Nanny Mai

| Vegetables | Broccoli Sprouts | Coconut (raw and unsweetened) |
|------------------------------------|---|-------------------------------|
| Alfalfa Grass | Broccolini | Coconut Concentrate |
| Alfalfa Sprouts | Brussels Sprout | Collard Greens |
| Aloe Vera | Burdock | Cucumber |
| Artichoke (not pickled) | Cabbage, Chinese (see also Bok Choy) | Daikon Radish |
| Artichoke, Jerusalem (not pickled) | Cabbage, Green | Dandelion Greens |
| Arugula | Cabbage, Purple | Dandelion Root |
| Asparagus | Cactus (Nopales) | Eggplant |
| Avocado | Capers | Endive |
| Avocado Oil | Capsicum | Fennel |
| Bamboo Shoot | Carrot Juice | Garlic |
| Bean Sprout | Carrot, Orange | Hearts of Palm |
| Beet | Carrot, Purple | Horseradish |
| Beet Greens | Carrot, White | Jicama |
| Bell Pepper | Carrot, Yellow | Kale, all types |
| Bell Pepper, Green | Cassava (see Tapioca and Yucca) | Kelp/Dulse |
| Bell Pepper, Orange | Cauliflower | Kohlrabi |
| Bell Pepper, Red | Cauliflower, Purple | Kombu |
| Bell Pepper, Yellow | Celery | Leeks |
| Bok Choy | Chard | Lettuce, all types |
| Broccoli | Chayote | Mushrooms |
| Broccoli Rabe | Chives | Mushrooms, Button |

| Mushrooms, Cremeni/Crimini | Pepper, Chili | Red Pepper Flake |
|--|---|---|
| Mushrooms, Maitake | Pepper, Green | Rhubarb |
| Mushrooms, Shiitake | Pepper, Habanero | Rutabaga |
| Mustard Greens | Pepper, Jalapeño | Sauerkraut (Bubbies® Brand only) |
| Nori | Pepper, Poblano | Scallions |
| Okra | Pepper, Red | Sea Vegetables |
| Olives (without vinegar) | Pepper, Serrano | Seaweed |
| Onion, Green | Pickles, Bubbies® brand only | Shallots |
| Onion, Maui | Pimento | Spinach |
| Onion, Red | Potato, Fingerling | Spirulina |
| Onion, Sweet | Potato, Purple | Sugar Beet |
| | | |
| Onion, Yellow | Potato, Red | Swiss Chard |
| Onion, Yellow Paprika | Potato, Red Potato, Russet | Swiss Chard Tomatillo |
| | | |
| Paprika | Potato, Russet | Tomatillo |
| Paprika Parsley | Potato, Russet Potato, White | Tomatillo Tomato Tomato Paste (gluten & |
| Paprika Parsley Parsnip | Potato, Russet Potato, White Potato, Yukon Gold | Tomatillo Tomato Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) |
| Paprika Parsley Parsnip Pea Protein | Potato, Russet Potato, White Potato, Yukon Gold Prickly Pear | Tomatillo Tomato Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) |
| Paprika Parsley Parsnip Pea Protein Pea, Green | Potato, Russet Potato, White Potato, Yukon Gold Prickly Pear Psyllium Husk | Tomatillo Tomato Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) Tomato, Cherry |
| Paprika Parsley Parsnip Pea Protein Pea, Green Pea, Snap | Potato, Russet Potato, White Potato, Yukon Gold Prickly Pear Psyllium Husk Pumpkin | Tomatillo Tomato Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) Tomato, Cherry Tomato, Heirloom |
| Paprika Parsley Parsnip Pea Protein Pea, Green Pea, Snap Pea, Snow | Potato, Russet Potato, White Potato, Yukon Gold Prickly Pear Psyllium Husk Pumpkin Pumpkin Powder | Tomatillo Tomato Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) Tomato, Cherry Tomato, Heirloom Tomato, Orange |

