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

Mushrooms, Cremeni/Crimini	Pepper, Poblano	Squash
Mushrooms, Maitake	Pepper, Red	Squash, Acorn
Mushrooms, Shiitake	Pepper, Serrano	Squash, Butternut
Mustard Greens	Pickles, Bubbies® brand only	Squash, Green
Nori	Pimento	Squash, Spaghetti
Oat Grass (Not For Gluten Sensitive)	Potato, Sweet	Squash, Summer
Okra	Prickly Pear	Squash, Winter
Olives (without vinegar)	Psyllium Husk	Squash, Yellow
Onion, Green	Pumpkin	Sweet Potato, Red
Onion, Maui	Pumpkin Powder	Sweet Potatoes, White
Onion, Red	Radicchio	Swiss Chard
Onion, Sweet	Radish	Tomatillo
Onion, Sweet Onion, Yellow	Radish Rainbow Chard	Tomatillo
Onion, Yellow	Rainbow Chard	Tomato Tomato Paste (gluten &
Onion, Yellow Parsley	Rainbow Chard Rhubarb	Tomato Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten &
Onion, Yellow Parsley Parsnip	Rainbow Chard Rhubarb Rutabaga Sauerkraut (Bubbies® Brand	Tomato Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free)
Onion, Yellow Parsley Parsnip Pea Protein	Rainbow Chard Rhubarb Rutabaga Sauerkraut (Bubbies® Brand only)	Tomato Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) Tomato, Cherry
Onion, Yellow Parsley Parsnip Pea Protein Pea, Black-Eyed	Rainbow Chard Rhubarb Rutabaga Sauerkraut (Bubbies® Brand only) Scallions	Tomato Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) Tomato, Cherry Tomato, Heirloom
Onion, Yellow Parsley Parsnip Pea Protein Pea, Black-Eyed Pepper, Anaheim	Rainbow Chard Rhubarb Rutabaga Sauerkraut (Bubbies® Brand only) Scallions Sea Vegetables	Tomato Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) Tomato, Cherry Tomato, Heirloom Tomato, Orange
Onion, Yellow Parsley Parsnip Pea Protein Pea, Black-Eyed Pepper, Anaheim Pepper, Chili	Rainbow Chard Rhubarb Rutabaga Sauerkraut (Bubbies® Brand only) Scallions Sea Vegetables Seaweed	Tomato Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) Tomato, Cherry Tomato, Heirloom Tomato, Orange Tomato, Red

Tomatoes, Big Beef	Elderberry	Noni
Truffle	Goji Berry	Passion Fruit
Turnip Greens	Golden Berry	Peach
Turnips	Gooseberry	Pear
Water Chestnut	Grapefruit	Pear, Asian
Watercress	Guava	Persimmons
Yams, Garnett	Huckleberry	Plum
Yams, Japanese	Kiwi	Pomegranate
Yucca	Kumquat	Pomelo
Zucchini	Lemon	Prune
	Lemon Juice	Raspberry
Fruits	Lemon Rind/Peel	Tamarind
Acai	Lime	Tangerine
Acai Apple (all types)	Lime Lime Juice	Tangerine Wolfberry
Apple (all types)	Lime Juice	Wolfberry
Apple (all types) Apricot	Lime Juice Litchi (aka Lychee)	Wolfberry
Apple (all types) Apricot Banana	Lime Juice Litchi (aka Lychee) Loganberry	Wolfberry
Apple (all types) Apricot Banana Bilberry	Lime Juice Litchi (aka Lychee) Loganberry Loquat	Wolfberry Youngberry Nuts, Seeds, Drupes & Oils
Apple (all types) Apricot Banana Bilberry Blackberry	Lime Juice Litchi (aka Lychee) Loganberry Loquat Mangosteen	Wolfberry Youngberry Nuts, Seeds, Drupes & Oils Almond
Apple (all types) Apricot Banana Bilberry Blackberry	Lime Juice Litchi (aka Lychee) Loganberry Loquat Mangosteen Maqui	Wolfberry Youngberry Nuts, Seeds, Drupes & Oils Almond Almond Butter (Artisana®) Almond Flavor (natural, gluten

