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

Lemon Rind/Peel

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Tomato

Fennel Seed

Catnip

Milk Thistle

		Fish & Shellfish
Mint	Saffron	
Mustard (as a Powder)	Sage	Bass
Mustard Seeds (gluten free)	Sassafras	Chilean Sea Bass
Nutmeg	Savory	Corvina
Olive Leaf Extract	Saw Plametto	Flounder
		Haddock
Onion	Shallots	Hake
Onion Powder	Spearmint	Halibut
Oregano	St. John's Wort	
Paprika	Sumac	Herring
Paprika (smoked)	Tabasco Sauce	Lox
Parsley	Tarragon	Mackerel
Pau D'arco	Thyme	Mahi Mahi
Pau D'arco Pepper, Black (see	Thyme	Mahi Mahi Octopus
Pepper, Black (see Garlic/Lemon Pepper)	Tomatillo	
Pepper, Black (see		Octopus Perch
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red	Tomatillo	Octopus Perch Red Snapper
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne	Tomatillo Turmeric	Octopus Perch Red Snapper Salmon, wild (fresh)
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red	Tomatillo Turmeric Uva Ursi	Octopus Perch Red Snapper
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan	Tomatillo Turmeric Uva Ursi Valerian	Octopus Perch Red Snapper Salmon, wild (fresh)
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns	Tomatillo Turmeric Uva Ursi Valerian Vanilla Bean Vanilla Powder	Octopus Perch Red Snapper Salmon, wild (fresh) Sardines
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns Peppermint	Tomatillo Turmeric Uva Ursi Valerian Vanilla Bean Vanilla Powder White Willow Bark Extract	Octopus Perch Red Snapper Salmon, wild (fresh) Sardines Sole
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns Peppermint Pine Bark Extract	Tomatillo Turmeric Uva Ursi Valerian Vanilla Bean Vanilla Powder White Willow Bark Extract Wintergreen	Octopus Perch Red Snapper Salmon, wild (fresh) Sardines Sole Swai
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns Peppermint	Tomatillo Turmeric Uva Ursi Valerian Vanilla Bean Vanilla Powder White Willow Bark Extract	Octopus Perch Red Snapper Salmon, wild (fresh) Sardines Sole Swai Swordfish Tilapia (Wild, Non-farmed)
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns Peppermint Pine Bark Extract	Tomatillo Turmeric Uva Ursi Valerian Vanilla Bean Vanilla Powder White Willow Bark Extract Wintergreen	Octopus Perch Red Snapper Salmon, wild (fresh) Sardines Sole Swai Swordfish

Whitefish/Turbot	Venison (see also Deer)	Gluten-Containing Foods
Meat & Poultry	Milk-Containing Foods	No foods in this Category
Applegate® organic black forest ham	No foods in this Category	Corn-Derived Foods
Applegate® organic ham	Non-Dairy & Eggs	No foods in this Category
Applegate® organic hot dogs	Almond Milk, unsweetened (no tapioca)	Condiments, Spreads & Sauces
Applegate® organic roast beef	Coconut Kefir (No Tapioca, Carageenan)	Apple Cider Vinegar (Bragg's®)
Beef, Grass-fed only (organic)	Coconut Milk (Native Forest or Natural Value)	BodyPro Almond Mayo Grade A Maple Syrup
Bison (see also Buffalo)	Egg Whites, Pasture-raised	BodyPro Almond Mayo with Yacon Syrup
Buffalo (see also Bison)	Gluten-Free Grains	Coconut Aminos®
Chicken, free range (organic)	Almond Flour (gluten free)	Coconut Cream
Collagen Protein (Powder)	Amaranth	Coconut Vinegar (Coconut Secret)
		Distilled White Vinegar
Deer (see also Venison)	Coconut Flour (gluten free)	Earth Balance® Coconut
Duck	Coconut Meal (gluten free)	Spread
Goat, Grass-fed only (organic)	Flax Meal	Harissa
Great Lake's® Beef Gelatin	Glucomannon Flour (konjacfoods.com)	Horseradish Mustard, Gluten-free (Annie's®)
Lamb	Hazelnut Flour	Ketchup (Organicville)
Ostrich	Hemp Meal	Liquid Smoke gluten free (natural)
Pheasant	Hemp Protein (Powder)	Mustard, Brown (Eden® gf mustard)
		Olives (without vinegar)
Pork, (organic)	Hemp Seed	Red Tomato Paste (gluten free)
Quail	Konjac Glucomannon Flour	Sauerkraut (Bubbies® Brand
Rabbit	Sunflower Seed Flour	only)
Turkey (organic)		Tabasco Sauce
Veal (organic)		Tomato Paste (gluten & Vinegar-free)

