Shopping List Page 1 — All ingredients must be organic

Nanny Mai — 11/17/2017

- [ ] Vegetables
- [ ] Aloe Vera
- [ ] Arugula
- [ ] Avocado
- [ ] Bamboo Shoot
- [ ] Bean Sprout
- [ ] Beet Greens
- [ ] Bell Pepper
- [ ] Bell Pepper, Green
- [ ] Bell Pepper, Orange
- [ ] Bell Pepper, Red
- [ ] Bell Pepper, Yellow
- [ ] Bitter Melon
- [ ] Burdock
- [ ] Cactus (Nopales)
- [ ] Capers
- [ ] Capsicum
- [ ] Chard
- [ ] Chives
- [ ] Coconut (raw and unsweetened)
- [ ] Coconut Concentrate
- [ ] Collard Greens
- [ ] Comfrey
- [ ] Daikon Radish
- [ ] Dandelion Greens
- [ ] Dandelion Root
- [ ] Eggplant
- [ ] Endive
- [ ] Fennel
- [ ] Ginger
- [ ] Hearts of Palm
- [ ] Horseradish
- [ ] Jicama
- [ ] Kohlrabi
- [ ] Leeks
- [ ] Mustard Greens
- [ ] Onion, Green
- [ ] Paprika
- [ ] Parsley
- [ ] Pepper, Anaheim
- [ ] Pepper, Cayenne
- [ ] Pepper, Chili
- [ ] Pepper, Green
- [ ] Pepper, Habanero
- [ ] Pepper, Jalapeño
- [ ] Pepper, Poblano
- [ ] Pepper, Red
- [ ] Pepper, Serrano
- [ ] Pepper, Tabasco
- [ ] Prickly Pear
- [ ] Radicchio
- [ ] Rainbow Chard
- [ ] Red Pepper Flake
- [ ] Rutabaga
- [ ] Scallions
- [ ] Swede
- [ ] Swiss Chard
- [ ] Tabasco Sauce
- [ ] Tomatillo
- [ ] Tomato
- [ ] Tomato, Cherry
- [ ] Tomato, Heirloom
- [ ] Tomato, Orange
- [ ] Tomato, Red
- [ ] Tomato, Roma
- [ ] Tomato, Sun-dried
- [ ] Tomato, Yellow
- [ ] Tomatoes, Big Beef
- [ ] Tomato Paste (gluten & Vinegar-free)
- [ ] Tomato Sauce (gluten & Vinegar-free)
- [ ] Truffle
- [ ] Turnip Greens

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- [ ] Wasabi Root
- [ ] Water Chestnut
- [ ] Watercress
- [ ] Yams, Garnett
- [ ] Yams, Japanese

Fruits

- [ ] Acai
- [ ] Apple (all types)
- [ ] Apricot
- [ ] Bilberry
- [ ] Blackberry
- [ ] Blueberry
- [ ] Boysenberry
- [ ] Carambola
- [ ] Cherry
- [ ] Clementine
- [ ] Dates
- [ ] Dragon Fruit (Pitaya)
- [ ] Durian Fruit
- [ ] Elderberry
- [ ] Goji Berry
- [ ] Golden Berry
- [ ] Gooseberries
- [ ] Grapefruit
- [ ] Guava
- [ ] Huckleberry
- [ ] Kiwi
- [ ] Kumquat
- [ ] Lemon
- [ ] Lemon Juice
- [ ] Lemon Rind/Peel
- [ ] Lime
- [ ] Lime Juice
- [ ] Loganberry
- [ ] Longan Fruit
- [ ] Loquat
- [ ] Lychee
- [ ] Mangosteen
- [ ] Maqui
- [ ] Monk Fruit (Pure)
- [ ] Mulberry
- [ ] Nectarines
- [ ] Noni
- [ ] Passion Fruit
- [ ] Peach
- [ ] Pear
- [ ] Pear, Asian
- [ ] Persimmons
- [ ] Plum
- [ ] Pomegranate
- [ ] Pomelo
- [ ] Prune
- [ ] Rambutan
- [ ] Raspberry
- [ ] Star Fruit
- [ ] Tangerine
- [ ] Wolfberry
- [ ] Youngberry

Legumes, Pods, & Pulses

- [ ] Vanilla Bean

Nuts, Seeds, Drupes & Oils

- [ ] Almond
- [ ] Almond, Marcona
- [ ] Almond Butter (Artisana®)
- [ ] Almond Flavor (natural, gluten free)
- [ ] Almond Flour (gluten free)
- [ ] Almond Meal (gluten free)
- [ ] Almond Oil
- [ ] Annatto Seed
- [ ] Avocado Oil

