Vegetables	Carrot Juice	Garlic
Aloe Vera	Carrot, Orange	Hearts of Palm
Artichoke (not pickled)	Carrot, Purple	Horseradish
Arugula	Carrot, White	Jicama
Asparagus	Carrot, Yellow	Kale, all types
Avocado	Cassava (see Tapioca and Yucca)	Kohlrabi
Avocado Oil	Cauliflower	Leeks
Bamboo Shoot	Cauliflower, Purple	Lettuce, all types
Bean Sprout	Celery	Mushrooms
Beet Greens	Chard	Mushrooms, Button
Bok Choy	Coconut (raw and unsweetened)	Mushrooms, Cremeni/Crimini
Broccoli	Coconut Concentrate	Mushrooms, Maitake
Broccoli Rabe	Collard Greens	Mushrooms, Shiitake
Broccoli Sprouts	Corn (Gluten-free & Non-GMO)	Mustard Greens
Broccolini	Corn, Blue	Okra
Brussels Sprout	Corn, White	Olives (without vinegar)
Burdock	Cucumber	Parsley
Cabbage, Chinese (see also Bok	Daikon Radish	Pea, Green
Cabbage, Green	Dandelion Greens	Pea, Snap
Cabbage, Purple	Dandelion Root	Pea, Snow
Cactus (Nopales)	Endive	Pea, Split
Capers	Fennel	Potato, Fingerling

Potato, Purple	Swiss Chard	Clementine
Potato, Red	Turnip Greens	Cranberry Juice
Potato, Russet	Water Chestnut	Date(s)
Potato, Sweet	Watercress	Elderberry
Potato, White	Yams, Garnett	Fig
Potato, Yukon Gold	Yams, Japanese	Golden Berry
Prickly Pear	Yucca	Gooseberry
Pumpkin	Zucchini	Grape
Pumpkin Powder	Alfalfa Sprouts	Grape, Green
Radicchio	Psyllium Husk	Grape, Purple
Radish		Grape, Red
Rainbow Chard	Fruits	Grape, White
Rainbow Chard Rutabaga	Fruits Acai	Grape, White Grapefruit
Rutabaga	Acai	Grapefruit
Rutabaga Sauerkraut (Bubbies® Brand only)	Acai Apple (all types)	Grapefruit Grapefruit Juice
Rutabaga Sauerkraut (Bubbies® Brand only) Spinach	Acai Apple (all types) Apple Cider	Grapefruit Grapefruit Juice Guava
Rutabaga Sauerkraut (Bubbies® Brand only) Spinach Squash, Acorn	Acai Apple (all types) Apple Cider Apple Juice	Grapefruit Grapefruit Juice Guava Huckleberry
Rutabaga Sauerkraut (Bubbies® Brand only) Spinach Squash, Acorn Squash, Green	Acai Apple (all types) Apple Cider Apple Juice Apple Sauce	Grapefruit Grapefruit Juice Guava Huckleberry Kumquat
Rutabaga Sauerkraut (Bubbies® Brand only) Spinach Squash, Acorn Squash, Green Squash, Spaghetti	Acai Apple (all types) Apple Cider Apple Juice Apple Sauce Apricot	Grapefruit Grapefruit Juice Guava Huckleberry Kumquat Lemon
Rutabaga Sauerkraut (Bubbies® Brand only) Spinach Squash, Acorn Squash, Green Squash, Spaghetti Squash, Winter	Acai Apple (all types) Apple Cider Apple Juice Apple Sauce Apricot Banana	Grapefruit Grapefruit Juice Guava Huckleberry Kumquat Lemon Lemon Juice

All ingredients must be organic

08/30/2017

Nanny Mai

Litchi (aka Lychee)	Plum	Chestnut
Loganberry	Pomegranate	Coconut Butter
Loquat	Pomelo	Coconut Oil
Mango	Prune	Coconut, shredded (raw,
Mangosteen	Quince	Corn Oil
Maqui	Raisin (unsulfured, organic)	Cottonseed/Cottonseed Oil
Melon, Honeydew	Raspberry	Grapeseed Oil, Organic
Monk Fruit	Star Fruit	Hydrogenated Oils
Mulberry	Strawberry	Olive Leaf Extract
Nectarines	Tangelo	Olive Oil, Virgin
Noni	Tangerine	Palm Kernel Oil
Orange	Watermelon	Pepitas
Orange, Blood		Pine Nut
Orange Juice	Nuts, Seeds, & Oils	Pistachios
Orange Peel/Rind	Annatto Seed	Poppy seeds
Papaya	Arrowroot Flour/powder	Pumpkin Oil
Passion Fruit	Brazil Nut	Pumpkin Seed Oil
Peach	Canola/Rapeseed Oil	Pumpkin Seeds
Pear	Caraway Seed	Safflower/Safflower Seed Oil
Persimmons	Cashews	Sesame Seed Oil
Pineapple	Cashew Butter	Sesame Seeds
Plantain	Cashew Meal	Sesame Seeds, Black

