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

Mushrooms, Button	Pepper, Chili	Rhubarb
Mushrooms, Cremeni/Crimini	Pepper, Green	Rutabaga
Mushrooms, Maitake	Pepper, Habanero	Sauerkraut (Bubbies® Brand only)
Mushrooms, Shiitake	Pepper, Jalapeño	Scallions
Mustard Greens	Pepper, Poblano	Sea Vegetables
Nori	Pepper, Red	Seaweed
Okra	Pepper, Serrano	Shallots
Olives (without vinegar)	Pickles, Bubbies® brand only	Spinach
Onion, Green	Pimento	Spirulina
Onion, Maui	Potato, Fingerling	Squash
Onion, Red	Potato, Purple	Squash, Acorn
Onion, Sweet	Potato, Red	Squash, Butternut
Onion, Yellow	Potato, Russet	Squash, Green
Parsley	Potato, Sweet	Squash, Spaghetti
Parsnip	Potato, White	Squash, Summer
Pea, Black-Eyed	Potato, Yukon Gold	Squash, Winter
Pea, Green	Prickly Pear	Squash, Yellow
Pea, Snap	Pumpkin	Sugar Beet
Pea, Snow	Pumpkin Powder	Sweet Potato, Red
Pea, Split	Radicchio	Sweet Potatoes, White
Pea Protein	Radish	Swiss Chard
Pepper, Anaheim	Rainbow Chard	Tomatillo

Tomato Paste (gluten &	Fruits	Goji Berry
Tomato Sauce (gluten &	Acai	Golden Berry
Tomato	Agar Gum	Gooseberry
Tomatoes, Big Beef	Apple (all types)	Grape
Tomato, Cherry	Apple Cider	Grape, Green
Tomato, Heirloom	Apple Juice	Grape, Purple
Tomato, Orange	Apple Sauce	Grape, Red
Tomato, Red	Bilberry	Grape, White
Tomato, Roma	Blackberry	Grapefruit
Tomato, Sun-dried	Blueberry	Grapefruit Juice
Tomato, Yellow	Boysenberry	Guava
Truffle	Cantaloupe	Huckleberry
Turnip Greens	Cherry	Jack fruit
Turnips	Clementine	Kiwi
Water Chestnut	Cranberry	Kumquat
Watercress	Cranberry Juice	Lemon
Yams, Garnett	Currant	Lemon Juice
Yams, Japanese	Date(s)	Lemon Rind/Peel
Yucca	Dragon Fruit (Pitaya)	Lime
Zucchini	Dried Fruit	Lime Juice
Alfalfa Sprouts	Elderberry	Litchi (aka Lychee)
Psyllium Husk	Fig	Loganberry

Loquat	Pomegranate	Annatto Seed
Mango	Pomelo	Arrowroot Flour/powder
Mangosteen	Prune	Brazil Nut
Maqui	Quince	Canola/Rapeseed Oil
Melon, Honeydew	Raisin (unsulfured, organic)	Caraway Seed
Monk Fruit	Raspberry	Cashews
Mulberry	Star Fruit	Cashew Butter
Nectarines	Strawberry	Cashew Meal
Noni	Tamarind	Chestnut
Orange	Tangelo	Chia Seed (1/4 cup, max)
Orange, Blood	Tangerine	Coconut Butter
Orange Juice	Wolfberry	Coconut Oil
Orange Peel/Rind	Youngberry	Coconut, shredded (raw,
Papaya	Banana	Cola Nut (aka Kola Nut)
Passion Fruit	Apricot	Corn Oil
Peach		Cottonseed/Cottonseed Oil
Pear	Nuts, Seeds, & Oils	Flax Meal
Pear, Asian	Almond Butter (Artisana®)	Flax Oil
Persimmons	Almond Flavor natural, gluten free)	Flax Seed
Pineapple	Almond Flour (gluten free)	Grapeseed Oil, Organic
Plantain	Almond Meal (gluten free)	Hazelnut/Filbert
Plum	Almond, Marcona	Hemp Meal

