White Garlic Onion, Sweet

Carrot, Yellow Hearts of Palm Onion, Yellow

Cassava (see Tapioca and Yucca) Horseradish Parsley

Cauliflower Jicama Parsnip

Cauliflower, Purple Kale, all types Pea Protein

Celery Kelp/Dulse Pea, Black-Eyed

Chard Kohlrabi Pea, Green

Chayote Kombu Pea, Snap

Chives Leeks Pea, Snow

Sweet Potatoes, White

Tomatoes, Big Beef

Pea, Split

Potato, Red

Pepper, Anaheim	Radish	Swiss Chard
Pepper, Chili	Rainbow Chard	Tomatillo
Pepper, Green	Rhubarb	Tomato
Pepper, Habanero	Rutabaga	Tomato Paste (gluten & Vinegar-free)
Pepper, Jalapeño	Sauerkraut (Bubbies® Brand only)	Tomato Sauce (gluten & Vinegar-free)
Pepper, Poblano	Scallions	Tomato, Cherry
Pepper, Red	Sea Vegetables	Tomato, Heirloom
Pepper, Serrano	Seaweed	Tomato, Orange
Pickles, Bubbies® brand only	Shallots	Tomato, Red
Pimento	Spinach	Tomato, Roma
Potato, Fingerling	Spirulina	Tomato, Sun-dried
Potato, Purple	Squash	Tomato, Yellow

Radicchio

Potato, Sweet Squash, Green Turnip Greens

Squash, Acorn

Potato, White Squash, Spaghetti Turnips

Potato, Yukon Gold Squash, Summer Water Chestnut

Prickly Pear Squash, Winter Watercress

Psyllium Husk Squash, Yellow Yams, Garnett

Pumpkin Sugar Beet Yams, Japanese

Pumpkin Powder Sweet Potato, Red Yucca

Nanny Mai 09/08/2017

Zucchini