Almond, Marcona	Hemp Protein (Powder)	Sesame Seed Oil
Annatto Seed	Hemp Seed	Sesame Seeds
Brazil Nut	Hydrogenated Oils	Sesame Seeds, Black
Canola/Rapeseed Oil	Macadamia Nut Oil	Sunflower Seed Butter
Caraway Seed	Macadamia Nuts	Sunflower Seed Lecithin
Cashew Butter	Olive Leaf Extract	Sunflower Seed Oil
Cashew Meal	Olive Oil, Virgin	Sunflower Seeds
Cashews	Palm Kernel Oil	Tahini
Chestnut	Pecan Flour	Tea, Ramon
Chia Seed (1/4 cup, max)	Pecans	Tiger Nuts
Coconut Butter	Pepitas	Vegetable Shortening (Spectrum®)
Coconut Oil	Pili Nuts	Walnut Oil
Coconut, shredded (raw, unsweetened)	Pine Nut	Walnuts
Cola Nut (aka Kola Nut)	Pistachios	Walnuts, Black
Cottonseed/Cottonseed Oil	Poppy seeds	
Flax Meal	Psyllium Husk	Fish & Shellfish
Flax Oil	Pumpkin Oil	Anchovy
Flax Seed	Pumpkin Seed Oil	Catfish
Grapeseed Oil, Organic	Pumpkin Seeds	Chilean Sea Bass
Hazelnut Flour	Ramon Seeds	Clam
Hazelnut/Filbert	Sacha Inchi Seeds	Cod/ Cod Liver Oil
Hemp Meal	Safflower/Safflower Seed Oil	Corvina

Crab	Walleye Pike	Non-Dairy & Eggs
Crayfish	Whitefish/Turbot	Almond Milk, unsweetened (no tapioca)
Hake		Almond Yogurt, unsweetened
Lobster	Meat & Poultry	BodyPro Avocado Oil Mayonnaise
Mahi Mahi	Applegate® organic black forest ham	Coconut Kefir (No Tapioca, Carageenan)
Mussel	ApplegateÅ® organic chicken/apple sausage	Coconut Milk(Native Forest or Natural Value)
Octopus	Applegate® organic herb roasted turkey	Egg, Pasture-raised (from a farmer)
Orange Roughy	ApplegateÁ® organic hot dogs	Egg, Vital Farms® or Pasture Verde®
Oyster	Applegate® organic red pepper sausage	Egg, Whites, Pasture-raised
Perch	Applegate® organic sausage sweet italian	Egg, Yolks Pasture-raised
Red Snapper	Applegate® organic smoked turkey breast	Paleo Cheese (Julianbakery.com or
Salmon, wild (fresh)	Applegate® organic spinach & feta sausage	
Sardines	Applegate® organic turkey	Condiments
Scallop	Bison (see also Buffalo)	Apple Cider Vinegar (Bragg's®)
Shrimp	Chicken Broth (Imagine® gf/low sodium)	Barbeque Sauce, GF Annie's® Sweet & Spicy
Sole	Goat, Grass-fed only (organic)	BodyPro Almond Mayo Grade A Maple Syrup
Squid	Ostrich	BodyPro Almond Mayo with Yacon Syrup
Swai	Pheasant	BodyPro Avocado Oil Mayonnaise
Swordfish	Quail	Carob
Tilapia (Wild, Non-farmed)	Rabbit	Coconut Vinegar (Coconut Secret)
Trout		Dressing, Primal Kitchen Greek Avocado Oil
Tuna		Earth Balance® Avocado Oil Butter Spread