08/31/2017

Nanny Mai

Hemp Protein (Powder)	Sesame Seed Oil	Legumes & Pulses
Hemp Seed	Sesame Seeds	Bean, Azuki
Hydrogenated Oils	Sesame Seeds, Black	Bean, Black
Macadamia Nut Oil	Sunflower Seed Butter	Bean, Butter
Macadamia Nuts	Sunflower Seed Lecithin	Bean, Cannellini
Olive Leaf Extract	Sunflower Seed Oil	Bean, Chana Dahl
Olive Oil, Virgin	Sunflower Seeds	Bean, Chili
Palm Kernel Oil	Tahini	Bean, Green
Pecan	Tea, Ramon	Bean, Italian
Pecan Flour	Tiger Nuts	Bean, Kidney
Pepitas	Vegetable Oil	Bean, Mung
Pili Nuts	Vegetable Shortening (Spectrum®)	Bean, Navy/Ninja
Pine Nut	Walnut (few)	Bean, Pinto/Frijole
Pistachios	Walnut Oil	Bean, Red (see also Bean, Kidney)
Poppy seeds	Walnut, Black (few)	Chickpea (see also Garbanzo Bean)
Pumpkin Oil	Almond	Edamame (must be organic)
Pumpkin Seed Oil	Psyllium Husk	Fava Bean
Pumpkin Seeds		Fava Bean Flour
Ramon Seeds		Garbanzo Bean
Rice, Wild (Lundberg® - not the		Garbanzo Flour
Safflower/Safflower Seed Oil		Lentil(s)
Sacha Inchi Seeds		Miso

Pea, Snap	Non-Dairy & Eggs	Hummus
Pea, Snow	Almond Milk, unsweetened (no	Ketchup (Organicville)
Pea, Split	Almond Yogurt, unsweetened	Mustard, Brown (Eden® gf mustard
Peanut (Organic, Valencia)	Cheese, Soy (Organic) (see Soy)	Sauerkraut (Bubbies® Brand only)
Peanut Butter (Organic,	Coconut Kefir (No Tapioca,	Sriracha Sauce Organicville
Peanut Oil (Organic)	Coconut Milk(Native Forest or	Veganaise Soy-free (Follow Your
Red Bean Paste	Sriracha Sauce Organicville	
Soy Beans (must be organic)		Sweeteners
Soy Beans Oil (must be organic)	Condiments	Agave Nectar
Vanilla Bean	Apple Cider Vinegar (Bragg's®)	Aspartame/Nutrasweet
Vanilla Powder	Balsamic Vinegar MiaBella	BodyPro Almond Mayo Grade B
White Beans	Balsamic Vinegar (Caramel/Red W.	BodyPro Almond Mayo with Yacon
	Barbeque Sauce, GF Annie's®	Brown Rice Syrup (contains
Fish & Shellfish	BodyPro Almond Mayo Grade B	Chocolate, Dark
Corvina	BodyPro Almond Mayo with Yacon	Coconut Palm Sugar
Sardines	Carob	Date Sugar
	Coconut Vinegar (Coconut Secret)	Erythritol (non-GMO)
Meat & Poultry	Dressing, Primal Kitchen Greek	Fructose
Ostrich	Dressing, Primal Kitchen Honey	Fruit Pectin
	Earth Balance® Coconut Spread	Just Like Sugar®
	Earth Balance® Avocado Oil Butter	Lo Han
	Horseradish Sauce, Gluten-free	Maltodextrin (Corn-based,

Maple Sugar	Basil	Dill
Maple Syrup (Grade A Dark Amber	Bay Leaf	Dong Quai
Molasses	Black Cohosh	Echinacea
Monk Fruit	Caramel Coloring	Fennel
Nutrasweet®	Caraway Seed	Garlic
Rebiana Leaf (Stevia)	Cardamom	Garlic Pepper
Sorbitol	Celery Powder	Garlic Powder
Splenda	Chicory Root	Garlic Salt
Sucanat	Chili Powder	Ginkgo Biloba
Sugar Beet	Chipotle Seasoning	Ginseng (All Types)
Sugar Cane	Cilantro/Coriander	Goldenseal
Sweetleaf® Stevia	Cinnamon	Grapefruit Seed Extract
Swerve® Xylitol	Cinnamon, Ceylon	Grapeseed Extract
Xyla (Birchwood Xylitol/non-corn	Cloves	Guarana
Yacon Syrup	Cloves, Madagascar	Gymnema Silvestre
	Cloves, Penang	Herbs De Provence
Herbs & Spices	Cramp Bark Extract	Hickory
Allspice	Cream of Tartar	Himalayan Salt
Almond Flavor natural, gluten free)	Cumin	Jamaican Jerk
Anise	Curcumin	Juniper Berry
Ashwaganda	Curry (must be GF)	Lavender
Astragalus	Dandelion Root	Lemon Balm (Melissa Officinalis)

