Sh	opping List Page 1	All i	ngredients must be organic		
Na	anny Mai				09/29/2017
	Fruits		Grape, Green		Mulberry
	Acai		Grape, Purple		Nectarines
	Apple (all types)		Grape, Red		Noni
	Apricot		Grape, White		Orange
	Banana		Grapefruit		Orange Juice
	Bilberry		Grapefruit Juice		Orange Peel/Rind
	Blackberry		Guava		Orange, Blood
	Blueberry		Huckleberry		Рарауа
	Boysenberry		Jack fruit		Passion Fruit
	Cantaloupe		Kiwi		Peach
	Cherry		Kumquat		Pear
	Clementine		Lemon		Pear, Asian
	Cranberry		Lemon Juice		Persimmons
	Cranberry Juice		Lemon Rind/Peel		Pineapple
	Currant		Lime		Plantain
				-	
	Dates		Lime Juice		Plum
	Dates  Dragon Fruit (Pitaya)		Lime Juice Litchi (aka Lychee)		Plum Pomegranate
— լ — [					
— լ — [	Dragon Fruit (Pitaya)	<u> </u>	Litchi (aka Lychee)		Pomegranate
	Dragon Fruit (Pitaya)  Dried Fruit	<u> </u>	Litchi (aka Lychee) Loganberry		Pomegranate Pomelo
	Dragon Fruit (Pitaya)  Dried Fruit  Elderberry	<u> </u>	Litchi (aka Lychee) Loganberry Loquat		Pomegranate  Pomelo  Prune
	Dragon Fruit (Pitaya)  Dried Fruit  Elderberry  Fig	<u> </u>	Litchi (aka Lychee)  Loganberry  Loquat  Mango		Pomegranate  Pomelo  Prune  Quince

Monk Fruit (Pure)

Grape

Strawberry

Sh	opping List Page 2		All i	ngredients must be organic
Na	nny Mai			09/29/2017
	Tamarind	Coconut Butter		Pili Nuts
	Tangelo	Coconut Oil		Pine Nut
	Tangerine	Coconut, shredded (raw, unsweetened)		Pistachios
	Vinegar, Red Wine	Cola Nut (aka Kola Nut)		Poppy seeds
	Watermelon	Corn Oil		Psyllium Husk
	Wolfberry	Cottonseed/Cottonseed Oil		Pumpkin Oil
	Youngberry	Flax Meal		Pumpkin Seed Oil
	Nuts, Seeds, Drupes & Oils	Flax Oil		Pumpkin Seeds
	Almond	Flax Seed		Ramon Seeds
	Almond Butter (Artisana®)	Grapeseed Oil, Organic		Rice Bran Oil
	Almond Flavor (natural, gluten free)	Hazelnut Flour		Rice, Wild (Lundberg® - not the blend)
	Almond Flour (gluten free)	Hazelnut/Filbert		Sacha Inchi Seeds
	Almond Meal (gluten free)	Hemp Meal		Safflower/Safflower Seed Oil
	Almond, Marcona	Hemp Protein (Powder)		Sunflower Seed Butter
	Annatto Seed	Hemp Seed		Sunflower Seed Lecithin
	Avocado Oil	Hydrogenated Oils		Sunflower Seed Oil
	Brazil Nut	Macadamia Nut Oil		Sunflower Seeds
	Canola/Rapeseed Oil	Macadamia Nuts		Tahini
	Caraway Seed	Olive Leaf Extract		Tea, Ramon
	Cashew Butter	Olive Oil, Virgin		Tiger Nuts
	Cashew Meal	Palm Kernel Oil		Truffle Oil
	Cashews	Pecan Flour		Truffle Oil, Black
	Chestnut	Pecans		Vegetable Oil
		Pepitas		Vegetable Shortening