Vegetable Oil	Mahi Mahi	Applegate® organic smoked turke
Walnut (few)	Perch	Applegate® organic turkey
Walnut Oil	Red Snapper	Applegate® organic turkey bacon
Walnut, Black (few)	Salmon, wild (fresh)	Beef, Grass-fed only (organic)
Psyllium Husk	Sardines	Bison (see also Buffalo)
	Sole	Buffalo (see also Bison)
Legumes & Pulses	Swai	Chicken Broth (Imagine® gf/low
Bean, Navy/Ninja	Swordfish	Chicken, free range (organic)
Pea, Snap	Tilapia (Non-farmed)	Deer (see also Venison)
Pea, Snow	Trout	Duck
Pea, Split	Walleye Pike	Goat, Grass-fed only (organic)
	Whitefish/Turbot	Lamb (organic)
Fish & Shellfish		Lard (pork)
Bass	Meat & Poultry	Ostrich
Chilean Sea Bass	Applegate® organic bacon	Pheasant
Corvina	Applegate® organic chicken	Pork, (organic)
Flounder	Applegate® organic ham	Quail
Haddock	Applegate® organic herb roasted	Rabbit
Hake	Applegate® organic roast beef	Turkey (organic)
Halibut	Applegate® organic andouille	Veal (organic)
Herring	Applegate® organic spinach & feta	Venison (see also Deer)
Mackerel	Applegate® organic smoked	

Non-Dairy & Eggs	Mustard, Brown (Eden® gf mustard	d) [Fruit Pectin
BodyPro Avocado Oil Mayonnaise	Sauerkraut (Bubbies® Brand only)		Honey, (Organic)
Cheese, Daiya	Sriracha Sauce Organicville		Honey, Manuka
Cheese, Soy (Organic) (see Soy)	Ume Plum Vinegar		Honey, Wildflower from Mahava®
Coconut Kefir (No Tapioca,	Veganaise Soy-free (Follow Your		Maltodextrin (Can be
Coconut Milk(Native Forest or	Vinegar		Maltodextrin (Corn-based,
Egg, Whites, Pasture-raised	Vinegar, Distilled		Maple Sugar
Sriracha Sauce Organicville	Vinegar, Malt		Maple Syrup (Grade A Dark Amber
	Vinegar, Red Wine		Molasses
Condiments	Vinegar, Rice		Monk Fruit
Apple Cider Vinegar (Bragg's®)	Vinegar, White		Nutrasweet®
Balsamic Vinegar MiaBella	Vinegar, White Wine		Rebiana Leaf (Stevia)
Balsamic Vinegar MiaBella Balsamic Vinegar (with Red Wine	Vinegar, White Wine Worcestershire Sauce (The		Rebiana Leaf (Stevia) Sorbitol
Balsamic Vinegar (with Red Wine			Sorbitol
Balsamic Vinegar (with Red Wine Balsamic Vinegar (Caramel/Red W.	Worcestershire Sauce (The		Sorbitol Splenda
Balsamic Vinegar (with Red Wine Balsamic Vinegar (Caramel/Red W. Barbeque Sauce, GF Annie's®	Worcestershire Sauce (The Sweeteners		Sorbitol Splenda Sucanat
Balsamic Vinegar (with Red Wine Balsamic Vinegar (Caramel/Red W. Barbeque Sauce, GF Annie's® BodyPro Avocado Oil Mayonnaise	Worcestershire Sauce (The Sweeteners Agave Nectar		Sorbitol Splenda Sucanat Sugar Beet
Balsamic Vinegar (with Red Wine Balsamic Vinegar (Caramel/Red W. Barbeque Sauce, GF Annie's® BodyPro Avocado Oil Mayonnaise Dressing, Primal Kitchen Honey	Worcestershire Sauce (The Sweeteners Agave Nectar Aspartame/Nutrasweet		Sorbitol Splenda Sucanat Sugar Beet Sugar Cane
Balsamic Vinegar (with Red Wine Balsamic Vinegar (Caramel/Red W. Barbeque Sauce, GF Annie's® BodyPro Avocado Oil Mayonnaise Dressing, Primal Kitchen Honey Horseradish Sauce, Gluten-free	Worcestershire Sauce (The Sweeteners Agave Nectar Aspartame/Nutrasweet Brown Rice Syrup (contains		Sorbitol Splenda Sucanat Sugar Beet Sugar Cane Sweetleaf® Stevia
Balsamic Vinegar (with Red Wine Balsamic Vinegar (Caramel/Red W. Barbeque Sauce, GF Annie's® BodyPro Avocado Oil Mayonnaise Dressing, Primal Kitchen Honey Horseradish Sauce, Gluten-free Ketchup (Organicville)	Worcestershire Sauce (The Sweeteners Agave Nectar Aspartame/Nutrasweet Brown Rice Syrup (contains Chocolate, Dark		Sorbitol Splenda Sucanat Sugar Beet Sugar Cane Sweetleaf® Stevia Swerve® Xylitol