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- [ ] Brazil Nut
- [ ] Canola Oil, Non-GMO
- [ ] Caraway Seed
- [ ] Cashew Butter
- [ ] Cashew Meal
- [ ] Cashews
- [ ] Chestnut
- [ ] Chia Seed (1/4 cup, max)
- [ ] Coconut, shredded (raw, unsweetened)
- [ ] Coconut Butter
- [ ] Coconut Oil
- [ ] Cottonseed/Cottonseed Oil
- [ ] Duck Fat
- [ ] Flax Meal
- [ ] Flax Oil
- [ ] Flax Seed
- [ ] Hazelnut/Filbert
- [ ] Hazelnut Flour
- [ ] Hemp Meal
- [ ] Hemp Protein (Powder)
- [ ] Hemp Seed
- [ ] Macadamia Nut Oil
- [ ] Macadamia Nuts
- [ ] MCT Oil
- [ ] Palm Kernel Oil
- [ ] Pine Nut
- [ ] Pistachios
- [ ] Poppy seeds
- [ ] Sunflower Seed Butter
- [ ] Sunflower Seed Flour
- [ ] Sunflower Seed Lecithin
- [ ] Sunflower Seed Oil
- [ ] Sunflower Seeds
- [ ] Tahini
- [ ] Truffle Oil
- [ ] Truffle Oil, Black
- [ ] Vegetable Shortening (Spectrum®)

Herbs & Spices

- [ ] Allspice
- [ ] Almond Flavor (natural, gluten free)
- [ ] Anise
- [ ] Astragalus
- [ ] Basil
- [ ] Bay Leaf
- [ ] Bell Pepper, Red
- [ ] Black Cohosh
- [ ] Capsicum
- [ ] Caraway Seed
- [ ] Cardamom
- [ ] Catnip
- [ ] Chaparral
- [ ] Chervil
- [ ] Chili Powder
- [ ] Cilantro/Coriander
- [ ] Cinnamon
- [ ] Cinnamon, Ceylon
- [ ] Clove Powder
- [ ] Cloves, Madagascar
- [ ] Cloves, Penang
- [ ] Comfrey
- [ ] Cramp Bark Extract
- [ ] Cream of Tartar
- [ ] Cumin
- [ ] Curcumin
- [ ] Curry (must be GF)
- [ ] Dandelion Root
- [ ] Dill
- [ ] Dong Quai
- [ ] Echinacea
- [ ] Fennel
- [ ] Fennel Seed

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- [ ] Ginger Powder
- [ ] Ginkgo Biloba
- [ ] Ginseng (All Types)
- [ ] Goldenseal
- [ ] Grapefruit Seed Extract
- [ ] Guarana
- [ ] Gymnema Silvestre
- [ ] Herbs De Provence
- [ ] Hickory
- [ ] Himalayan Salt
- [ ] Juniper Berry
- [ ] Lavender
- [ ] Lemon Balm (Melissa Officinalis)
- [ ] Lemongrass
- [ ] Lemon Pepper
- [ ] Maca Root
- [ ] Mace Spice
- [ ] Marjoram
- [ ] Milk Thistle
- [ ] Mint
- [ ] Mustard (as a Powder)
- [ ] Mustard Seeds (gluten free)
- [ ] Nutmeg
- [ ] Oregano
- [ ] Paprika
- [ ] Paprika (smoked)
- [ ] Parsley
- [ ] Pau D'arco
- [ ] Pepper, Black (see Garlic/Lemon Pepper)
- [ ] Pepper, Cayenne
- [ ] Pepper, Red
- [ ] Pepper, Sichuan
- [ ] Pepper, Szechuan
- [ ] Pepper/Peppercorns
- [ ] Peppermint
- [ ] Pine Bark Extract
- [ ] Red Pepper Flake
- [ ] Rose Hips
- [ ] Rosemary
- [ ] Saffron
- [ ] Sage
- [ ] Sassafras
- [ ] Savory
- [ ] Saw Plametto
- [ ] Spearmint
- [ ] St. John's Wort
- [ ] Sumac
- [ ] Tabasco Sauce
- [ ] Tarragon
- [ ] Thyme
- [ ] Tomatillo
- [ ] Turmeric
- [ ] Uva Ursi
- [ ] Valerian
- [ ] Vanilla Bean
- [ ] Vanilla Powder
- [ ] White Willow Bark Extract
- [ ] Wintergreen
- [ ] Wormwood

Fish & Shellfish

- [ ] Chilean Sea Bass
- [ ] Corvina
- [ ] Hake
- [ ] Lox
- [ ] Mackerel
- [ ] Mahi Mahi
- [ ] Octopus
- [ ] Perch
- [ ] Red Snapper
- [ ] Salmon, wild (fresh)
- [ ] Sardines

