Bev	Milk, Soy (Organic)	Condiments
Almo	Mineral Water	Apple Cider Vinegar (Bragg's®)
Appi	Orange Juice	Balsamic Vinegar MiaBella NoCaramel/WineVine
Bee	Pea Protein	Balsamic Vinegar (with Red Wine Vinegar)
Carr	Rice Protein Powder (gluten free)	Balsamic Vinegar (Caramel/Red W. Vinegar)
Cocc	Soy Milk/Soy Cheese (Organic)	Barbeque Sauce, GF Annie's® Sweet & Spicy
Cocc	Soy Protein (Organic)	Carob
Coc	Sparkling Water, unflavored	Coconut Vinegar (Coconut Secret)
Coff	Tea, Black	Earth Balance® Coconut Spread
Coff	Tea, Chamomile	Earth Balance® Avocado Oil Butter Spread
Colla	Tea, Green	Horseradish Sauce, Gluten-free (Annie's®)
Echi	Tea, Oolong	Hummus
Graț	Tea, Ramon	Ketchup (Organicville)
Gree	Tea, Roobios	Mayonnaise
Herr	Tea, unflavored/caffeine-free only	Mustard, Brown (Eden® gf mustard)
Korr	Tea, White	Sauerkraut (Bubbies® Brand only)
Lem	Teechino	Ume Plum Vinegar
Lico	Water	Veganaise Soy-free (Follow Your Heart®)
Lime	Wine, Red	Vinegar
Milk	Wine, White (Champagne)	Vinegar, Distilled
Milk	Yerba Matte Tea (Organic/Pure)	Vinegar, Malt
Milk	Coffee Bean, Organic	Vinegar, Red Wine

Vine	Cor	Corvina
Vine	Cor	Crab
Vine	Cor	Crayfish
Worc	Cor	Flounder
Srira	Cor	Haddock
Taba	Ery	Hake
Dres:	Fru	Halibut
Dres:	Gen	Herring
Маус	Malt	Lobster
Маус	Swi	Mackerel
Body	Veç	Mahi Mahi
Body	Xar	Mussel
Body	Υος	Orange Roughy
	Srire	Oyster
Corn-Derived Foods		Perch
Barbo		Red Snapper
Che	Anc	Salmon, wild (fresh)
Chee	Bas	Sardines
Chee	Cat	Scallop
Chev	Chi	Shrimp
Corr	Cla	Sole
Corr	Сос	Squid

Swa	Cra	Lemon Juice
Swo	Cur	Lemon Rind/Peel
Tilar	Dat	Lime
Trou	Dra	Lime Juice
Tuna	Drie	Litchi (aka Lychee)
Wall	Eld	Loganberry
Whit	Fig	Loquat
Crat	Gol	Mango
	God	Mangosteen
Frui	Gra	Maqui
Acai	Gra	Melon, Honeydew
Appl	Gra	Monk Fruit
Appl	Gra	Mulberry
Appl	Gra	Nectarines
Bilbe	Gra	Noni
Blac	Gra	Orange
Blue	Gua	Orange, Blood
Boye	Huc	Orange Juice
Can	Jac	Orange Peel/Rind
Che	Kiw	Papaya
Clen	Kur	Passion Fruit
Crar	Len	Peach

Pea	Goj	Malt
Pea	Apr	Maltodextrin (Can be Wheat-derived)
Persimmons		Oats
Pine		Orzo
Plan	Bar	Panko
Plun	Barlı	Polish Wheat
Porr	Barlı	Rye
Porr	Веє	Semolina
Prur	Bra	Soy Sauce
Quir	Bre	Spelt
Rais	Brov	Teechino
Ras	Car	Teriyaki Sauce
Star	Che	Triticale
Stra	Che	Vinegar
Tam	Cof	Vinegar, Malt
Tanı	Coı	Vinegar, White
Tanı	Dur	Wheat (All Types)
Watı	Far	Wheat Grass (Is Gluten-contaminated)
Wolf	Glu	Crab, Immitation
You	Graham (wheat)	
Bana	Kamut	
Apri	Liquid Smoke (can have gluten)	

Gluf	Mill	Simple Mills Tomato & Basil Almond Crackers
Almo	Oat	Sorghum
Ama	Oats	Sweet Potato Flour (gluten free)
Bası	Oat	Tapioca
Bucl	Pot	Tapioca Flour (gluten free)
Bucl	Pot	Tapioca Starch (gluten free)
Chic	Qui	Teff
Coc	Qui	Tolerant Green Lentil & Pea Pasta
Corr	Qui	Tolerant Red or Green Lentil Pasta
Corr	Ric	Tortilla, Siete Almond
Corr	Ric	Tortilla, Siete Cassava & Coconut
Corr	Ric	Tortilla, Siete Chia & Cassava
Ener	Ric	Simple Mills EverythingSproutedSeedCracker
Fava	Ric	Corn Meal (gluten free)
Flax	Ric	Coconut Flour (gluten free)
Gart	Ric	Arrowroot Flour/powder
Gluca	Rice, Wild (Lundberg® - not the blend)	
Hazı	Rice Bran	
Herr	Rice Flour (gluten free)	
Herr	Rice Protein Powder (gluten free)	
Herr	Simple Mills Grnd Sea Salt Almond Crackers	
Konj	Simple Mills Rosemary & Sea Salt Crackers	

