Vegetables	Cabbage, Chinese (see also Bok Choy)	Fennel
Aloe Vera	Cabbage, Green	Garlic
Artichoke (not pickled)	Cabbage, Purple	Ginger
Artichoke, Jerusalem (not pickled)	Cactus (Nopales)	Hearts of Palm
Arugula	Capers	Horseradish
Asparagus	Capsicum	Jicama
Avocado	Carrot, Orange	Kale, all types
Bamboo Shoot	Carrot, Purple	Kohlrabi
Bean Sprout	Carrot, White	Leeks
Beet	Carrot, Yellow	Lettuce, all types
Beet Greens	Carrot Juice	Mushrooms
Bell Pepper	Cauliflower	Mushrooms, Button
Bell Pepper, Green	Cauliflower, Purple	Mushrooms, Cremeni/Crimini
Bell Pepper, Orange	Celery	Mushrooms, Maitake
Bell Pepper, Red	Chard	Mushrooms, Shiitake
Bell Pepper, Yellow	Chives	Mustard Greens
Bitter Melon	Coconut (raw and unsweetened)	Olives (without vinegar)
Bok Choy	Coconut Concentrate	Onion, Green
Broccoli	Collard Greens	Onion, Maui
Broccolini	Comfrey	Onion, Red
Broccoli Rabe	Daikon Radish	Onion, Sweet
Broccoli Sprouts	Dandelion Greens	Onion, Yellow
Brussels Sprout	Dandelion Root	Paprika
Burdock	Endive	Parsley

Shopping List Page 2				All	ingredients must be organic
Na	nny Mai				11/13/2017
		i			
	Pepper, Anaheim		Truffle		Dates
Ш	Pepper, Cayenne	L	Turnip Greens	. LI	Dragon Fruit (Pitaya)
	Pepper, Chili		Turnips		Dried Fruit
	Pepper, Green		Wasabi Root		Durian Fruit
	Pepper, Habanero		Water Chestnut		Elderberry
	Pepper, Jalapeño		Watercress		Fig
	Pepper, Poblano		Yams, Garnett		Golden Berry
	Pepper, Red		Yams, Japanese		Grape
	Pepper, Serrano		Fruits		Grape, Green
	Pepper, Tabasco		Acai		Grape, Purple
	Prickly Pear		Apple (all types)		Grape, Red
	Radicchio		Apricot		Grape, White
	Radish		Banana		Grapefruit
	Rainbow Chard		Bilberry		Grapefruit Juice
	Red Pepper Flake		Blackberry		Guava
	Rutabaga		Blueberry		Huckleberry
	Sauerkraut (Bubbies® Brand only)		Boysenberry		Jack fruit
	Scallions		Carambola		Kiwi
	Shallots		Cherry		Kumquat
	Spinach		Clementine		Lemon
	Sugar Beet		Cranberry		Lemon Juice
	Swede		Cranberry Juice		Lemon Rind/Peel
	Swiss Chard		Currant		Lime
	Tabasco Sauce	٠,			Lime Juice

Shopping List Page 3					ngredients must be organic
Na	nny Mai				11/13/2017
	Loganberry		Plum		Annatto Seed
	Longan Fruit		Pomegranate		Avocado Oil
	Loquat		Pomelo		Brazil Nut
	Lychee		Prune		Canola Oil, Non-GMO
	Mango		Quince		Caraway Seed
	Mangosteen		Raisin (unsulfured, organic)		Cashew Butter
	Maqui		Rambutan		Cashew Meal
	Monk Fruit (Pure)		Raspberry		Cashews
	Mulberry		Star Fruit		Chestnut
	Nectarines		Tangelo		Chia Seed (1/4 cup, max)
	Noni		Tangerine		Coconut, shredded (raw, unsweetened)
	Orange		Watermelon		Coconut Butter
	Orange, Blood		Youngberry		Coconut Oil
	Orange Juice		Legumes, Pods, & Pulses		Cottonseed/Cottonseed Oil
	Orange Peel/Rind		Vanilla Bean		Duck Fat
	Oranges, Mandarin		Nuts, Seeds, Drupes & Oils		Flax Meal
	Papaya		Almond		Flax Oil
	Passion Fruit		Almond, Marcona		Flax Seed
	Peach		Almond Butter (Artisana®)		Grapeseed Oil, Organic
	Pear		Almond Flavor (natural, gluten		Hazelnut/Filbert
	Pear, Asian		free) Almond Flour (gluten free)		Hazelnut Flour
	Persimmons		Almond Meal (gluten free)		Hemp Meal
	Pineapple		Almond Oil		Hemp Protein (Powder)
	Plantain				Hemp Seed

