Shopping List Page 1					All ingredients must be organic		
Nar	Nanny Mai 10/19/2017						
	Fruits		Lime		Youngberry		
	Acai		Lime Juice		Nuts, Seeds, Drupes & Oils		
	Alpha		Litchi (aka Lychee)		Almond		
	Apple (all types)		Loganberry		Almond, Marcona		
	Bilberry		Loquat		Almond Butter (Artisana®)		
	Blackberry		Mangosteen		Almond Flavor (natural, gluten free)		
	Blueberry		Maqui		Almond Flour (gluten free)		
	Boysenberry		Monk Fruit (Pure)		Almond Meal (gluten free)		
	Bravo		Mulberry		Annatto Seed		
	Charlie		Nectarines		Avocado Oil		
	Clementine		Noni		Brazil Nut		
	dummy food		Passion Fruit		Canola/Rapeseed Oil		
	Elderberry		Peach		Caraway Seed		
	Goji Berry		Pear		Cashew Butter		
	Golden Berry		Pear, Asian		Cashew Meal		
	Gooseberry		Persimmons		Cashews		
	Grapefruit		Plum		Chestnut		
	Guava		Pomegranate		Chia Seed (1/4 cup, max)		
	Huckleberry		Pomelo		Coconut, shredded (raw, unsweetened)		
	Kiwi		Prune		Coconut Butter		
	Kumquat		Raspberry		Coconut Oil		
	Lemon		Tamarind		Cola Nut (aka Kola Nut)		
	Lemon Juice		Tangerine		Flax Meal		

Wolfberry

Lemon Rind/Peel

Shopping List Page 2	All i	All ingredients must be organic		
Nanny Mai			10/19/2017	
Flax Oil	Sesame Seeds		Swai	
Flax Seed	Sesame Seeds, Black		Swordfish	
Hazelnut/Filbert	Sunflower Seed Butter		Tilapia (Wild, Non-farmed)	
Hazelnut Flour	Sunflower Seed Lecithin		Trout	
Hemp Meal	Sunflower Seed Oil		Walleye Pike	
Hemp Protein (Powder)	Sunflower Seeds		Whitefish/Turbot	
Hemp Seed	Tahini		Vegetables	
Macadamia Nut Oil	Tea, Ramon		Agave Nectar	
Macadamia Nuts	Tiger Nuts		Alfalfa Grass	
Olive Leaf Extract	Truffle Oil		Alfalfa Sprouts	
Olive Oil, Virgin	Truffle Oil, Black		Aloe Vera	
Palm Kernel Oil	Vegetable Shortening (Spectrum®)		Artichoke (not pickled)	
Pepitas	Walnut Oil		Artichoke, Jerusalem (not pickled)	
Pili Nuts	Walnuts		Arugula	
Pine Nut	Walnuts, Black		Asparagus	
Pistachios	Fish & Shellfish		Avocado	
Poppy seeds	Chilean Sea Bass		Bamboo Shoot	
Pumpkin Oil	Corvina		Bean, Green	
Pumpkin Seed Oil	Hake		Bean Sprout	
Pumpkin Seeds	Mahi Mahi		Beet Greens	
Ramon Seeds	Octopus		Bell Pepper	
Sacha Inchi Seeds	Sardines		Bell Pepper, Green	
Safflower/Safflower Seed Oil	Sole		Bell Pepper, Orange	
Sesame Seed Oil		L		

Shopping List Page 3					All ingredients must be organic		
Nanny Mai 10/19/2017							
_	Dell Descore Desl		Oalland Orange		Onion Onesa		
	Bell Pepper, Red		Collard Greens		Onion, Green		
	Bell Pepper, Yellow		Cucumber		Onion, Maui		
	Bok Choy		Daikon Radish		Onion, Red		
	Broccoli		Dandelion Greens		Onion, Sweet		
	Broccolini		Dandelion Root		Onion, Yellow		
	Broccoli Rabe		Eggplant		Paprika		
	Broccoli Sprouts		Endive		Parsley		
	Brussels Sprout		Fennel		Pea, Black-Eyed		
	Burdock		Garlic		Pepper, Anaheim		
	Cabbage, Chinese (see also Bok Choy)		Hearts of Palm		Pepper, Cayenne		
	Cabbage, Green		Horseradish		Pepper, Chili		
	Cabbage, Purple		Jicama		Pepper, Green		
	Cactus (Nopales)		Kale, all types		Pepper, Habanero		
	Capers		Kohlrabi		Pepper, Jalapeño		
	Capsicum		Leeks		Pepper, Poblano		
	Cassava (see Tapioca and Yucca)		Lettuce, all types		Pepper, Red		
	Cauliflower		Mushrooms		Pepper, Serrano		
	Cauliflower, Purple		Mushrooms, Button		Pickles, Bubbies® brand only		
	Celery		Mushrooms, Cremeni/Crimini		Pimento		
	Chard		Mushrooms, Maitake		Prickly Pear		
	Chayote		Mushrooms, Shiitake		Pumpkin		
	Chives		Mustard Greens		Pumpkin Powder		
	Coconut (raw and unsweetened)		Okra		Radicchio		
	Coconut Concentrate		Olives (without vinegar)		Radish		