| | Tomato, Yellow | Gooseberry | | Pear |
|--------|-----------------------|---------------------|---|--------------------------------------|
| | Tomatoes, Big Beef | Grapefruit | | Persimmons |
| | Truffle | Grapefruit Juice | | Pomelo |
| | Turnip Greens | Huckleberry | | Quince |
| | Turnips | Jack fruit | | Star Fruit |
| | Water Chestnut | Kumquat | | Tamarind |
| | Watercress | Lemon | | Wolfberry |
| | Yams, Japanese | Lemon Juice | | Youngberry |
| | Yucca | Lemon Rind/Peel | Ī | |
| | Zucchini | Lime | | Nuts, Seeds, Drupes & Oils |
| | | Lime Juice | | Almond |
| | Fruits | Litchi (aka Lychee) | | Almond Butter (Artisana®) |
| | Acai | Loganberry | | Almond Flavor (natural, gluten free) |
| | Apple (all types) | Loquat | | Almond Flour (gluten free) |
| | Apricot | Mangosteen | | Almond Meal (gluten free) |
| | Bilberry | Maqui | | Almond, Marcona |
| | Boysenberry | Monk Fruit (Pure) | | Annatto Seed |
| | Currant | Mulberry | | Avocado Oil |
| | Dragon Fruit (Pitaya) | Nectarines | | Brazil Nut |
| | Elderberry | Noni | | Canola/Rapeseed Oil |
| | Goji Berry | Passion Fruit | | Caraway Seed |
| \Box | Golden Berry | Peach | | Cashew Butter |

| Cashew Meal | Rice, Wild (Lundberg® - not the blend) | Herring |
|--------------------------------------|--|----------------------------|
| Cashews | Sacha Inchi Seeds | Mackerel |
| Chestnut | Sesame Seed Oil | Mahi Mahi |
| Coconut Butter | Sesame Seeds | Octopus |
| Coconut Oil | Sesame Seeds, Black | Orange Roughy |
| Coconut, shredded (raw, unsweetened) | Tea, Ramon | Oyster |
| Cola Nut (aka Kola Nut) | Tiger Nuts | Perch |
| Hazelnut Flour | | Red Snapper |
| Hazelnut/Filbert | Fish & Shellfish | Salmon, wild (fresh) |
| Olive Leaf Extract | Anchovy | Sardines |
| Olive Oil, Virgin | Bass | Scallop |
| Palm Kernel Oil | Catfish | Shrimp |
| Pepitas | Chilean Sea Bass | Sole |
| Pili Nuts | Clam | Squid |
| Pine Nut | Cod/ Cod Liver Oil | Swai |
| Pistachios | Corvina | Swordfish |
| Poppy seeds | Crab | Tilapia (Wild, Non-farmed) |
| Psyllium Husk | Crayfish | Trout |
| Pumpkin Oil | Flounder | Tuna |
| Pumpkin Seed Oil | Haddock | Walleye Pike |
| Pumpkin Seeds | Hake | Whitefish/Turbot |
| Ramon Seeds | Halibut | |