Shopping List Page 3					All ingredients must be organic		
Na	nny Mai				09/29/2017		
	Walnut Oil		Oyster		Arugula		
	Walnuts		Perch		Asparagus		
	Walnuts, Black		Red Snapper		Avocado		
	Fish & Shellfish		Salmon, wild (fresh)		Bamboo Shoot		
	Anchovy		Sardines		Bean Sprout		
	Bass		Scallop		Beet		
	Catfish		Shrimp		Beet Greens		
	Chilean Sea Bass		Sole		Bell Pepper		
	Clam		Squid		Bell Pepper, Green		
	Cod/ Cod Liver Oil		Swai		Bell Pepper, Orange		
	Corvina		Swordfish		Bell Pepper, Red		
	Crab		Tilapia (Wild, Non-farmed)		Bell Pepper, Yellow		
	Crab, Immitation		Trout		Bok Choy		
	Crayfish		Tuna		Broccoli		
	Flounder		Walleye Pike		Broccoli Rabe		
	Haddock		Whitefish/Turbot		Broccoli Sprouts		
	Hake		Vegetables		Broccolini		
	Halibut		Agave Nectar		Brussels Sprout		
	Herring		Alfalfa Grass		Burdock		
	Mackerel		Alfalfa Sprouts		Cabbage, Chinese (see also Bok Choy)		
	Mahi Mahi		Aloe Vera		Cabbage, Green		
	Octopus		Artichoke (not pickled)		Cabbage, Purple		
	Orange Roughy		Artichoke, Jerusalem (not pickled)		Cactus (Nopales)		
					Capers		

Sh	opping List Page 4		All	ingredients must be organic
Na	nny Mai			09/29/2017
	Capsicum	Fennel		Onion, Red
	Carrot Juice	Garlic		Onion, Sweet
	Carrot, Orange	Hearts of Palm		Onion, Yellow
	Carrot, Purple	Horseradish		Paprika
	Carrot, White	Hydrogenated Oils		Parsley
	Carrot, Yellow	Jicama		Parsnip
	Cassava (see Tapioca and Yucca)	Kale, all types		Pea Protein
	Cauliflower	Kelp/Dulse		Pea, Green
	Cauliflower, Purple	Kohlrabi		Pea, Snap
	Celery	Kombu		Pea, Snow
	Chard	Leeks		Pea, Split
	Chayote	Lettuce, all types		Pepper, Anaheim
	Coconut (raw and unsweetened)	Mushrooms		Pepper, Cayenne
	Coconut Concentrate	Mushrooms, Button		Pepper, Chili
	Collard Greens	Mushrooms, Cremeni/Crimini		Pepper, Green
	Corn (Gluten-free & Non-GMO)	Mushrooms, Maitake		Pepper, Habanero
	Corn, Blue	Mushrooms, Shiitake		Pepper, Jalapeño
	Corn, White	Mustard Greens		Pepper, Poblano
	Cucumber	Nori		Pepper, Red
	Daikon Radish	Oat Grass (Not For Gluten Sensitive)		Pepper, Serrano
	Dandelion Greens	Okra		Pickles, Bubbies® brand only
	Dandelion Root	Olives (without vinegar)		Pimento
	Eggplant	Onion, Green		Potato, Fingerling
	Endive	Onion, Maui		Potato, Purple

Shopping List Page 5		All ingredients must be organi
Nanny Mai		09/29/201
Potato, Red	Squash, Butternut	Turnips
Potato, Russet	Squash, Green	Vegetable Oil
Potato, Sweet	Squash, Spaghetti	Water Chestnut
Potato, White	Squash, Summer	Watercress
Potato, Yukon Gold	Squash, Winter	Wheat Grass (Is Gluten-contaminated)
Prickly Pear	Squash, Yellow	Yams, Garnett
Psyllium Husk	Sugar Beet	Yams, Japanese
Pumpkin	Sweet Potato, Red	Yucca
Pumpkin Powder	Sweet Potatoes, White	Zucchini
Radicchio	Swiss Chard	Meat & Poultry
Radish	Tomatillo	Applegate® organic bacon
Rainbow Chard	Tomato	Applegate® organic black forest ham
Red Pepper Flake	Tomato Paste (gluten & Vinegar-free)	Applegate® organic chicken
Rhubarb	Tomato Sauce (gluten & Vinegar-free)	Applegate® organic chicken/apple sausage
Rutabaga	Tomato, Cherry	Applegate® organic ham
Sauerkraut (Bubbies® Brand only)	Tomato, Heirloom	Applegate® organic herb roasted turkey
Scallions	Tomato, Orange	Applegate® organic hot dogs
Sea Vegetables	Tomato, Red	Applegate® organic smoked chicken breast
Seaweed	Tomato, Roma	Applegate® organic smoked turkey breast
Shallots	Tomato, Sun-dried	Applegate® organic turkey
Spinach	Tomato, Yellow	Applegate® organic turkey bacon
Spirulina	Tomatoes, Big Beef	Beef, Grass-fed only (organic)
Squash	Truffle	Bison (see also Buffalo)
Squash, Acorn	Turnip Greens	