Lard/Tallow (pork)	Herbs & Spices	Comfrey
Macadamia Nut Oil	Allspice	Cramp Bark Extract
Macadamia Nuts	Almond Flavor (natural, gluten free)	Cream of Tartar
MCT Oil	Anise	Cumin
Olive Leaf Extract	Astragalus	Curcumin
Olive Oil, Virgin	Basil	Curry (must be GF)
Palm Kernel Oil	Bay Leaf	Dandelion Root
Pine Nut	Bell Pepper, Red	Dill
Pistachios	Black Cohosh	Dong Quai
Poppy seeds	Capsicum	Echinacea
Rice, Wild (Lundberg® - not the blend)	Caraway Seed	Fennel
Sunflower Seed Butter	Cardamom	Fennel Seed
Sunflower Seed Flour	Catnip	Garlic
Sunflower Seed Lecithin	Celery Powder	Garlic Pepper
Sunflower Seed Oil	Celery Seed	Garlic Powder
Sunflower Seeds	Chaparral	Garlic Salt
Tahini	Chervil	Ginger Powder
Truffle Oil	Chili Powder	Ginkgo Biloba
Truffle Oil, Black	Cilantro/Coriander	Ginseng (All Types)
Vegetable Shortening (Spectrum®)	Cinnamon	Goldenseal
	Cinnamon, Ceylon	Grapefruit Seed Extract
	Clove Powder	Grapeseed Extract
	Cloves, Madagascar	Guarana
	Cloves, Penang	Gymnema Silvestre

Shopping List Page 5					ngredients must be organic
Na	anny Mai				11/13/2017
	Herbs De Provence		Parsley		Thyme
	Hickory		Pau D'arco		Turmeric
	Himalayan Salt		Pepper, Black (see Garlic/Lemon Pepper)		Uva Ursi
	Juniper Berry		Pepper, Cayenne		Valerian
	Lavender		Pepper, Red		Vanilla Bean
	Lemon Balm (Melissa Officinalis)		Pepper, Sichuan		Vanilla Powder
	Lemongrass		Pepper, Szechuan		White Willow Bark Extract
	Lemon Pepper		Pepper/Peppercorns		Wintergreen
	Maca Root		Peppermint		Wormwood
	Mace Spice		Pine Bark Extract		Fish & Shellfish
	Marjoram		Red Pepper Flake		Bass
	Milk Thistle		Rose Hips		Chilean Sea Bass
	Mint		Rosemary		Corvina
	Mustard (as a Powder)		Saffron		Flounder
	Mustard Seeds (gluten free)		Sage		Haddock
	Nutmeg		Sassafras		Hake
	Olive Leaf Extract		Savory		Halibut
	Onion		Saw Plametto		Herring
	Onion Powder		Shallots		Lox
	Orange Peel/Rind		Spearmint		Mackerel
	Orange Salt		St. John's Wort		Mahi Mahi
	Oregano		Sumac		Octopus
٦ļ	Paprika		Tabasco Sauce		Perch
\neg I	Paprika (smoked)		Tarragon		

	Red Snapper	Chicken, free range (organic)	Non-Dairy & Eggs
	Salmon, wild (fresh)	Chicken Broth (Imagine® gf/low sodium)	Almond Milk, unsweetened (no tapioca)
	Sardines	Collagen Protein (Powder)	Coconut Kefir (No Tapioca, Carageenan)
	Sole	Deer (see also Venison)	Coconut Milk (Native Forest or Natural Value)
	Swai	Duck	Egg Whites, Pasture-raised
	Swordfish	Goat, Grass-fed only (organic)	Gluten-Free Grains
	Tilapia (Wild, Non-farmed)	Great Lake's® Beef Gelatin	Almond Flour (gluten free)
	Trout	Lamb	Amaranth
	Walleye Pike	Ostrich	Buckwheat
	Whitefish/Turbot	Pheasant	Buckwheat Flour
	Meat & Poultry	Pork, (organic)	Coconut Flour (gluten free)
_			
	Applegate® organic bacon	Quail	Coconut Meal (gluten free)
	Applegate® organic bacon Applegate® organic black forest ham	Quail Rabbit	Coconut Meal (gluten free) Flax Meal
	Applegate® organic black forest		
	Applegate® organic black forest ham Applegate® organic	Rabbit	Flax Meal Glucomannon Flour
	Applegate® organic black forest ham Applegate® organic chicken/apple sausage Applegate® organic ham Applegate® organic hot dogs	Rabbit Turkey (organic)	Flax Meal Glucomannon Flour (konjacfoods.com)
	Applegate® organic black forest ham Applegate® organic chicken/apple sausage Applegate® organic ham Applegate® organic hot dogs Applegate® organic red pepper	Rabbit Turkey (organic) Veal (organic)	Flax Meal Glucomannon Flour (konjacfoods.com) Hazelnut Flour
	Applegate® organic black forest ham Applegate® organic chicken/apple sausage Applegate® organic ham Applegate® organic hot dogs	Rabbit Turkey (organic) Veal (organic) Venison (see also Deer)	Flax Meal Glucomannon Flour (konjacfoods.com) Hazelnut Flour Hemp Meal
	Applegate® organic black forest ham Applegate® organic chicken/apple sausage Applegate® organic ham Applegate® organic hot dogs Applegate® organic red pepper sausage	Rabbit Turkey (organic) Veal (organic) Venison (see also Deer) Milk-Containing Foods	Flax Meal Glucomannon Flour (konjacfoods.com) Hazelnut Flour Hemp Meal Hemp Protein (Powder)
	Applegate® organic black forest ham Applegate® organic chicken/apple sausage Applegate® organic ham Applegate® organic hot dogs Applegate® organic red pepper sausage Applegate® organic roast beef Applegate® organic sausage	Rabbit Turkey (organic) Veal (organic) Venison (see also Deer) Milk-Containing Foods	Flax Meal Glucomannon Flour (konjacfoods.com) Hazelnut Flour Hemp Meal Hemp Protein (Powder) Hemp Seed
	Applegate® organic black forest ham Applegate® organic chicken/apple sausage Applegate® organic ham Applegate® organic hot dogs Applegate® organic red pepper sausage Applegate® organic roast beef Applegate® organic sausage sweet italian Applegate® organic turkey	Rabbit Turkey (organic) Veal (organic) Venison (see also Deer) Milk-Containing Foods	Flax Meal Glucomannon Flour (konjacfoods.com) Hazelnut Flour Hemp Meal Hemp Protein (Powder) Hemp Seed Konjac Glucomannon Flour Rice, Wild (Lundberg® - not the
	Applegate® organic black forest ham Applegate® organic chicken/apple sausage Applegate® organic ham Applegate® organic hot dogs Applegate® organic red pepper sausage Applegate® organic roast beef Applegate® organic sausage sweet italian Applegate® organic turkey bacon	Rabbit Turkey (organic) Veal (organic) Venison (see also Deer) Milk-Containing Foods	Flax Meal Glucomannon Flour (konjacfoods.com) Hazelnut Flour Hemp Meal Hemp Protein (Powder) Hemp Seed Konjac Glucomannon Flour Rice, Wild (Lundberg® - not the blend)