Nanny Mai

| Meat & Poultry | Goat, Grass-fed only (organic) | | Milk, Soy (Organic) |
|---|--|---|---|
| Applegate® organic andouille sausage | Great Lake's® Beef Gelatin | | |
| Applegate® organic bacon | Lamb | | Condiments, Spreads & Sauces |
| Applegate® organic chicken/apple sausage | Lard (pork) | | Apple Cider Vinegar (Bragg's®) |
| Applegate® organic ham | Ostrich | | Barbeque Sauce, GF Annie's® Sweet & Spicy |
| Applegate® organic herb roasted turkey | Pheasant | | BodyPro Almond Mayo Grade A Maple Syrup |
| Applegate® organic hot dogs | Pork, (organic) | | Carob |
| Applegate® organic red pepper sausage | Quail | | Cocoa Butter |
| Applegate® organic roast beef | Rabbit | | Coconut Aminos® |
| Applegate® organic sausage sweet italian | Turkey (organic) | | Coconut Cream |
| Applegate® organic smoked turkey breast | Veal (organic) | | Dressing, Primal Kitchen Honey Mustard |
| Applegate® organic spinach & | | | |
| feta sausage | Venison (see also Deer) | Ш | Harissa |
| | Venison (see also Deer) | | Harissa Horseradish Sauce, Gluten-free (Annie's®) |
| feta sausage | Venison (see also Deer) Non-Dairy & Eggs | | Horseradish Sauce, Gluten-free |
| feta sausage Applegate® organic turkey Applegate® organic turkey | · · | | Horseradish Sauce, Gluten-free (Annie's®) Liquid Aminos (Braggs®)(has |
| feta sausage Applegate® organic turkey Applegate® organic turkey bacon | Non-Dairy & Eggs Almond Milk, unsweetened (no | | Horseradish Sauce, Gluten-free (Annie's®) Liquid Aminos (Braggs®)(has Soy) Liquid Smoke gluten free |
| feta sausage Applegate® organic turkey Applegate® organic turkey bacon Beef, Grass-fed only (organic) | Non-Dairy & Eggs Almond Milk, unsweetened (no tapioca) | | Horseradish Sauce, Gluten-free (Annie's®) Liquid Aminos (Braggs®)(has Soy) Liquid Smoke gluten free (natural) Mayonnaise, Primal Kitchen |
| Applegate® organic turkey Applegate® organic turkey bacon Beef, Grass-fed only (organic) Bison (see also Buffalo) | Non-Dairy & Eggs Almond Milk, unsweetened (no tapioca) Almond Yogurt, unsweetened Coconut Kefir (No Tapioca, | | Horseradish Sauce, Gluten-free (Annie's®) Liquid Aminos (Braggs®)(has Soy) Liquid Smoke gluten free (natural) Mayonnaise, Primal Kitchen Avocado Oil Mayonnaise, Primal Kitchen |
| feta sausage Applegate® organic turkey Applegate® organic turkey bacon Beef, Grass-fed only (organic) Bison (see also Buffalo) Buffalo (see also Bison) Chicken Broth (Imagine® gf/low | Non-Dairy & Eggs Almond Milk, unsweetened (no tapioca) Almond Yogurt, unsweetened Coconut Kefir (No Tapioca, Carageenan) Coconut Milk(Native Forest or | | Horseradish Sauce, Gluten-free (Annie's®) Liquid Aminos (Braggs®)(has Soy) Liquid Smoke gluten free (natural) Mayonnaise, Primal Kitchen Avocado Oil Mayonnaise, Primal Kitchen Chipotle Avocado Oil Mustard, Brown (Eden® gf |
| Applegate® organic turkey Applegate® organic turkey bacon Beef, Grass-fed only (organic) Bison (see also Buffalo) Buffalo (see also Bison) Chicken Broth (Imagine® gf/low sodium) | Non-Dairy & Eggs Almond Milk, unsweetened (no tapioca) Almond Yogurt, unsweetened Coconut Kefir (No Tapioca, Carageenan) Coconut Milk(Native Forest or Natural Value) Egg, Pasture-raised (from a | | Horseradish Sauce, Gluten-free (Annie's®) Liquid Aminos (Braggs®)(has Soy) Liquid Smoke gluten free (natural) Mayonnaise, Primal Kitchen Avocado Oil Mayonnaise, Primal Kitchen Chipotle Avocado Oil Mustard, Brown (Eden® gf mustard) |
| Applegate® organic turkey Applegate® organic turkey bacon Beef, Grass-fed only (organic) Bison (see also Buffalo) Buffalo (see also Bison) Chicken Broth (Imagine® gf/low sodium) Chicken, free range (organic) | Non-Dairy & Eggs Almond Milk, unsweetened (no tapioca) Almond Yogurt, unsweetened Coconut Kefir (No Tapioca, Carageenan) Coconut Milk(Native Forest or Natural Value) Egg, Pasture-raised (from a farmer) Egg, Vital Farms® or Pasture | | Horseradish Sauce, Gluten-free (Annie's®) Liquid Aminos (Braggs®)(has Soy) Liquid Smoke gluten free (natural) Mayonnaise, Primal Kitchen Avocado Oil Mayonnaise, Primal Kitchen Chipotle Avocado Oil Mustard, Brown (Eden® gf mustard) Olives (without vinegar) |