Buffalo (see also Bison)	Non-Dairy & Eggs	Dressing, Primal Kitchen Honey Mustard
Chicken Broth (Imagine® gf/low sodium)	Almond Milk, unsweetened (no tapioca)	Earth Balance® Avocado Oil Butter Spread
Chicken, free range (organic)	Almond Yogurt, unsweetened	Earth Balance® Coconut Spread
Collagen Protein (Powder)	Cheese, Daiya (Coconut,Tapioca,yeast,)	Harissa
Deer (see also Venison)	Cheese, Soy (Organic) (see Soy)	Ketchup (Organicville)
Duck	Coconut Kefir (No Tapioca, Carageenan)	Liquid Aminos (Braggs®)(has Soy)
Goat, Grass-fed only (organic)	Coconut Milk(Native Forest or Natural Value)	Liquid Smoke (can have gluten)
Great Lake's® Beef Gelatin	Egg, Yolks Pasture-raised	Liquid Smoke gluten free (natural)
Lamb	Milk, Soy (Organic)	Olives (without vinegar)
Lard (pork)	Paleo Cheese (Julianbakery.com or	Red Bean Paste
Ostrich	Condiments, Spreads & Sauces	Red Chili Paste Thai Kitchen® (gluten free)
Pheasant	Apple Cider Vinegar (Bragg's®)	Red Tomato Paste (gluten free)
Pork, (organic)	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Sauerkraut (Bubbies® Brand only)
Pork, (organic) Quail		
	Red Wine Vinegar) Balsamic Vinegar (with Red	only)
Quail	Red Wine Vinegar)  Balsamic Vinegar (with Red Wine Vinegar)  Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)  Barbeque Sauce, GF Annie's®	only) Sherry Vinegar
Quail Rabbit	Red Wine Vinegar)  Balsamic Vinegar (with Red Wine Vinegar)  Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	only)  Sherry Vinegar  Soy Sauce  Sriracha Sauce Organicville
Quail Rabbit Turkey (organic)	Red Wine Vinegar)  Balsamic Vinegar (with Red Wine Vinegar)  Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)  Barbeque Sauce, GF Annie's® Sweet & Spicy  BodyPro Almond Mayo Grade A Maple Syrup  BodyPro Almond Mayo with	only)  Sherry Vinegar  Soy Sauce  Sriracha Sauce Organicville gluten-free
Quail Rabbit Turkey (organic) Veal (organic)	Red Wine Vinegar)  Balsamic Vinegar (with Red Wine Vinegar)  Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)  Barbeque Sauce, GF Annie's® Sweet & Spicy  BodyPro Almond Mayo Grade A Maple Syrup	only)  Sherry Vinegar  Soy Sauce  Sriracha Sauce Organicville gluten-free  Tabasco Sauce
Quail Rabbit Turkey (organic) Veal (organic)	Red Wine Vinegar)  Balsamic Vinegar (with Red Wine Vinegar)  Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)  Barbeque Sauce, GF Annie's® Sweet & Spicy  BodyPro Almond Mayo Grade A Maple Syrup  BodyPro Almond Mayo with Yacon Syrup	only) Sherry Vinegar  Soy Sauce Sriracha Sauce Organicville gluten-free  Tabasco Sauce  Tamari (Wheat Free)
Quail Rabbit Turkey (organic) Veal (organic)	Red Wine Vinegar)  Balsamic Vinegar (with Red Wine Vinegar)  Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)  Barbeque Sauce, GF Annie's® Sweet & Spicy  BodyPro Almond Mayo Grade A Maple Syrup  BodyPro Almond Mayo with Yacon Syrup  Carob	only) Sherry Vinegar  Soy Sauce Sriracha Sauce Organicville gluten-free  Tabasco Sauce  Tamari (Wheat Free)  Teriyaki Sauce  Tomato Paste (gluten &
Quail Rabbit Turkey (organic) Veal (organic)	Red Wine Vinegar)  Balsamic Vinegar (with Red Wine Vinegar)  Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)  Barbeque Sauce, GF Annie's® Sweet & Spicy  BodyPro Almond Mayo Grade A Maple Syrup  BodyPro Almond Mayo with Yacon Syrup  Carob  Cocoa Butter	only)  Sherry Vinegar  Soy Sauce  Sriracha Sauce Organicville gluten-free  Tabasco Sauce  Tamari (Wheat Free)  Teriyaki Sauce  Tomato Paste (gluten & Vinegar-free)  Tomato Sauce (gluten &
Quail Rabbit Turkey (organic) Veal (organic)	Red Wine Vinegar)  Balsamic Vinegar (with Red Wine Vinegar)  Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)  Barbeque Sauce, GF Annie's® Sweet & Spicy  BodyPro Almond Mayo Grade A Maple Syrup  BodyPro Almond Mayo with Yacon Syrup  Carob  Cocoa Butter  Coconut Aminos®	only)  Sherry Vinegar  Soy Sauce  Sriracha Sauce Organicville gluten-free  Tabasco Sauce  Tamari (Wheat Free)  Teriyaki Sauce  Tomato Paste (gluten & Vinegar-free)  Tomato Sauce (gluten & Vinegar-free)