	Earth Balance® Coconut Spread	Just Like Sugar®		Basil
	Harissa	Lo Han		Bay Leaf
	Horseradish Sauce, Gluten-free (Annie's®)	Maple Sugar		Black Cohosh
	Hummus	Maple Syrup (Grade A Dark Amber Organic)		Caraway Seed
	Ketchup (Organicville)	Monk Fruit (Pure)		Cardamom
	Liquid Smoke gluten free (natural)	Monk Fruit Extract		Celery Powder
	Mustard, Brown (Eden® gf mustard)	Nutrasweet®		Chicory Root
	Sauerkraut (Bubbies® Brand only)	Rebiana Leaf (Stevia)		Chili Powder
	Tabasco Sauce	Sorbitol		Chipotle Seasoning
	Ume Plum Vinegar	Splenda		Cilantro/Coriander
	Vinegar, Distilled	Sucralose		Cinnamon
			l	
ı		Sweetleaf® Stevia		Cinnamon, Ceylon
	Sweeteners	Sweetleaf® Stevia Tapioca Dextrose		Cinnamon, Ceylon Cloves
	Sweeteners Agave Nectar			·
		Tapioca Dextrose		Cloves
	Agave Nectar	Tapioca Dextrose Xyla (Birchwood Xylitol)		Cloves, Madagascar
	Agave Nectar Aspartame BodyPro Almond Mayo Grade A	Tapioca Dextrose Xyla (Birchwood Xylitol)		Cloves, Madagascar Cloves, Penang
	Agave Nectar Aspartame BodyPro Almond Mayo Grade A Maple Syrup	Tapioca Dextrose Xyla (Birchwood Xylitol) Yacon Syrup		Cloves, Madagascar Cloves, Penang Cramp Bark Extract
	Agave Nectar Aspartame BodyPro Almond Mayo Grade A Maple Syrup Coconut Palm Sugar	Tapioca Dextrose Xyla (Birchwood Xylitol) Yacon Syrup Herbs & Spices		Cloves, Madagascar Cloves, Penang Cramp Bark Extract Cream of Tartar
	Agave Nectar Aspartame BodyPro Almond Mayo Grade A Maple Syrup Coconut Palm Sugar Coconut Sugar	Tapioca Dextrose Xyla (Birchwood Xylitol) Yacon Syrup Herbs & Spices Allspice Almond Flavor (natural, gluten		Cloves, Madagascar Cloves, Penang Cramp Bark Extract Cream of Tartar Cumin
	Agave Nectar Aspartame BodyPro Almond Mayo Grade A Maple Syrup Coconut Palm Sugar Coconut Sugar Honey, (Organic)	Tapioca Dextrose Xyla (Birchwood Xylitol) Yacon Syrup Herbs & Spices Allspice Almond Flavor (natural, gluten free)		Cloves, Madagascar Cloves, Penang Cramp Bark Extract Cream of Tartar Cumin Curcumin

Dong Quai	Lemongrass	Pepper, Sichuan
Echinacea	Licorice Root	Pepper, Szechuan
Fennel	Maca Root	Pepper/Peppercorns
Garlic	Mace Spice	Peppermint
Garlic Pepper	Marjoram	Pine Bark Extract
Garlic Powder	Mesquite	Red Pepper Flake
Garlic Salt	Milk Thistle	Rose Hips
Ginger	Mint	Rosemary
Ginkgo Biloba	Mustard (as a Powder)	Saffron
Ginseng (All Types)	Mustard Seeds (gluten free)	Sage
Goldenseal	Nutmeg	Saw Plametto
Grapefruit Seed Extract	Olive Leaf Extract	Sesame Seeds
Grapefruit Seed Extract Guarana	Olive Leaf Extract Onion	Sesame Seeds Sesame Seeds, Black
Guarana	Onion	Sesame Seeds, Black
Guarana Gymnema Silvestre	Onion Onion Powder	Sesame Seeds, Black Shallots
Guarana Gymnema Silvestre Herbs De Provence	Onion Onion Powder Orange Salt	Sesame Seeds, Black Shallots Spearmint
Guarana Gymnema Silvestre Herbs De Provence Hickory	Onion Onion Powder Orange Salt Oregano	Sesame Seeds, Black Shallots Spearmint St. John's Wort
Guarana Gymnema Silvestre Herbs De Provence Hickory Himalayan Salt	Onion Onion Powder Orange Salt Oregano Paprika	Sesame Seeds, Black Shallots Spearmint St. John's Wort Sumac
Guarana Gymnema Silvestre Herbs De Provence Hickory Himalayan Salt Jamaican Jerk	Onion Onion Powder Orange Salt Oregano Paprika Paprika (smoked)	Sesame Seeds, Black Shallots Spearmint St. John's Wort Sumac Taco Seasoning
Guarana Gymnema Silvestre Herbs De Provence Hickory Himalayan Salt Jamaican Jerk Juniper Berry	Onion Onion Powder Orange Salt Oregano Paprika Paprika (smoked) Parsley Pepper, Black (see	Sesame Seeds, Black Shallots Spearmint St. John's Wort Sumac Taco Seasoning Tarragon