Lemon Pepper		Parsley		Tomatillo
Lemongrass		Pepper, Black (see Garlic/Lemon		Turmeric
Licorice Root		Pepper, Cayenne		Uva Ursi
Liquid Smoke (can have gluten)		Pepper/Peppercorns		Valerian
Liquid Smoke gluten free (natural)		Pepper/Peppercorns, Szechuan		Vanilla (gluten and corn-free)
Maca Root		Pepper, Red		Vanilla Bean
Mace Spice		Peppermint		Vanilla Powder
Marjoram		Pine Bark Extract		White Willow Bark Extract
Mesquite		Red Pepper Flake		Wintergreen
Milk Thistle		Rosemary		Rose Hips
Mint		Saffron		
Mustard (as a Powder)		Sage		Milk-Containing Foods
Mustard Seeds (gluten free)		Saw Plametto		
Nutmeg		Sesame Seeds		Gluten-Free Grains
Olive Leaf Extract		Sesame Seeds, Black		Almond Flour (gluten free)
Onion		Shallots		Amaranth
Onion Powder		Spearmint		Arrowroot Flour/powder
Orange Peel/Rind		St. John's Wort		Basmati Rice (gluten free)
Orange Salt		Taco Seasoning		Buckwheat
Oregano		Tamari (Wheat Free)		Buckwheat Flour
Paprika		Tarragon		Chicory Root
Paprika (smoked)		Thyme		Coconut Flour (gluten free)
	Licorice Root Liquid Smoke (can have gluten) Liquid Smoke gluten free (natural) Maca Root Mace Spice Marjoram Mesquite Milk Thistle Mint Mustard (as a Powder) Mustard Seeds (gluten free) Nutmeg Olive Leaf Extract Onion Onion Powder Orange Peel/Rind Orange Salt Oregano Paprika	Lemongrass Licorice Root Liquid Smoke (can have gluten) Liquid Smoke gluten free (natural) Maca Root Mace Spice Marjoram Mesquite Milk Thistle Mint Mustard (as a Powder) Mustard Seeds (gluten free) Nutmeg Olive Leaf Extract Onion Onion Powder Orange Peel/Rind Orange Salt Oregano Paprika	Lemongrass Pepper, Black (see Garlic/Lemon Licorice Root Pepper, Cayenne Liquid Smoke (can have gluten) Pepper/Peppercorns Liquid Smoke gluten free (natural) Pepper/Peppercorns, Szechuan Maca Root Pepper, Red Mace Spice Peppermint Marjoram Pine Bark Extract Mesquite Red Pepper Flake Milk Thistle Rosemary Mint Saffron Mustard (as a Powder) Sage Mustard Seeds (gluten free) Saw Plametto Nutmeg Sesame Seeds Olive Leaf Extract Sesame Seeds, Black Onion Shallots Onion Powder Spearmint Orange Peel/Rind St. John's Wort Orange Salt Taco Seasoning Oregano Tamari (Wheat Free) Paprika Tarragon	Lemongrass Pepper, Black (see Garlic/Lemon Licorice Root Pepper, Cayenne Liquid Smoke (can have gluten) Pepper/Peppercorms Liquid Smoke gluten free (natural) Pepper/Peppercorms, Szechuan Maca Root Pepper, Red Mace Spice Peppermint Marjoram Pine Bark Extract Mesquite Red Pepper Flake Milk Thistle Rosemary Mint Saffron Mustard (as a Powder) Sage Mustard Seeds (gluten free) Saw Plametto Mumeg Sesame Seeds Mustard Seeds (gluten free) Shallots Conion Shallots Conion Shallots Conion Powder Spearmint Corange Peel/Rind St. John's Wort Corange Salt Taco Seasoning Coregano Tamari (Wheat Free) Corange Paprika Tarragon Corange Paprika Tarragon Corange Paprika Corang