Gluten-Containing Foods	Vinegar, Distilled	Sugar Cane
No foods in this Category	Sweeteners	Sweetleaf® Stevia
Corn-Derived Foods	BodyPro Almond Mayo Grade A Maple Syrup	Xyla (Birchwood Xylitol)
No foods in this Category	Brown Sugar	Yacon Syrup
Condiments, Spreads & Sauces	Cane Syrup	Beverages & Protein Powders
Apple Cider Vinegar (Bragg's®)	Chocolate, Dark	Almond Milk, unsweetened (no tapioca)
Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Coconut Palm Sugar	Apple Cider
BodyPro Almond Mayo Grade A Maple Syrup	Coconut Sugar	Apple Juice
BodyPro Almond Mayo with Yacon Syrup	Date Sugar	Bone Broth Protein, Beef
Coconut Aminos®	Fruit Pectin	Carrot Juice
Coconut Cream	Honey, (Organic)	Cocoa
Coconut Vinegar (Coconut Secret)	Honey, Manuka	Coconut Kefir (No Tapioca, Carageenan)
Distilled White Vinegar	Honey, Wildflower from Mahava®	Coconut Milk (Native Forest or Natural Value)
Dressing, Primal Kitchen Honey Mustard	Jerusalem Artichoke Syrup	Coconut Water (low sugar)
Earth Balance® Coconut Spread	Lo Han	Collagen Protein (Powder)
Horseradish Mustard, Gluten-free (Annie's®)	Maple Sugar	Echinacea Tea
Liquid Smoke gluten free (natural)	Maple Syrup (Grade A Dark Amber Organic)	Grapefruit Juice
Mustard, Brown (Eden® gf mustard)	Molasses	Great Lake's® Beef Gelatin
Olives (without vinegar)	Monk Fruit (Pure)	Green Tea
Sauerkraut (Bubbies® Brand only)	Monk Fruit Extract	Hemp Protein (Powder)
Tabasco Sauce	Rebiana Leaf (Stevia)	Lemon Juice
Vegetable Shortening (Spectrum®)	Sucanat	Lime Juice
Vinegar, Beet	Sugar Beet	Mineral Water

Nanny Mai 11/13/2017

Orange Juice	Latex
Sparkling Water, unflavored	Lycopene
Tea, Black	Pycnogenol
Tea, Chamomile	Resveratrol
Tea, Chicory Root	Silver
Tea, Green	Yeast, Baker's
Tea, Hibiscus	Yeast, Brewer's
Tea, Oolong	Yeast, Nutritional
Tea, Roobios	Snacks
Tea, White	Apple Sauce
Water	Dates
Wine, White (Champagne)	Food Additives
Yerba Matte Tea (Organic/Pure)	Annatto Coloring
Zevia Drinks	Chicory Root
Miscellaneous	Inulin
Baking Soda (Arm & Hammer®)	Lactic Acid (beet-derived)
Beef broth (Imagine® low sodium/GF)	Palm Wax
Bone Broth, Beef	Tricalcium Phosphate
Cacao (Raw, Pure, & Unsweetened)	Vegan Enzyme
Chicken Broth (Imagine® gf/low sodium)	Vegan Natural Flavors (no MSG)
Cocoa	
Collagen Protein (Powder)	
Great Lake's® Beef Gelatin	