| Sauerkraut (Bubbies® Brand only) | | Monk Fruit Extract | | Black Cohosh |
|--|-----------|---|---|--|
| Tabasco Sauce | | Nutrasweet® | | Capsicum |
| Tamari (Wheat Free) | | Rebiana Leaf (Stevia) | | Caraway Seed |
| Tomato Paste (gluten & Vinegar-free) | | Sorbitol | | Cardamom |
| Tomato Sauce (gluten & Vinegar-free) | | Splenda | | Celery Powder |
| Vinegar, Beet | | Sucanat | | Chicory Root |
| Vinegar, Distilled | | Sucralose | | Chili Powder |
| White/Distilled Vinegar | | Sugar Beet | | Chipotle Seasoning |
| | | Sugar Cane | | Cilantro/Coriander |
| Sweeteners | | Sweetleaf® Stevia | | Cinnamon |
| Aspartame | | Tapioca Dextrose | | Cinnamon, Ceylon |
| | | | : | |
| BodyPro Almond Mayo Grade A Maple Syrup | | Xyla (Birchwood Xylitol) | | Cloves |
| | | Xyla (Birchwood Xylitol) | | Cloves Cloves, Madagascar |
| Maple Syrup | | Xyla (Birchwood Xylitol) Herbs & Spices | | |
| Maple Syrup Cane Syrup | | | | Cloves, Madagascar |
| Maple Syrup Cane Syrup Chocolate, Dark | | Herbs & Spices | | Cloves, Madagascar Cloves, Penang |
| Maple Syrup Cane Syrup Chocolate, Dark Chocolate, Milk | | Herbs & Spices Allspice Almond Flavor (natural, gluten | | Cloves, Madagascar Cloves, Penang Cramp Bark Extract |
| Maple Syrup Cane Syrup Chocolate, Dark Chocolate, Milk Chocolate, White | | Herbs & Spices Allspice Almond Flavor (natural, gluten free) | | Cloves, Madagascar Cloves, Penang Cramp Bark Extract Cream of Tartar |
| Maple Syrup Cane Syrup Chocolate, Dark Chocolate, Milk Chocolate, White Fruit Pectin | | Herbs & Spices Allspice Almond Flavor (natural, gluten free) Anise | | Cloves, Madagascar Cloves, Penang Cramp Bark Extract Cream of Tartar Cumin |
| Maple Syrup Cane Syrup Chocolate, Dark Chocolate, Milk Chocolate, White Fruit Pectin Jerusalem Artichoke Syrup | | Herbs & Spices Allspice Almond Flavor (natural, gluten free) Anise Ashwaganda | | Cloves, Madagascar Cloves, Penang Cramp Bark Extract Cream of Tartar Cumin Curcumin |
| Maple Syrup Cane Syrup Chocolate, Dark Chocolate, Milk Chocolate, White Fruit Pectin Jerusalem Artichoke Syrup Just Like Sugar® | | Herbs & Spices Allspice Almond Flavor (natural, gluten free) Anise Ashwaganda Astragalus | | Cloves, Madagascar Cloves, Penang Cramp Bark Extract Cream of Tartar Cumin Curcumin Curry (must be GF) |