		De anno A Data's De alon	
Tomato Sauce (gluten & Vinegar-free)	Ш	Beverages & Protein Powders Almond Milk, unsweetened (no	Water
Ume Plum Vinegar		tapioca)	Yerba Matte Tea (Organic/Pure)
Vegetable Shortening		Bone Broth Protein, Beef	Zevia Drinks
(Spectrum®) Vinegar, Distilled		Coconut Kefir (No Tapioca, Carageenan)	Miscellaneous
Sweeteners		Coconut Milk (Native Forest or Natural Value)	Baking Soda (Arm & Hammer®)
		Coconut Water (low sugar)	
Agave Nectar BodyPro Almond Mayo Grade A		Collagen Protein (Powder)	Bone Broth, Beef Cacao (Raw, Pure, &
Maple Syrup		Echinacea Tea	Unsweetened)
Coconut Palm Sugar		Great Lake's® Beef Gelatin	Collagen Protein (Powder)
Coconut Sugar			Great Lake's® Beef Gelatin
Honey, (Organic)		Green Tea	Latex
Honey, Manuka		Hemp Protein (Powder)	Lycopene
Honey, Wildflower from Mahaya®		Lemon Juice	Red Tomato Paste (gluten free)
Honey, Wildflower from Mahava® Jerusalem Artichoke Syrup		Lemon Juice Lime Juice	Red Tomato Paste (gluten free) Silver
Mahava®			
Mahava® Jerusalem Artichoke Syrup Lo Han		Lime Juice	Silver Tobacco
Mahava® Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark		Lime Juice Mineral Water	Silver Tobacco Yeast, Baker's
Mahava® Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic)		Lime Juice Mineral Water Sparkling Water, unflavored	Silver Tobacco Yeast, Baker's Yeast, Brewer's
Mahava® Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark		Lime Juice Mineral Water Sparkling Water, unflavored Tea, Black Tea, Chamomile	Silver Tobacco Yeast, Baker's
Mahava® Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic)		Lime Juice Mineral Water Sparkling Water, unflavored Tea, Black Tea, Chamomile Tea, Chicory Root	Silver Tobacco Yeast, Baker's Yeast, Brewer's
Mahava® Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Monk Fruit (Pure)		Lime Juice Mineral Water Sparkling Water, unflavored Tea, Black Tea, Chamomile	Silver Tobacco Yeast, Baker's Yeast, Brewer's
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Monk Fruit (Pure) Monk Fruit Extract		Lime Juice Mineral Water Sparkling Water, unflavored Tea, Black Tea, Chamomile Tea, Chicory Root	Silver Tobacco Yeast, Baker's Yeast, Brewer's
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Monk Fruit (Pure) Monk Fruit Extract Rebiana Leaf (Stevia)		Lime Juice Mineral Water Sparkling Water, unflavored Tea, Black Tea, Chamomile Tea, Chicory Root Tea, Green	Silver Tobacco Yeast, Baker's Yeast, Brewer's
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Monk Fruit (Pure) Monk Fruit Extract Rebiana Leaf (Stevia) Sweetleaf® Stevia		Lime Juice Mineral Water Sparkling Water, unflavored Tea, Black Tea, Chamomile Tea, Chicory Root Tea, Green Tea, Hibiscus	Silver Tobacco Yeast, Baker's Yeast, Brewer's

Nanny Mai 11/20/2017

Snacks
Dates
Food Additives
Annatto Coloring
Chicory Root
Inulin
Palm Wax
Tricalcium Phosphate
Vegan Enzyme
Vegan Natural Flavors (no MSG)
new food cat
alpha
bravo
charlie
food name