Vinegar, Distilled		Lo Han	Herbs & Spices
Vinegar, Red Wine		Maltodextrin (Corn-based, non-GMO)	Allspice
Vinegar, Rice		Maltodextrin (Tapioca-based)	Almond Flavor (natural, gluten free)
Vinegar, White Wine		Maple Sugar	Anise
White/Distilled Vinegar		Maple Syrup (Grade A Dark Amber Organic)	Ashwaganda
Worcestershire Sauce (The Wizard's® GF)		Molasses	Astragalus
Sweeteners		Monk Fruit (Pure)	Basil
Agave Nectar		Monk Fruit Extract	Bay Leaf
Aspartame		Nutrasweet®	Bell Pepper, Red
BodyPro Almond Mayo Grade A Maple Syrup		Rebiana Leaf (Stevia)	Black Cohosh
Cane Syrup		Sorbitol	Capsicum
Chocolate, Dark		Splenda	Caramel Coloring
Coconut Palm Sugar		Sucanat	Caraway Seed
Coconut Sugar		Sucralose	Cardamom
Date Sugar		Sugar Beet	Celery Powder
Erythritol (non-GMO)		Sugar Cane	Chicory Root
Fructose		Sweetleaf® Stevia	Chili Powder
Fruit Pectin		Swerve® Sweetener	Chipotle Seasoning
Honey, (Organic)		Tapioca Dextrose	Cilantro/Coriander
Honey, Manuka		Xyla (Birchwood Xylitol)	Cinnamon
Honey, Wildflower from Mahava®		Xylitol	Cinnamon, Ceylon
Jerusalem Artichoke Syrup		Yacon Syrup	Cloves
Just Like Sugar®	İ		Cloves, Madagascar
	•		Cloves, Penang

Sh	opping List Page 8		All i	ngredients must be organic
Na	nny Mai			09/29/2017
	Cramp Bark Extract	Hydrogenated Oils		Pepper, Cayenne
	Cream of Tartar	Jamaican Jerk		Pepper, Red
	Cumin	Juniper Berry		Pepper, Sichuan
	Curcumin	Lavender		Pepper, Szechuan
	Curry (must be GF)	Lemon Balm (Melissa Officinalis)		Peppermint
	Dandelion Root	Lemongrass		Pine Bark Extract
	Dill	Licorice Root		Red Chili Paste Thai Kitchen® (gluten free)
	Dong Quai	Maca Root		Red Pepper Flake
	Echinacea	Mace Spice		Rose Hips
	Fennel	Marjoram		Rosemary
	Garlic	Mesquite		Saffron
	Garlic Powder	Milk Thistle		Sage
	Garlic Salt	Mint		Saw Plametto
	Ginger	Mustard Seeds (gluten free)		Shallots
	Ginkgo Biloba	Nutmeg		Spearmint
	Ginseng (All Types)	Olive Leaf Extract		St. John's Wort
	Goldenseal	Onion		Sumac
	Grapefruit Seed Extract	Onion Powder		Taco Seasoning
	Grapeseed Extract	Orange Peel/Rind		Tamari (Wheat Free)
	Guarana	Orange Salt		Tarragon
	Gymnema Silvestre	Oregano		Thyme
	Herbs De Provence	Paprika		Tomatillo
	Hickory	Paprika (smoked)		Turmeric
	Himalayan Salt	Parsley		Uva Ursi