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- [ ] Sole
- [ ] Swai
- [ ] Swordfish
- [ ] Tilapia (Wild, Non-farmed)
- [ ] Trout
- [ ] Walleye Pike
- [ ] Whitefish/Turbot

Meat & Poultry

- [ ] Applegate® organic hot dogs
- [ ] Bison (see also Buffalo)
- [ ] Goat, Grass-fed only (organic)
- [ ] Ostrich
- [ ] Pheasant
- [ ] Quail
- [ ] Rabbit

Milk-Containing Foods

No foods in this Category

Non-Dairy & Eggs

- [ ] Almond Milk, unsweetened (no tapioca)
- [ ] Coconut Kefir (No Tapioca, Carageenan)
- [ ] Coconut Milk (Native Forest or Natural Value)
- [ ] Egg Whites, Pasture-raised

Gluten-Free Grains

- [ ] Almond Flour (gluten free)
- [ ] Amaranth
- [ ] Coconut Flour (gluten free)
- [ ] Coconut Meal (gluten free)
- [ ] Flax Meal
- [ ] Glucomannon Flour (konjacfoods.com)
- [ ] Hazelnut Flour
- [ ] Hemp Meal
- [ ] Hemp Protein (Powder)
- [ ] Hemp Seed
- [ ] Konjac Glucomannon Flour
- [ ] Sunflower Seed Flour

Gluten-Containing Foods

No foods in this Category

Corn-Derived Foods

No foods in this Category

Condiments, Spreads & Sauces

- [ ] Apple Cider Vinegar (Bragg's®)
- [ ] BodyPro Almond Mayo Grade A Maple Syrup
- [ ] BodyPro Almond Mayo with Yacon Syrup
- [ ] Coconut Aminos®
- [ ] Coconut Cream
- [ ] Coconut Vinegar (Coconut Secret)
- [ ] Distilled White Vinegar
- [ ] Earth Balance® Coconut Spread
- [ ] Harissa
- [ ] Ketchup (Organicville)
- [ ] Liquid Smoke gluten free (natural)
- [ ] Mustard, Brown (Eden® gf mustard)
- [ ] Red Tomato Paste (gluten free)
- [ ] Tabasco Sauce
- [ ] Tomato Paste (gluten & Vinegar-free)
- [ ] Tomato Sauce (gluten & Vinegar-free)
- [ ] Ume Plum Vinegar
- [ ] Vegetable Shortening (Spectrum®)

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- [ ] Vinegar, Distilled

Sweeteners

- [ ] Agave Nectar
- [ ] BodyPro Almond Mayo Grade A Maple Syrup
- [ ] Coconut Palm Sugar
- [ ] Coconut Sugar
- [ ] Honey, (Organic)
- [ ] Honey, Manuka
- [ ] Honey, Wildflower from Mahava®
- [ ] Lo Han
- [ ] Maple Sugar
- [ ] Maple Syrup (Grade A Dark Amber Organic)
- [ ] Monk Fruit (Pure)
- [ ] Monk Fruit Extract
- [ ] Rebiana Leaf (Stevia)
- [ ] Sweetleaf® Stevia
- [ ] Xyla (Birchwood Xylitol)
- [ ] Yacon Syrup

Beverages & Protein Powders

- [ ] Almond Milk, unsweetened (no tapioca)
- [ ] Coconut Kefir (No Tapioca, Carageenan)
- [ ] Coconut Milk (Native Forest or Natural Value)
- [ ] Coconut Water (low sugar)
- [ ] Echinacea Tea
- [ ] Green Tea
- [ ] Hemp Protein (Powder)
- [ ] Lemon Juice
- [ ] Lime Juice
- [ ] Mineral Water
- [ ] Sparkling Water, unflavored
- [ ] Tea, Black
- [ ] Tea, Chamomile
- [ ] Tea, Chicory Root
- [ ] Tea, Green
- [ ] Tea, Hibiscus
- [ ] Tea, Oolong
- [ ] Tea, Roobios
- [ ] Tea, White
- [ ] Water
- [ ] Yerba Matte Tea (Organic/Pure)
- [ ] Zevia Drinks

Miscellaneous

- [ ] Baking Soda (Arm & Hammer®)
- [ ] Cacao (Raw, Pure, & Unsweetened)
- [ ] Latex
- [ ] Lycopene
- [ ] Red Tomato Paste (gluten free)
- [ ] Silver
- [ ] Tobacco
- [ ] Yeast, Baker's
- [ ] Yeast, Brewer's
- [ ] Yeast, Nutritional

Snacks

- [ ] Dates

Food Additives

- [ ] Annatto Coloring
- [ ] Chicory Root
- [ ] Palm Wax
- [ ] Tricalcium Phosphate
- [ ] Vegan Enzyme
- [ ] Vegan Natural Flavors (no MSG)

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