Herbs & Spices	Curry (must be GF)	Lavender
Allspice	Dandelion Root	Lemon Balm (Melissa Officinalis)
Anise	Dill	Lemon Pepper
Astragalus	Dong Quai	Lemongrass
Basil	Echinacea	Licorice Root
Bay Leaf	Fennel	Liquid Smoke (can have gluten)
Black Cohosh	Garlic	Liquid Smoke gluten free (natural)
Caramel Coloring	Garlic Pepper	Maca Root
Caraway Seed	Garlic Powder	Mace Spice
Cardamom	Garlic Salt	Marjoram
Celery Powder	Ginger	Milk Thistle
Chicory Root	Ginkgo Biloba	Mint
Cilantro/Coriander	Ginseng (All Types)	Mustard (as a Powder)
Cinnamon	Goldenseal	Mustard Seeds (gluten free)
Cinnamon, Ceylon	Grapefruit Seed Extract	Nutmeg
Cloves	Grapeseed Extract	Olive Leaf Extract
Cloves, Madagascar	Guarana	Orange Peel/Rind
Cloves, Penang	Gymnema Silvestre	Orange Salt
Cramp Bark Extract	Herbs De Provence	Oregano
Cream of Tartar	Hickory	Parsley
Cumin	Himalayan Salt	Pepper, Black (see Garlic/Lemon
Curcumin	Juniper Berry	Pepper/Peppercorns

Pepper/Peppercorns, Szechuan	Milk-Containing Foods	Coconut Meal (gluten free)
Peppermint	Applegate® organic spinach & feta	Corn (Gluten-free & Non-GMO)
Pine Bark Extract	Cheese, Goat	Corn, Blue
Red Chili Paste Thai Kitchen®	Cheese, Machego	Corn, White
Rosemary	Cheese, Pecorino	Corn Starch (gluten free)
Saffron	Cheese, Ricotta	Ener-G Brown Rice Yeast-Free
Sage	Cheese, Sheep	Glucomannon Flour
Saw Plametto	Goat Cheese	Konjac Glucomannon Flour
Sesame Seeds	Goat Kefir	Millet
Sesame Seeds, Black	Lactoalbumin	Oats
Spearmint	Milk, Goat	Oats (Bob's Red Mill Gluten Free
St. John's Wort	Milk, Sheep	Oat Grass (Not For Gluten
Tarragon	Whey	Potato Flour (gluten free)
Thyme	Cheese, Feta	Potato Starch (gluten free)
Turmeric		Quinoa (gluten free)
Uva Ursi	Gluten-Free Grains	Quinoa, Black (gluten free)
Valerian	Arrowroot Flour/powder	Quinoa, Red (gluten free)
White Willow Bark Extract	Basmati Rice (gluten free)	Rice, Basmati (gluten free)
Wintergreen	Buckwheat	Rice, Black (gluten free)
Rose Hips	Buckwheat Flour	Rice, Brown (gluten free)
	Chicory Root	Rice, Japonica (gluten free)
	Coconut Flour (gluten free)	Rice, Purple (gluten free)