	Rainbow Chard	Tomato, Sun-dried	Non-Dairy & Eggs
	Red Pepper Flake	Tomato, Yellow	Almond Milk, unsweetened (no tapioca)
	Rhubarb	Tomatoes, Big Beef	Coconut Kefir (No Tapioca, Carageenan)
	Rutabaga	Tomato Paste (gluten & Vinegar-free)	Coconut Milk(Native Forest or Natural Value)
	Sauerkraut (Bubbies® Brand only)	Tomato Sauce (gluten & Vinegar-free)	Egg, Whites, Pasture-raised
	Scallions	Truffle	Paleo Cheese (Julianbakery.com or Amazon.com)
	Shallots	Turnip Greens	Condiments, Spreads & Sauces
	Spinach	Water Chestnut	Apple Cider Vinegar (Bragg's®)
	Squash	Watercress	Barbeque Sauce, GF Annie's®
	Squash, Acorn	Yams, Garnett	Sweet & Spicy BodyPro Almond Mayo Grade A
	Squash, Butternut	Yams, Japanese	Maple Syrup BodyPro Almond Mayo with Yacon
		·	Syrup
Ш	Squash, Green	Yucca	Cocoa Butter
	Squash, Spaghetti	Zucchini	Coconut Aminos®
	Squash, Summer	Meat & Poultry	Coconut Cream
	Squash, Winter	Bison (see also Buffalo)	Coconut Vinegar (Coconut Secret)
	Squash, Yellow	Goat, Grass-fed only (organic)	Earth Balance® Coconut Spread
	Swiss Chard	Ostrich	Harissa
	Tomatillo		Horseradish Sauce, Gluten-free
		Pheasant	 (Annie's®)
Ш	Tomato	Quail	Hummus
	Tomato, Cherry	Rabbit	Ketchup (Organicville)
	Tomato, Heirloom		Liquid Smoke gluten free (natural)
	Tomato, Orange		Mustard, Brown (Eden® gf mustard)
	Tomato, Red		Olives (without vinegar)
	Tomato, Roma		

	Red Bean Paste	Maple Syrup (Grade A Dark Amber Organic)	Caraway Seed
	Red Tomato Paste (gluten free)	Monk Fruit (Pure)	Cardamom
	Sauerkraut (Bubbies® Brand only)	Monk Fruit Extract	Celery Powder
	Tabasco Sauce	Nutrasweet®	Chicory Root
	Tomato Paste (gluten & Vinegar-free)	Rebiana Leaf (Stevia)	Chili Powder
	Tomato Sauce (gluten & Vinegar-free)	Sorbitol	Chipotle Seasoning
	Ume Plum Vinegar	Splenda	Cilantro/Coriander
	Vegetable Shortening (Spectrum®)	Sucralose	Cinnamon
	Vinegar, Distilled	Sweetleaf® Stevia	Cinnamon, Ceylon
	White/Distilled Vinegar	Tapioca Dextrose	Cloves
	Sweeteners	Xyla (Birchwood Xylitol)	Cloves, Madagascar
	Agave Nectar	Yacon Syrup	Cloves, Penang
	Aspartame	Herbs & Spices	Cramp Bark Extract
	BodyPro Almond Mayo Grade A	Allspice	Cream of Tartar
	Maple Syrup Coconut Palm Sugar	Almond Flavor (natural, gluten free)	Cumin
	Coconut Sugar	Anise	Curcumin
	Honey, (Organic)	Ashwaganda	Curry (must be GF)
	Honey, Manuka	Astragalus	Dandelion Root
	Honey, Wildflower from Mahava®	Basil	Dill
	Jerusalem Artichoke Syrup	Bay Leaf	Dong Quai
	Just Like Sugar®	Bell Pepper, Red	Echinacea
	Lo Han	Black Cohosh	Fennel
	Maple Sugar	Capsicum	Garam Masala
•			Garlic