| Echinacea | Licorice Root | Pepper/Peppercorns |
|--|---|--|
| Fennel | Maca Root | Peppermint |
| Garam Masala | Mace Spice | Pine Bark Extract |
| Garlic | Marjoram | Red Chili Paste Thai Kitchen® (gluten free) |
| Garlic Pepper | Mesquite | Red Pepper Flake |
| Garlic Powder | Milk Thistle | Rose Hips |
| Garlic Salt | Mint | Rosemary |
| Ginger | Mustard (as a Powder) | Saffron |
| Ginkgo Biloba | Mustard Seeds (gluten free) | Sage |
| Ginseng (All Types) | Nutmeg | Saw Plametto |
| Goldenseal | Olive Leaf Extract | Sesame Seeds |
| | | |
| Grapefruit Seed Extract | Onion | Sesame Seeds, Black |
| Grapefruit Seed Extract Gymnema Silvestre | Onion Onion Powder | Sesame Seeds, Black Shallots |
| | | |
| Gymnema Silvestre | Onion Powder | Shallots |
| Gymnema Silvestre Herbs De Provence | Onion Powder Oregano | Shallots Spearmint |
| Gymnema Silvestre Herbs De Provence Hickory | Onion Powder Oregano Paprika | Shallots Spearmint St. John's Wort |
| Gymnema Silvestre Herbs De Provence Hickory Himalayan Salt | Onion Powder Oregano Paprika Paprika (smoked) | Shallots Spearmint St. John's Wort Sumac |
| Gymnema Silvestre Herbs De Provence Hickory Himalayan Salt Jamaican Jerk | Onion Powder Oregano Paprika Paprika (smoked) Parsley Pepper, Black (see | Shallots Spearmint St. John's Wort Sumac Taco Seasoning |
| Gymnema Silvestre Herbs De Provence Hickory Himalayan Salt Jamaican Jerk Juniper Berry | Onion Powder Oregano Paprika Paprika (smoked) Parsley Pepper, Black (see Garlic/Lemon Pepper) | Shallots Spearmint St. John's Wort Sumac Taco Seasoning Tamari (Wheat Free) |
| Gymnema Silvestre Herbs De Provence Hickory Himalayan Salt Jamaican Jerk Juniper Berry Lavender Lemon Balm (Melissa | Onion Powder Oregano Paprika Paprika (smoked) Parsley Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne | Shallots Spearmint St. John's Wort Sumac Taco Seasoning Tamari (Wheat Free) Tarragon |

| Uva Ursi | Bean, Italian | | Pea, Split |
|--|--|---|--|
| Valerian | Bean, Kidney | | Peanut (Organic, Valencia) |
| Vanilla (gluten and corn-free) | Bean, Lima | | Peanut Butter (Organic, Maranatha®) |
| Vanilla Bean | Bean, Mung | | Peanut Oil (Organic) |
| Vanilla Powder | Bean, Navy | | Red Bean Paste |
| White Willow Bark Extract | Bean, Ninja | | Soy Beans (must be organic) |
| Wintergreen | Bean, Pinto/Frijole | | Soybean oil(must be organic) |
| Wormwood | Bean, Red | | Vanilla Bean |
| | Bean, White | | Vanilla Powder |
| Milk-Containing Foods | Beans | · | |
| Applegate® organic spinach & feta sausage | Chickpea (see also Garbanzo Bean) | | Gluten-Free Grains |
| Chocolate, Milk | Coffee Bean, Organic | | Almond Flour (gluten free) |
| Chocolate, White | Edamame (must be organic) | | Chicory Root |
| Milk Chocolate | Fava Bean | | Coconut Flour (gluten free) |
| | Fava Bean Flour | | |
| | | | Coconut Meal (gluten free) |
| Legumes & Pulses | Garbanzo Bean | | Fava Bean Flour |
| Legumes & Pulses Bean, Azuki | Garbanzo Bean Garbanzo Flour | | |
| | | | Fava Bean Flour |
| Bean, Azuki | Garbanzo Flour | | Fava Bean Flour Garbanzo Flour Glucomannon Flour |
| Bean, Azuki Bean, Black | Garbanzo Flour Kidney Bean | | Fava Bean Flour Garbanzo Flour Glucomannon Flour (konjacfoods.com) |
| Bean, Azuki Bean, Black Bean, Butter | Garbanzo Flour Kidney Bean Lentil(s) | | Fava Bean Flour Garbanzo Flour Glucomannon Flour (konjacfoods.com) Hazelnut Flour |

