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

Monk Fruit (Pure)

Tomato, Red

Mulberry	Legumes, Pods, & Pulses	Cottonseed/Cottonseed Oil
Nectarines	Vanilla Bean	Duck Fat
Noni	Nuts, Seeds, Drupes & Oils	Flax Meal
Passion Fruit	Almond	Flax Oil
Peach	Almond, Marcona	Flax Seed
Pear	Almond Butter (Artisana®)	Hazelnut/Filbert
Pear, Asian	Almond Flavor (natural, gluten free)	Hazelnut Flour
Persimmons	Almond Flour (gluten free)	Hemp Meal
Plum	Almond Meal (gluten free)	Hemp Protein (Powder)
Pomegranate	Almond Oil	Hemp Seed
Pomelo	Annatto Seed	Lard/Tallow (pork)
Prune	Avocado Oil	Macadamia Nut Oil
Rambutan	Brazil Nut	Macadamia Nuts
Raspberry	Canola Oil, Non-GMO	MCT Oil
Star Fruit	Caraway Seed	Olive Leaf Extract
Tangerine	Cashew Butter	Olive Oil, Virgin
Wolfberry	Cashew Meal	Palm Kernel Oil
Youngberry	Cashews	Pine Nut
	Chestnut	Pistachios
	Chia Seed (1/4 cup, max)	Poppy seeds
	Coconut, shredded (raw, unsweetened)	Sunflower Seed Butter
	Coconut Butter	Sunflower Seed Flour
	Coconut Oil	Sunflower Seed Lecithin
		Sunflower Seed Oil

S	Shopping List Page 4			All ingredients must be organic		
N	Nanny Mai 11/18/2017					
	Overflavora Openda		Oile a tra /O original de a		Oirean m (All Turea)	
	Sunflower Seeds		Cilantro/Coriander		Ginseng (All Types)	
	Tahini	Ш	Cinnamon		Goldenseal	
	Truffle Oil		Cinnamon, Ceylon		Grapefruit Seed Extract	
	Truffle Oil, Black		Clove Powder		Guarana	
	Vegetable Shortening (Spectrum®)		Cloves, Madagascar		Gymnema Silvestre	
	Herbs & Spices		Cloves, Penang		Herbs De Provence	
	Allspice		Comfrey		Hickory	
	Almond Flavor (natural, gluten free)		Cramp Bark Extract		Himalayan Salt	
	Anise		Cream of Tartar		Juniper Berry	
	Astragalus		Cumin		Lavender	
	Basil		Curcumin		Lemon Balm (Melissa Officinalis)	
	Bay Leaf		Curry (must be GF)		Lemongrass	
	Bell Pepper, Red		Dandelion Root		Lemon Pepper	
	Black Cohosh		Dill		Maca Root	
	Capsicum		Dong Quai		Mace Spice	
	Caraway Seed		Echinacea		Marjoram	
	Cardamom		Fennel		Milk Thistle	
	Catnip		Fennel Seed		Mint	
	Celery Powder		Garlic		Mustard (as a Powder)	
	Celery Seed		Garlic Pepper		Mustard Seeds (gluten free)	
	Chaparral		Garlic Powder		Nutmeg	
	Chervil		Garlic Salt		Olive Leaf Extract	
	Chili Powder		Ginger Powder		Onion	
			Ginkgo Biloba		Onion Powder	

Oregano	Sumac	Mackerel
Paprika	Tabasco Sauce	Mahi Mahi
Paprika (smoked)	Tarragon	Octopus
Parsiey	Thyme	Perch
Pau D'arco	Tomatillo	Red Snapper
Pepper, Black (see Garlic/Lemon Pepper)	Turmeric	Salmon, wild (fresh)
Pepper, Cayenne	Uva Ursi	Sardines
Pepper, Red	Valerian	Sole
Pepper, Sichuan	Vanilla Bean	Swai
Pepper, Szechuan	Vanilla Powder	Swordfish
Pepper/Peppercorns	White Willow Bark Extract	Tilapia (Wild, Non-farmed)
Peppermint	Wintergreen	Trout
Pine Bark Extract	Wormwood	Walleye Pike
Red Pepper Flake	Fish & Shellfish	Whitefish/Turbot
Rose Hips	Bass	Meat & Poultry
Rosemary	Chilean Sea Bass	Applegate® organic black forest ham
Saffron	Corvina	Applegate® organic ham
Sage	Flounder	Applegate® organic hot dogs
Sassafras	Haddock	Applegate® organic roast beef
Savory	Hake	Beef, Grass-fed only (organic)
Saw Plametto	Halibut	Bison (see also Buffalo)
Shallots	Herring	Buffalo (see also Bison)
Spearmint	Lox	Chicken, free range (organic)
St. John's Wort		

Collagen Protein (Powder)		Gluten-Free Grains	Coconut Aminos®
Deer (see also Venison)		Almond Flour (gluten free)	Coconut Cream
Duck		Amaranth	Coconut Vinegar (Coconut Secret)
Goat, Grass-fed only (organic)		Coconut Flour (gluten free)	Distilled White Vinegar
Great Lake's® Beef Gelatin		Coconut Meal (gluten free)	Earth Balance® Coconut Spread
Lamb		Flax Meal	Harissa
Ostrich		Glucomannon Flour (konjacfoods.com)	Horseradish Mustard, Gluten-free (Annie's®)
Pheasant		Hazelnut Flour	Ketchup (Organicville)
Pork, (organic)		Hemp Meal	Liquid Smoke gluten free (natural)
Quail		Hemp Protein (Powder)	Mustard, Brown (Eden® gf mustard)
Rabbit		Hemp Seed	Olives (without vinegar)
Turkey (organic)		Konjac Glucomannon Flour	Red Tomato Paste (gluten free)
Veal (organic)		Sunflower Seed Flour	Sauerkraut (Bubbies® Brand only)
Venison (see also Deer)		Gluten-Containing Foods	Tabasco Sauce
Milk-Containing Foods	•	No foods in this Category	Tomato Paste (gluten & Vinegar-free)
No foods in this Category		Corn-Derived Foods	Tomato Sauce (gluten & Vinegar-free)
Non-Dairy & Eggs		No foods in this Category	Ume Plum Vinegar
Almond Milk, unsweetened (no	L		Vegetable Shortening (Spectrum®)
tapioca) Coconut Kefir (No Tapioca,			Vinegar, Distilled
Carageenan) Coconut Milk (Native Forest or			
Natural Value) Egg Whites, Pasture-raised			
		BodyPro Almond Mayo with	

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

Nanny Mai 11/18/2017

Food Additives
Annatto Coloring
Chicory Root
Inulin
Palm Wax
Tricalcium Phosphate
Vegan Enzyme
Vegan Natural Flavors (no MSG)