Vanilla Bean

Bean, Pinto/Frijole

Vegetable Oil

	_		·
Rice, Japonica (gluten free)		Beverages & Protein Powders	Orange Juice
Rice, Purple (gluten free)		Almond Milk, unsweetened (no tapioca)	Pea Protein
Rice, Red (gluten free)		Apple Cider	Rice Protein Powder (gluten free)
Rice, White (gluten free)		Apple Juice	Soy Milk/Soy Cheese (Organic)
Rice, Wild (Lundberg® - not the blend)		Bone Broth Protein, Beef	Soy Protein (Organic)
Simple Mills - Everything Sprouted Seed Cracker		Carrot Juice	Sparkling Water, unflavored
Simple Mills Ground Sea Salt Almond Crackers		Coconut Kefir (No Tapioca, Carageenan)	Tea, Black
Simple Mills Rosemary & Sea Salt Crackers		Coconut Milk(Native Forest or Natural Value)	Tea, Chamomile
Simple Mills Tomato & Basil Almond Crackers		Coconut Water (low sugar)	Tea, Green
Sorghum		Coffee	Tea, Hibiscus
Sweet Potato Flour (gluten free)		Coffee Bean, Organic	Tea, Komboucha
Tapioca		Coffee, Instant (has gluten)	Tea, Oolong
Tapioca Flour (gluten free)		Collagen Protein (Powder)	Tea, Ramon
Tapioca Starch (gluten free)		Echinacea Tea	Tea, Roobios
Teff		Grapefruit Juice	Tea, Unflavored
Tolerant Green Lentil & Pea Pasta		Great Lake's® Beef Gelatin	Tea, White
Tolerant Red or Green Lentil Pasta		Green Tea	Vinegar, Red Wine
Tortilla, Siete Almond		Hemp Protein (Powder)	Water
Tortilla, Siete Cassava & Coconut		Komboucha Tea	Wine, Red
Vegetable Oil		Lemon Juice	Wine, White (Champagne)
		Licorice Tea	Yerba Matte Tea (Organic/Pure)
		Lime Juice	Zevia Drinks
		Milk, Soy (Organic)	
		Mineral Water	

Miscellaneous	Hops	Yeast, Baker's
Acacia Gum	Hydrogenated Oils	Yeast, Brewer's
Agar Gum	Inulin	Yeast, Nutritional
Antimony	Konjac Glucomannon Flour	Snacks
Arabic Gum	Lard (pork)	Apple Sauce
Baking Powder	Latex	Dates
Baking Soda (Arm & Hammer®)	Locust Bean Gum	Simple Mills Chocolate Chip Cookies
Beef broth (Imagine® low sodium/GF)	Lycopene	
Blue Food Dye	Modified Food Starch	
Bone Broth, Beef	Modified Food Starch (Tapioca-based)	
Carrageenan Gum	Palm Wax	
Chewing Gum (has gluten and corn)	Pycnogenol	
Chewing Gum, Xylichew®	Red Food Dye	
Chicken Broth (Imagine® gf/low sodium)	Red Tomato Paste (gluten free)	
Chicory Root	Resveratrol	
Cocoa/Cacao (raw, pure, & unsweetened)	Rice Starch (if certified gluten free)	
Collagen Protein (Powder)	Silver	
Formaldehyde	Skinny Crisps® (Plain Jane)	
GemWraps®, Sandwich Wrap (Carrot)	Tofu (Organic)	
GemWraps®, Sandwich Wrap (Kale-Apple)	Tragacanth Gum	
GemWraps®, Sandwich Wrap (Mango/Chipotle)	Vegetable broth (Imagine® Low Sodium)	
Glucomannon Flour (konjacfoods.com)	Vegetable Oil	
Great Lake's® Beef Gelatin	Vinegar, Red Wine	
Guar Gum	Xanthan Gum	