Her	Cra	Herbs De Provence
Allst	Cre	Hickory
Almo	Cur	Himalayan Salt
Anis	Cur	Jamaican Jerk
Ash	Cur	Juniper Berry
Astr	Dar	Lavender
Basi	Dill	Lemon Balm (Melissa Officinalis)
Bay	Dor	Lemon Pepper
Blac	Ech	Lemongrass
Cara	Fer	Licorice Root
Cara	Gar	Liquid Smoke (can have gluten)
Carc	Gar	Liquid Smoke gluten free (natural)
Cele	Gar	Maca Root
Chic	Gar	Mace Spice
Chili	Gin	Marjoram
Chip	Gin	Mesquite
Cilaı	Gin	Milk Thistle
Cinr	Gol	Mint
Cinr	Gra	Mustard (as a Powder)
Clov	Gra	Mustard Seeds (gluten free)
Clov	Gua	Nutmeg
Clov	Gyr	Olive Leaf Extract

09/07/2017

Nanny Mai

Orai	Tarragon	Legumes & Pulses
Orai	Thyme	Bean, Azuki
Oreç	Tomatillo	Bean, Black
Pars	Turmeric	Bean, Butter
Рерр	Uva Ursi	Bean, Cannellini
Pep	Valerian	Bean, Chana Dahl
Pep	Vanilla (gluten and corn-free)	Bean, Chili
Pep	Vanilla Bean	Bean, Green
Pep	Vanilla Powder	Bean, Italian
Pine	White Willow Bark Extract	Bean, Kidney
Red	Wintergreen	Bean, Lima
Red	Rose Hips	Bean, Mung
Ros	Pepper, Sichuan	Bean, Navy/Ninja
Saff	Pepper, Szechuan	Bean, Pinto/Frijole
Sag	Onion Powder	Bean, Red (see also Bean, Kidney)
Saw	Onion	Chickpea (see also Garbanzo Bean)
Sesi	Shallots	Edamame (must be organic)
Sesi	Paprika (smoked)	Fava Bean
Spe	Paprika	Fava Bean Flour
St. John's Wort		Garbanzo Bean
Taco Seasoning		Garbanzo Flour
Tamari (Wheat Free)		Lentil(s)

Misc	Apr	Pork, (organic)
Pea	App ¹	Quail
Pea	App	Rabbit
Pea	App ¹	Turkey (organic)
Pea	App	Veal (organic)
Pean	App	Venison (see also Deer)
Pea	Applegate® organic smoked chicken breast	
Red	Арр	
Soy	Арг	Applegate® organic spinach & feta sausage
Soy I	App	Butter, Raw and Pasture-raised
Vani	Веє	Buttermilk
Vani	Bisc	Casein
Whit	Buf	Cheese, American
Coff	Chic	Cheese, Asiago
	Chi	Cheese, Bleu
Mea	Des	Cheese, Brie
App	Duc	Cheese, Cheddar (Raw)
Apple	Goa	Cheese, Cottage
App	Lan	Cheese, Cream
App	Lar	Cheese, Goat
Apple	Ost	Cheese, Gorgonzola
Appl	Phe	Cheese, Gouda

Che	Milk	Coconut Aminos®
Che	Milk	Coconut Cream
Che	Milł	Collagen Protein (Powder)
Che	Milł	Garam Masala
Che	Mo:	GemWraps®, Sandwich Wrap (Carrot)
Che	Sou	GemWraps®, Sandwich Wrap (Kale-Apple
Che	Wh	GemWraps®, Sandwich Wrap (Mango/Chi
Chee	Υος	GemWraps®, Sandwich Wrap (Tomato)
Che	Che	Glucomannon Flour (konjacfoods.com)
Cheese, Romano		Great Lake's® Beef Gelatin
Che		Guar Gum
Che	Ant	Hops
Che	Ara	Julian Bakery Paleo Wraps
Che	Bak	Julian Bakery Almond Bread
Cho	Bak	Julian Bakery Coconut Bread
Cho	Beel	Konjac Glucomannon Flour
Crea	Car	Lard (pork)
Ghee	Che	Liquid Aminos (Braggs®)(has Soy)
Goa	Che	Locust Bean Gum
Goa	Chic	Lycopene
Kefiı	Chi	Malt
Lact	Coc	Maltodextrin (Can be Wheat-derived)