	Coconut Meal (gluten free)	Quinoa, Red (gluten free)	Tolerant Red or Green Lentil Pasta
	Corn (Gluten-free & Non-GMO)	Rice, Basmati (gluten free)	Tortilla, Siete Almond
	Corn, Blue	Rice, Black (gluten free)	Tortilla, Siete Cassava & Coconut
	Corn, White	Rice, Brown (gluten free)	Tortilla, Siete Chia & Cassava
	Corn Starch (gluten free)	Rice, Japonica (gluten free)	Simple Mills
	Ener-G Brown Rice Yeast-Free	Rice, Purple (gluten free)	Corn Meal (gluten free)
	Fava Bean Flour	Rice, Red (gluten free)	
	Flax Meal	Rice, White (gluten free)	Gluten-Containing Foods
	Garbanzo Flour	Rice, Wild (Lundberg® - not the	Barley
	Glucomannon Flour	Rice Bran	Barley Greens (Not for
	Hemp Meal	Rice Flour (gluten free)	Barley Juice (Not for
	Hemp Protein (Powder)	Rice Protein Powder (gluten free)	Beer
	Hemp Seed	Simple Mills Grnd Sea Salt Almond	Bran
	Konjac Glucomannon Flour	Simple Mills Rosemary & Sea Salt	Brown Rice Syrup (contains
	Millet	Simple Mills Tomato & Basil Almond	Caramel Coloring
	Oats	Sorghum	Chewing Gum (has gluten and corn)
	Oats (Bob's Red Mill Gluten Free	Sweet Potato Flour (gluten free)	Coffee, Instant (has gluten)
	Oat Grass (Not For Gluten	Tapioca	Couscous
	Potato Flour (gluten free)	Tapioca Flour (gluten free)	Durum Wheat
	Potato Starch (gluten free)	Tapioca Starch (gluten free)	Farro
	Quinoa (gluten free)	Teff	Gluten
П	Quinoa, Black (gluten free)	Tolerant Green Lentil & Pea Pasta	Graham (wheat)

Kamut	Corn Gluten	Coffee
Liquid Smoke (can have gluten)	Corn Meal (gluten free)	Coffee, Instant (has gluten)
Malt	Corn Oil	Collagen Protein (Powder)
Oats	Corn Starch (gluten free)	Echinacea Tea
Orzo	Erythritol (non-GMO)	Grapefruit Juice
Panko	Fructose	Green Tea
Polish Wheat	GemWraps®, Sandwich Wrap	Hemp Protein (Powder)
Rye	Maltodextrin (Corn-based,	Lemon Juice
Semolina	Sriracha Sauce Organicville	Licorice Tea
Spelt	Swerve® Xylitol	Lime Juice
Teechino	Vegetable Oil	Mineral Water
Triticale	Xanthan Gum	Orange Juice
Wheat (All Types)		Pea Protein
Wheat Grass (Is	Beverages & Protein Powders	Rice Protein Powder (gluten free)
	Almond Milk, unsweetened (no	Soy Milk/Soy Cheese (Organic)
Corn-Derived Foods	Apple Juice	Soy Protein (Organic)
Barbeque Sauce, GF Annie's®	Beer	Sparkling Water, unflavored
Cheese, Soy (Organic) (see Soy)	Carrot Juice	Tea, Black
Chewing Gum (has gluten and corn)	Coconut Kefir (No Tapioca,	Tea, Chamomile
Corn (Gluten-free & Non-GMO)	Coconut Milk(Native Forest or	Tea, Green
Corn, Blue	Coconut Water (low sugar)	Tea, Oolong
Corn, White	Coffee Bean, Organic	Tea, Ramon

Tea, Roobios	GemWraps®, Sandwich Wrap	Tomato Paste (gluten &
Tea, unflavored/caffeine-free only	GemWraps®, Sandwich Wrap	Tomato Sauce (gluten &
Tea, White	GemWraps®, Sandwich Wrap	Tagacanth Gum
Teechino	GemWraps®, Sandwich Wrap	Vegetable broth (Imagine® Low
Water	Glucomannon Flour	Vegetable Oil
Yerba Matte Tea (Organic/Pure)	Guar Gum	Vegetable Shortening (Spectrum®)
	Hops	Xanthan Gum
Miscellaneous	Julian Bakery Paleo Wraps	Latex
Agar Gum	Konjac Glucomannon Flour	Formaldehyde
Antimony	Liquid Aminos (Braggs®)(has Soy)	Red Dye
Arabic Gum	Locust Bean Gum	Acacia Gum
Baking Powder	Lycopene	Ispaghula/Psyllium
Baking Soda (Arm & Hammer®)	Malt	
Carrageenan Gum	Palm Wax	
Chewing Gum (has gluten and corn)	Pycnogenol	
Chewing Gum, Xylichew®	Red Tomato Paste (gluten free)	
Chicory Root	Resveratrol	
Cocoa/Cacao (raw, pure, &	Silver	
Coconut Aminos®	Skinny Crisps®(Plain Jane)	
Coconut Cream	Tagacanth Gum	
Collagen Protein (Powder)	Tamari (Wheat Free)	
Garam Masala	Tofu (Organic)	