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|---|---|---|
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Onion, Green |
| <input type="checkbox"/> Alfalfa Grass | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Onion, Maui |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Comfrey | <input type="checkbox"/> Onion, Red |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Onion, Sweet |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Onion, Yellow |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Endive | <input type="checkbox"/> Prickly Pear |
| <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Fennel | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Garlic | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Bitter Melon | <input type="checkbox"/> Ginger | <input type="checkbox"/> Rainbow Chard |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Hearts of Palm | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Horseradish | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Burdock | <input type="checkbox"/> Jicama | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Kale, all types | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Leeks | <input type="checkbox"/> Swede |
| <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Lettuce, all types | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mushrooms, Button | <input type="checkbox"/> Wasabi Root |
| <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Water Chestnut |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Mushrooms, Maitake | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Chard | <input type="checkbox"/> Mushrooms, Shiitake | |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Mustard Greens | |
| <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Olives (without vinegar) | |

Nanny Mai

11/15/2017

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| <input type="checkbox"/> Fruits | <input type="checkbox"/> Lychee | <input type="checkbox"/> Almond Meal (gluten free) |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Maqui | <input type="checkbox"/> Almond Oil |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Mulberry | <input type="checkbox"/> Annatto Seed |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Avocado Oil |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Noni | <input type="checkbox"/> Brazil Nut |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Caraway Seed |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Peach | <input type="checkbox"/> Cashew Butter |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Pear | <input type="checkbox"/> Cashew Meal |
| <input type="checkbox"/> Carambola | <input type="checkbox"/> Pear, Asian | <input type="checkbox"/> Cashews |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Plum | <input type="checkbox"/> Chestnut |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) |
| <input type="checkbox"/> Elderberry | <input type="checkbox"/> Rambutan | <input type="checkbox"/> Coconut Butter |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Raspberry | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Duck Fat |
| <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Youngberry | <input type="checkbox"/> Hazelnut/Filbert |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Legumes, Pods, & Pulses | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> MCT Oil |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Almond | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Lime | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Pine Nut |
| <input type="checkbox"/> Loganberry | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Longan Fruit | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Poppy seeds |
| <input type="checkbox"/> Loquat | | |

<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cumin	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)
<input type="checkbox"/> Allspice	<input type="checkbox"/> Curcumin	<input type="checkbox"/> Lemongrass
<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Lemon Pepper
<input type="checkbox"/> Anise	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Astragalus	<input type="checkbox"/> Dill	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Basil	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Fennel	<input type="checkbox"/> Mint
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Fennel Seed	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Catnip	<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Celery Seed	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Onion
<input type="checkbox"/> Chaparral	<input type="checkbox"/> Ginger Powder	<input type="checkbox"/> Onion Powder
<input type="checkbox"/> Chervil	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Oregano
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Pau D'arco
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)
<input type="checkbox"/> Clove Powder	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Pepper/Peppercorns
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Hickory	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Comfrey	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Lavender	<input type="checkbox"/> Saffron

<input type="checkbox"/> Sage	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Sassafras	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Savory	<input type="checkbox"/> Corvina	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Hake	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Shallots	<input type="checkbox"/> Lox	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Quail
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Sumac	<input type="checkbox"/> Octopus	<input type="checkbox"/> Milk-Containing Foods
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Perch	<input type="checkbox"/> Cheese, Cream
<input type="checkbox"/> Thyme	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Sardines	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast,)
<input type="checkbox"/> Valerian	<input type="checkbox"/> Sole	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Swai	<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Egg Whites, Pasture-raised
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Gluten-Free Grains
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Trout	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Coconut Flour (gluten free)
	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Coconut Meal (gluten free)
		<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
		<input type="checkbox"/> Hazelnut Flour
		<input type="checkbox"/> Konjac Glucomannon Flour

<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> No foods in this Category	<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Tea, White
<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Lo Han	<input type="checkbox"/> Water
<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Zevia Drinks
<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast,)	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Condiments, Spreads & Sauces	<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Cacao (Raw, Pure, & Unsweetened)
<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Latex
<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Silver
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Snacks
<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Green Tea	<input type="checkbox"/> No foods in this Category
<input type="checkbox"/> Horseradish Mustard, Gluten-free (Annie's®)	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Food Additives
<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Annatto Coloring
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Palm Wax
	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Tricalcium Phosphate
	<input type="checkbox"/> Tea, Chicory Root	<input type="checkbox"/> Vegan Enzyme
	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Vegan Natural Flavors (no MSG)
	<input type="checkbox"/> Tea, Hibiscus	
	<input type="checkbox"/> Tea, Oolong	