Shopping List Page 6					All ingredients must be organic		
Na	Nanny Mai 10/19/2017						
	Garlic Pepper		Milk Thistle		Sage		
	Garlic Powder		Mint		Saw Plametto		
	Garlic Salt		Mustard (as a Powder)		Sesame Seeds		
	Ginger		Mustard Seeds (gluten free)		Sesame Seeds, Black		
	Ginkgo Biloba		Nutmeg		Shallots		
	Ginseng (All Types)		Olive Leaf Extract		Spearmint		
	Goldenseal		Onion		St. John's Wort		
	Grapefruit Seed Extract		Onion Powder		Sumac		
	Guarana		Oregano		Taco Seasoning		
	Gymnema Silvestre		Paprika		Tarragon		
	Herbs De Provence		Paprika (smoked)		Thyme		
	Hickory		Parsley		Tomatillo		
	Himalayan Salt		Pepper, Black (see Garlic/Lemon Pepper)		Turmeric		
	Jamaican Jerk		Pepper, Cayenne		Uva Ursi		
	Juniper Berry		Pepper, Red		Valerian		
	Lavender		Pepper, Sichuan		Vanilla (gluten and corn-free)		
	Lemon Balm (Melissa Officinalis)		Pepper, Szechuan		Vanilla Bean		
	Lemongrass		Pepper/Peppercorns		Vanilla Powder		
	Lemon Pepper		Peppermint		White Willow Bark Extract		
	Licorice Root		Pine Bark Extract		Wintergreen		
	Maca Root		Red Pepper Flake		Wormwood		
	Mace Spice		Rose Hips				
	Marjoram		Rosemary				
	Mesquite		Saffron				

Milk-Containing Foods	Fava Bean Flour	Hazelnut Flour
No foods in this Category	Garbanzo Bean	Hemp Meal
Legumes & Pulses	Garbanzo Flour	Hemp Protein (Powder)
Bean, Azuki	Kidney Bean	Hemp Seed
Bean, Black	Lentil(s)	Konjac Glucomannon Flour
Bean, Butter	Red Bean Paste	Oats (Bob's Red Mill Gluten Free Version)
Bean, Cannellini	Vanilla Bean	Oats (Certified GF)
Bean, Chana Dahl	Vanilla Powder	ProGranola (Julian Bakery)
Bean, Chili	Corn-Derived Foods	Simple Mills - Everything Sprouted Seed Cracker
Bean, Green	Barbeque Sauce, GF Annie's® Sweet & Spicy	Simple Mills Ground Sea Salt Almond Crackers
Bean, Italian	Gluten-Containing Foods	Simple Mills Rosemary & Sea Salt Crackers
Bean, Kidney	No foods in this Category	Simple Mills Tomato & Basil Almond Crackers
Bean, Lima		Tapioca
Bean, Mung	Gluten-Free Grains	Tapioca Flour (gluten free)
Bean, Navy	Almond Flour (gluten free)	Tapioca Starch (gluten free)
Bean, Ninja	Amaranth	Teff
Bean, Pinto/Frijole	Arrowroot Flour/powder	Tolerant Green Lentil & Pea Pasta
Bean, Red	Chicory Root	Tolerant Red or Green Lentil Pasta
Bean, White	Coconut Flour (gluten free)	Tortilla, Siete Chia & Cassava
Beans	Coconut Meal (gluten free)	
Chickpea (see also Garbanzo Bean)	Fava Bean Flour	
Coffee Bean, Organic	Flax Meal	
Fava Bean	Garbanzo Flour Glucomannon Flour (Konjacfoods com)	

Beverages & Protein Powders	Yerba Matte Tea (Organic/Pure)	Snacks
Almond Milk, unsweetened (no tapioca)	Zevia Drinks	No foods in this Category
Coconut Kefir (No Tapioca, Carageenan)	Miscellaneous	
Coconut Milk(Native Forest or Natural Value)	Acacia Gum	
Coconut Water (low sugar)	Antimony	
Coffee	Baking Soda (Arm & Hammer®)	
Coffee Bean, Organic	Chewing Gum, Xylichew®	
Echinacea Tea	Chicory Root	
Green Tea	Cocoa/Cacao (raw, pure, & unsweetened)	
Hemp Protein (Powder)	Glucomannon Flour (konjacfoods.com)	
Lemon Juice	Inulin	
Licorice Tea	Konjac Glucomannon Flour	
Lime Juice	Locust Bean Gum	
Mineral Water	Lycopene	
Sparkling Water, unflavored	Modified Food Starch (Tapioca-based)	
Tea, Black	Palm Wax	
Tea, Chamomile	Red Tomato Paste (gluten free)	
Tea, Green	Silver	
Tea, Hibiscus	Yeast, Baker's	
Tea, Oolong	Yeast, Brewer's	
Tea, Ramon	Yeast, Nutritional	
Tea, Roobios		
Tea, White		
Water		