| | Rice, Wild (Lundberg® - not the blend) | Collagen Protein (Powder) | Tea, Roobios |
|---|--|--|---|
| | Tapioca | Echinacea Tea | Tea, White |
| | Tapioca Flour (gluten free) | Grapefruit Juice | Water |
| | Tapioca Starch (gluten free) | Great Lake's® Beef Gelatin | Yerba Matte Tea (Organic/Pure) |
| | Teff | Green Tea | Zevia Drinks |
| | Tolerant Green Lentil & Pea Pasta | Komboucha Tea | |
| | Tolerant Red or Green Lentil Pasta | Lemon Juice | Miscellaneous |
| | | Licorice Tea | Acacia Gum |
| | Corn-Derived Foods | Lime Juice | Agar Gum |
| | Barbeque Sauce, GF Annie's® Sweet & Spicy | Milk, Soy (Organic) | Antimony |
| , | | Mineral Water | Arabic Gum |
| | | | |
| | Gluten-Containing Foods | Pea Protein | Baking Soda (Arm & Hammer®) |
| | Gluten-Containing Foods | Pea Protein Soy Milk/Soy Cheese (Organic) | Baking Soda (Arm & Hammer®) Beef broth (Imagine® low sodium/GF) |
| | Gluten-Containing Foods Beverages & Protein Powders | | Beef broth (Imagine® low |
| | | Soy Milk/Soy Cheese (Organic) | Beef broth (Imagine® low sodium/GF) |
| | Beverages & Protein Powders Almond Milk, unsweetened (no | Soy Milk/Soy Cheese (Organic) Soy Protein (Organic) | Beef broth (Imagine® low sodium/GF) Blue Food Dye |
| | Beverages & Protein Powders Almond Milk, unsweetened (no tapioca) | Soy Milk/Soy Cheese (Organic) Soy Protein (Organic) Sparkling Water, unflavored | Beef broth (Imagine® low sodium/GF) Blue Food Dye Bone Broth, Beef |
| | Beverages & Protein Powders Almond Milk, unsweetened (no tapioca) Bone Broth Protein, Beef | Soy Milk/Soy Cheese (Organic) Soy Protein (Organic) Sparkling Water, unflavored Tea, Black | Beef broth (Imagine® low sodium/GF) Blue Food Dye Bone Broth, Beef Carrageenan Gum Chicken Broth (Imagine® gf/low |
| | Beverages & Protein Powders Almond Milk, unsweetened (no tapioca) Bone Broth Protein, Beef Carrot Juice Coconut Kefir (No Tapioca, | Soy Milk/Soy Cheese (Organic) Soy Protein (Organic) Sparkling Water, unflavored Tea, Black Tea, Chamomile | Beef broth (Imagine® low sodium/GF) Blue Food Dye Bone Broth, Beef Carrageenan Gum Chicken Broth (Imagine® gf/low sodium) |
| | Beverages & Protein Powders Almond Milk, unsweetened (no tapioca) Bone Broth Protein, Beef Carrot Juice Coconut Kefir (No Tapioca, Carageenan) Coconut Milk(Native Forest or | Soy Milk/Soy Cheese (Organic) Soy Protein (Organic) Sparkling Water, unflavored Tea, Black Tea, Chamomile Tea, Green | Beef broth (Imagine® low sodium/GF) Blue Food Dye Bone Broth, Beef Carrageenan Gum Chicken Broth (Imagine® gf/low sodium) Chicory Root Cocoa/Cacao (raw, pure, & |
| | Beverages & Protein Powders Almond Milk, unsweetened (no tapioca) Bone Broth Protein, Beef Carrot Juice Coconut Kefir (No Tapioca, Carageenan) Coconut Milk(Native Forest or Natural Value) | Soy Milk/Soy Cheese (Organic) Soy Protein (Organic) Sparkling Water, unflavored Tea, Black Tea, Chamomile Tea, Green Tea, Hibiscus | Beef broth (Imagine® low sodium/GF) Blue Food Dye Bone Broth, Beef Carrageenan Gum Chicken Broth (Imagine® gf/low sodium) Chicory Root Cocoa/Cacao (raw, pure, & unsweetened) |

Nanny Mai

| Glucomannon Flour (konjacfoods.com) | Snacks |
|---|--------|
| Great Lake's® Beef Gelatin | |
| Guar Gum | |
| Hops | |
| Inulin | |
| Julian Bakery Almond Bread | |
| Julian Bakery Coconut Bread | |
| Konjac Glucomannon Flour | |
| Lard (pork) | |
| Latex | |
| Locust Bean Gum | |
| Lycopene | |
| Modified Food Starch (Tapioca-based) | |
| Palm Wax | • |
| Red Food Dye | |
| Red Tomato Paste (gluten free) | |
| Silver | ' |
| Tofu (Organic) | |
| Tragacanth Gum | |
| Yeast, Baker's | • |
| Yeast, Brewer's | |
| | |