Uva Ursi	Cheese, Gouda	Milk, Goat
Valerian	Cheese, Havarti	Milk, Sheep
Vanilla (gluten and corn-free)	Cheese, Machego	Mozzarella Cheese
Vanilla Bean	Cheese, Marscapone	Sour Cream, Raw and Unpasteurized
Vanilla Powder	Cheese, Mozzarella (Raw)	Whey
White Willow Bark Extract	Cheese, Muenster	
Wintergreen	Cheese, Parmesan	Legumes & Pulses
Wormwood	Cheese, Pecorino	Bean, Azuki
	Cheese, Provolone	Bean, Black
Milk-Containing Foods	Cheese, Raw and Pasture-raised	Bean, Butter
Applegate® organic spinach & feta sausage	Cheese, Ricotta	Bean, Cannellini
Butter, Raw and Pasture-raised	Cheese, Romano	Bean, Chana Dahl
Buttermilk	Cheese, Sheep	Bean, Chili
Casein	Cheese, String (Mozzarella)	Bean, Green
Cheese, American	Cheese, Swiss	Bean, Italian
Cheese, Asiago	Cream, Raw and Unpasteurized	Bean, Kidney
Cheese, Brie	Ghee (Pasture-Raised, Organic)	Bean, Lima
Cheese, Cheddar (Raw)	Goat Cheese	Bean, Mung
Cheese, Cottage	Goat Kefir	Bean, Navy
Cheese, Feta	Kefir, Raw	Bean, Ninja
Cheese, Goat	Lactoalbumin	Bean, Pinto/Frijole
Cheese, Gorgonzola	Milk, Cow	Bean, Red

Bean, White	Coconut Meal (gluten free)	Tolerant Green Lentil & Pea Pasta
Chickpea (see also Garbanzo Bean)	Fava Bean Flour	Tolerant Red or Green Lentil Pasta
Coffee Bean, Organic	Flax Meal	Tortilla, Siete Almond
Fava Bean	Garbanzo Flour	Tortilla, Siete Cassava & Coconut
Fava Bean Flour	Glucomannon Flour (konjacfoods.com)	Tortilla, Siete Chia & Cassava
Garbanzo Bean	Hazelnut Flour	
Garbanzo Flour	Hemp Meal	Gluten-Containing Foods
Kidney Bean	Hemp Protein (Powder)	
Lentil(s)	Hemp Seed	Corn-Derived Foods
Peanut (Organic, Valencia)	Konjac Glucomannon Flour	Barbeque Sauce, GF Annie's® Sweet & Spicy
Peanut Butter (Organic, Maranatha®)	Oats (Bob's Red Mill Gluten Free Version)	
Peanut Oil (Organic)	Oats (Certified GF)	Beverages & Protein Powders
Red Bean Paste	ProGranola (Julian Bakery)	Almond Milk, unsweetened (no tapioca)
Vanilla Bean	Simple Mills - Everything Sprouted Seed Cracker	Bone Broth Protein, Beef
Vanilla Powder	Simple Mills Ground Sea Salt Almond Crackers	Coconut Kefir (No Tapioca, Carageenan)
	Simple Mills Rosemary & Sea Salt Crackers	Coconut Milk(Native Forest or Natural Value)
Gluten-Free Grains	Simple Mills Tomato & Basil Almond Crackers	Coconut Water (low sugar)
Almond Flour (gluten free)	Sweet Potato Flour (gluten free)	Coffee
Amaranth	Tapioca	Coffee Bean, Organic
Arrowroot Flour/powder	Tapioca Flour (gluten free)	Collagen Protein (Powder)
Chicory Root	Tapioca Starch (gluten free)	Echinacea Tea
Coconut Flour (gluten free)	Teff	Green Tea