Paln	Formaldehyde	Nuts, Seeds, Drupes & Oils
Руст	Acacia Gum	Almond
Red	Tragacanth Gum	Almond Butter (Artisana®)
Red	Blue Food Dye	Almond Flavor natural, gluten free)
Res ⁻	Skinny Crisps®(Plain Jane)	Almond Flour (gluten free)
She	Red Food Dye	Almond Meal (gluten free)
Silve	Cocoa Butter	Almond, Marcona
Tam	Agar Gum	Annatto Seed
Tofu (Organic)		Brazil Nut
Toma		Canola/Rapeseed Oil
Toma	Almond Milk, unsweetened (no tapioca)	Caraway Seed
Vege	Almond Yogurt, unsweetened	Cashews
Vegi	Cheese, Daiya (Coconut,Tapioca,yeast,Â)	Cashew Butter
Vege	Cheese, Soy (Organic) (see Soy)	Cashew Meal
Vine	Coconut Kefir (No Tapioca, Carageenan)	Chestnut
Vine	Coconut Milk(Native Forest or Natural Value)	Chia Seed (1/4 cup, max)
Vine	Egg, Pasture-raised (from a farmer)	Coconut Butter
Xant	Egg, Vital Farms® or Pasture Verde®	Coconut Oil
Yea:	Egg, Whites, Pasture-raised	Coconut, shredded (raw, unsweetened)
Yea	Egg, Yolks Pasture-raised	Cola Nut (aka Kola Nut)
Yea:	Milk, Soy (Organic)	Corn Oil
Late	BodyPro Avocado Oil Mayonnaise	Cottonseed/Cottonseed Oil

Flax	Psy	Walnut, Black (few)
Flax	Pumpkin Oil	
Flax	Pur	
Gra	Pur	Date(s)
Hazı	Rar	Simple Mills Chocolate Chip Cookies
Hazı	Rice	Apple Sauce
Herr	Safflower/Safflower Seed Oil	
Herr	Sac	
Herr	Ses	Aspartame/Nutrasweet
Hyd	Ses	Brown Rice Syrup (contains MSG/Gluten)
Mac	Ses	Chocolate, Dark
Mac	Sur	Chocolate, Milk
Oliv	Sur	Chocolate, White
Oliv	Sur	Coconut Palm Sugar
Paln	Sur	Date Sugar
Peca	Tar	Erythritol (non-GMO)
Peca	Tea	Fructose
Pepi	Tig	Fruit Pectin
Pili I	Veç	Honey, (Organic)
Pine	Veg	Honey, Manuka
Pista	Wa	Honey, Wildflower from Mahava®
Popl	Wa	Just Like Sugar®

Lo Han	Veg	Cabbage, Green
Maltodextrin (Can be Wheat-derived)	Alo	Cabbage, Purple
Maltodextrin (Corn-based, non-GMO)	Arti	Cactus (Nopales)
Maple Sugar	Aru	Capers
Maple Syrup (Grade A Dark Amber Organic)	Asp	Capsicum
Molasses	Avc	Carrot Juice
Monk Fruit	Avc	Carrot, Orange
Nutrasweet®	Bar	Carrot, Purple
Rebiana Leaf (Stevia)	Веє	Carrot, White
Sorbitol	Веє	Carrot, Yellow
Splenda	Веє	Cassava (see Tapioca and Yucca)
Sucanat	Веє	Cauliflower
Sugar Beet	Bell	Cauliflower, Purple
Sugar Cane	Bell	Celery
Sweetleaf® Stevia	Bok	Chard
Swerve® Xylitol	Bro	Chayote
Xyla (Birchwood Xylitol/non-corn source)	Bro	Coconut (raw and unsweetened)
Yacon Syrup	Bro	Coconut Concentrate
BodyPro Almond Mayo Grade B Maple Syrup	Bro	Collard Greens
Sucralose	Bru	Corn (Gluten-free & Non-GMO)
Agave Nectar	Bur	Corn, Blue
Coconut Sugar	Cab	Corn, White

Cuc	Mu	Potato, Fingerling
Daik	Nor	Potato, Purple
Dan	Okr	Potato, Red
Dan	Oliv	Potato, Russet
Egg	Par	Potato, Sweet
Endi	Par	Potato, White
Feni	Pea	Potato, Yukon Gold
Garl	Pea	Prickly Pear
Неа	Pea	Pumpkin
Hors	Pea	Pumpkin Powder
Jica	Pea	Radicchio
Kale	Pea	Radish
Kelp	Per	Rainbow Chard
Kohl	Per	Rhubarb
Korr	Per	Rutabaga
Leel	Per	Sauerkraut (Bubbies® Brand only)
Lettı	Per	Scallions
Mus	Per	Sea Vegetables
Mus	Per	Seaweed
Mus	Per	Spinach
Mus	Picl	Spirulina
Mus	Pirr	Squash

Squ	Tomato, Yellow
Squ	Truffle
Squ	Turnip Greens
Squ	Turnips
Squ	Water Chestnut
Squ	Watercress
Squ	Yams, Garnett
Sug	Yams, Japanese
Swe	Yucca
Swe	Zucchini
Swis	Alfalfa Sprouts
Tom	Psyllium Husk
Toma	Onion, Green
Toma	Onion, Maui
Tom	Onion, Red
Tom	Onion, Sweet
Tom	Onion, Yellow
Tom	Chives
Tom	Shallots
Tom	Bell Pepper
Tom	Bell Pepper, Yellow
Tom	Bell Pepper, Orange