Rice, Red (gluten free)	Caramel Coloring	Vinegar
Rice, White (gluten free)	Chewing Gum (has gluten and corn)	Vinegar, Malt
Rice Bran	Coffee, Instant (has gluten)	Vinegar, White
Rice Flour (gluten free)	Couscous	Wheat (All Types)
Rice Protein Powder (gluten free)	Durum Wheat	Wheat Grass (Is
Sorghum	Farro	
Sweet Potato Flour (gluten free)	Gluten	Corn-Derived Foods
Tapioca	Graham (wheat)	Barbeque Sauce, GF Annie's®
Tapioca Flour (gluten free)	Kamut	Cheese, Daiya
Tapioca Starch (gluten free)	Liquid Smoke (can have gluten)	Cheese, Soy (Organic) (see Soy)
Teff	Malt	Chewing Gum (has gluten and corn)
Tortilla, Siete Almond	Maltodextrin (Can be	Corn (Gluten-free & Non-GMO)
Corn Meal (gluten free)	Oats	Corn, Blue
	Orzo	Corn, White
Gluten-Containing Foods	Panko	Corn Gluten
Barley	Polish Wheat	Corn Meal (gluten free)
Barley Greens (Not for	Rye	Corn Oil
Barley Juice (Not for	Semolina	Corn Starch (gluten free)
Beer	Soy Sauce	Erythritol (non-GMO)
Bran	Spelt	Fructose
Bread	Teriyaki Sauce	GemWraps®, Sandwich Wrap
Brown Rice Syrup (contains	Triticale	Maltodextrin (Corn-based,

Sriracha Sauce Organicville	Milk, Sheep	Carrageenan Gum
Swerve® Xylitol	Mineral Water	Chewing Gum (has gluten and corn)
Vegetable Oil	Orange Juice	Chewing Gum, Xylichew®
Xanthan Gum	Rice Protein Powder (gluten free)	Chicken Broth (Imagine® gf/low
	Sparkling Water, unflavored	Chicory Root
Beverages & Protein Powders	Tea, Black	Cocoa/Cacao (raw, pure, &
Apple Juice	Tea, Chamomile	Coconut Aminos®
Beer	Tea, Green	Coconut Cream
Carrot Juice	Tea, Oolong	Collagen Protein (Powder)
Coconut Kefir (No Tapioca,	Tea, Roobios	Garam Masala
Coconut Milk(Native Forest or	Tea, unflavored/caffeine-free only	GemWraps®, Sandwich Wrap
Coconut Water (low sugar)	Tea, White	GemWraps®, Sandwich Wrap
Coffee, Instant (has gluten)	Water	GemWraps®, Sandwich Wrap
Collagen Protein (Powder)	Wine, Red	GemWraps®, Sandwich Wrap
Collagen Protein (Powder) Echinacea Tea	Wine, Red Wine, White (Champagne)	GemWraps®, Sandwich Wrap Glucomannon Flour
Echinacea Tea	Wine, White (Champagne)	Glucomannon Flour
Echinacea Tea Grapefruit Juice	Wine, White (Champagne)	Glucomannon Flour Great Lake's® Beef Gelatin
Echinacea Tea Grapefruit Juice Green Tea	Wine, White (Champagne) Yerba Matte Tea (Organic/Pure)	Glucomannon Flour Great Lake's® Beef Gelatin Hops
Echinacea Tea Grapefruit Juice Green Tea Komboucha Tea	Wine, White (Champagne) Yerba Matte Tea (Organic/Pure) Miscellaneous	Glucomannon Flour Great Lake's® Beef Gelatin Hops Julian Bakery Paleo Wraps
Echinacea Tea Grapefruit Juice Green Tea Komboucha Tea Lemon Juice	Wine, White (Champagne) Yerba Matte Tea (Organic/Pure) Miscellaneous Antimony	Glucomannon Flour Great Lake's® Beef Gelatin Hops Julian Bakery Paleo Wraps Konjac Glucomannon Flour

Nanny Mai 08/30/2017

Maltodextrin (Can be
Palm Wax
Pycnogenol
Red Chili Paste Thai Kitchen®
Resveratrol
Sherry Vinegar
Silver
Vegetable broth (Imagine® Low
Vegetable Oil
Vinegar, Red Wine
Vinegar, Rice
Vinegar, White Wine
Xanthan Gum
Yeast, Baker's
Yeast, Brewer's
Yeast, Nutritional
Latex
Formaldehyde
Red Dye
Ispaghula/Psyllium