Hemp Protein (Powder)	Miscellaneous	Inulin
Lemon Juice	Acacia Gum	Julian Bakery Almond Bread
Licorice Tea	Agar Gum	Julian Bakery Coconut Bread
Lime Juice	Antimony	Julian Bakery Paleo Wraps
Milk, Cow	Arabic Gum	Konjac Glucomannon Flour
Milk, Goat	Baking Soda (Arm & Hammer®)	Latex
Milk, Sheep	Beef broth (Imagine® low sodium/GF)	Locust Bean Gum
Mineral Water	Blue Food Dye	Lycopene
Pea Protein	Carrageenan Gum	Modified Food Starch (Tapioca-based)
Sparkling Water, unflavored	Chewing Gum, Xylichew®	Palm Wax
Tea, Black	Chicken Broth (ImagineÅ® gf/low sodium)	Pycnogenol
Tea, Chamomile	Chicory Root	Red Food Dye
Tea, Chamomile Tea, Green	Chicory Root Cocoa Butter	Red Food Dye Red Tomato Paste (gluten free)
		·
Tea, Green	Cocoa Butter Cocoa/Cacao (raw, pure, &	Red Tomato Paste (gluten free)
Tea, Green Tea, Hibiscus	Cocoa Butter Cocoa/Cacao (raw, pure, & unsweetened)	Red Tomato Paste (gluten free) Silver
Tea, Green Tea, Hibiscus Tea, Oolong	Cocoa Butter Cocoa/Cacao (raw, pure, & unsweetened) Coconut Aminos®	Red Tomato Paste (gluten free) Silver Skinny Crisps® (Plain Jane) Tomato Paste (gluten &
Tea, Green Tea, Hibiscus Tea, Oolong Tea, Ramon	Cocoa Butter Cocoa/Cacao (raw, pure, & unsweetened) Coconut Aminos® Coconut Cream	Red Tomato Paste (gluten free) Silver Skinny Crisps® (Plain Jane) Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten &
Tea, Green Tea, Hibiscus Tea, Oolong Tea, Ramon Tea, Roobios	Cocoa Butter Cocoa/Cacao (raw, pure, & unsweetened) Coconut Aminos® Coconut Cream Collagen Protein (Powder)	Red Tomato Paste (gluten free) Silver Skinny Crisps® (Plain Jane) Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free)
Tea, Green Tea, Hibiscus Tea, Oolong Tea, Ramon Tea, Roobios Tea, Unflavored	Cocoa Butter Cocoa/Cacao (raw, pure, & unsweetened) Coconut Aminos® Coconut Cream Collagen Protein (Powder) Formaldehyde	Red Tomato Paste (gluten free) Silver Skinny Crisps® (Plain Jane) Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) Tragacanth Gum Vegetable broth (Imagine® Low
Tea, Green Tea, Hibiscus Tea, Oolong Tea, Ramon Tea, Roobios Tea, Unflavored Tea, White	Cocoa Butter Cocoa/Cacao (raw, pure, & unsweetened) Coconut Aminos® Coconut Cream Collagen Protein (Powder) Formaldehyde Garam Masala Glucomannon Flour	Red Tomato Paste (gluten free) Silver Skinny Crisps® (Plain Jane) Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) Tragacanth Gum Vegetable broth (Imagine® Low Sodium)

Shopping List Page 11	All ingredients must be organic
Nanny Mai	09/11/2017

Yeast, Nutritional
Snacks
Dates