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

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

\Box		Legumes, Pods, & Pulses	
	Lychee		Cottonseed/Cottonseed Oil
	Mangosteen	Vanilla Bean	Duck Fat
	Maqui	Nuts, Seeds, Drupes & Oils	Flax Meal
	Monk Fruit (Pure)	Almond	Flax Oil
	Mulberry	Almond, Marcona	Flax Seed
	Nectarines	Almond Butter (Artisana®)	Hazelnut/Filbert
	Noni	Almond Flavor (natural, gluten free)	Hazelnut Flour
	Passion Fruit	Almond Flour (gluten free)	Hemp Meal
	Peach	Almond Meal (gluten free)	Hemp Protein (Powder)
	Pear	Almond Oil	Hemp Seed
	Pear, Asian	Annatto Seed	Lard/Tallow (pork)
	Persimmons	Avocado Oil	Macadamia Nut Oil
	Plum	Brazil Nut	Macadamia Nuts
	Pomegranate	Canola Oil, Non-GMO	MCT Oil
	Pomelo	Caraway Seed	Olive Leaf Extract
		Cashew Butter	Olive Oil, Virgin
	Rambutan	Cashew Meal	Palm Kernel Oil
	Raspberry	Cashews	Pine Nut
	Star Fruit	Chestnut	Pistachios
	Tangerine	Chia Seed (1/4 cup, max)	Poppy seeds
	Wolfberry	Coconut, shredded (raw, unsweetened)	Sunflower Seed Butter
	Youngberry	Coconut Butter	Sunflower Seed Flour
		Coconut Oil	Sunflower Seed Lecithin

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 (Spectrum®)	Cloves, Madagascar	Guarana
Herbs & Spices	Cloves, Penang	Gymnema Silvestre
Allspice	Comfrey	Herbs De Provence
Almond Flavor (natural, gluten 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)
Chaparral	Garlic Powder	Mustard Seeds (gluten free)
Chervil	Garlic Salt	Nutmeg

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

Corvina

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

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

Nanny Mai 11/18/2017

Food Additives
Annatto Coloring
Chicory Root
Inulin
Palm Wax
Tricalcium Phosphate
Vegan Enzyme
Vegan Natural Flavors (no MSG)