	Vegetable		Brussel	Collard Greens
	Aloe		s Burdoc	Corn (G
	-VeraArtichoke (not pickled)	- 	k Cabbag	luten-fr Corn,
	Articioke (not pickled)	 	e. Chin	Bildervi
	Arugula		Cabbag	Corn,
	Asparagus	<u> </u>	കല Cabbag	White Cucum
		 	⊕.∪n	ber
	Avocado		Cactus	Daikon
<u>-</u> -	Avocado Oil	<u> </u> !	(Nopale Capers	Radish Dandeli
	:	;	Сарсто	on
	Bamboo Shoot		Capsic	Dandeli
	Bean, Green	≝ !	um Carrot	on Root Eggpla
		;	Juice	nt
	Bean Sprout		Carrot,	Endive
	Beet	<u> </u>	Orange Carrot,	Fennel
	Deet		Purple	i cililei
	Beet		Carrot,	Garlic
	Greens		White	Llaamta
Ш	Bell Pepper		Carrot, Yellow	Hearts of Palm
	Bell	П	Cassav	Horsera
	Pepper.		a (see	 dish
	Bell Pepper.		Cauliflo	Jicama
	Bell		พษา Cauliflo	Kale, all
	Pepper.		wer.	types
	Bell		Celery	Kelp/Du
	Pepper. Bok		Chard	lse Kohlrab
Ш	Chov		Chara	i
	Broccoli		Chayot	Kombu
	Broccoli		e Chives	Leeks
	Rabe		CHIVOS	LUGNO
	Broccoli		Coconu	Lettuce,
	Sprouts Broccoli		t (raw	all Mushro
	ni		Coconu tvCense	oms
			ad ate	-

	Muchro	Donnor		Rainbo
	Mushro oms.	Pepper, Chili		W
	Mushro	Pepper,		w Rhubar
	oms. Cr	Green		b
	Mushro	Pepper,		Rutaba
	Oms.	Habane		ga
	Mushro	Pepper,		Sauerkr
Ш	oms.	Jalapeñ	Ш	aut (Bu
	Mustar	Pepper,		Scallion
	d	Poblan	Ш	Sianu
	Nori	Pepper,		Sea Ve
ш		Red	ш	getable
	Okra	Pepper,		Seawe
		Serrano		ed
	Olives	Pickles,		Shallots
	(without	Bubbie		
	Onion,	Piment		Spinac
	Green	Oranu		h [.]
	Onion,	Potato,		Spirulin
	Maui	 Finaerli	_	a
	Onion,	Potato,		Squash
	Red	 Purple		
	Onion,	Potato,		Squash
	Sweet	Red		. Acorn
	Onion,	Potato,		Squash
	Yellow	Russet		. Butter
	Parsley	Potato,		Squash
		Sweet		. Green
	Parsnip	Potato,		Squash
		White		. Spagh
	Pea, Bl	Potato,		Squash
	ack-Ev	 Yukon	_	. Summ
	Pea,	Prickly		Squash
	Green	Pear		. Winter
	Pea,	Psylliu		Squash
	Snap	m Husk		. Yellow
	Pea,	Pumpki		Sugar
	Snow	n Dumanki		Beet
	Pea,	Pumpki		Sweet
	Split	n Dadiaa		Potato.
	Pea Protoin	Radicc		Sweet
	Protein	hio Radiah		Potatoe
	Pepper, Anahei	Radish		Swiss Ohared
	m			

Tomatill o	Carrot	Cranbe rrv
Tomato Paste	Green Bean	Currant
Tomato Saucey	Olive, Green	Date(s)
Tomato	Potato	Dragon Fruit
Tomato es. Bio	Alfalfa Sprouts	Dried Fruit
Tomato, Cherry	Fruits	Elderbe
Tomato, Heirloo	Acai	Fig
Tomato, Orange	Agar Gum	Goji Berrv
Tomato, Red	Apple (all	Golden Berrv
Tomato, Roma	Apple Cider	Gooseb
Tomato, Sun-dri	Apple Juice	Grape
Tomato, Yellow	Apple Sauce	Grape, Green
Truffle	Apricot	Grape, Purple
Turnip Greens	Banana	Grape, Red
Turnips	Bilberry	Grape, White
Water Chestn	Blackbe rrv	Grapefr uit
Watercr ess	Blueber rv	Grapefr uit
Yams, Garnett	Boysen berrv	Guava
Yams, J apanes	Cantalo upe	Huckle berrv
Yucca	Cherry	Jack fruit
Zucchin i	Clemen tine	Kiwi
Cabbag e	Cranbe rry	Kumqu at

	Lemon		Peach		Nuts,
	Lemon Juice		Pear		Almond Butter (
	Lemon		Pear,		Almond
	Rind/Pe	ш	Asian		Elavor
	Lime		Persim		Almond
	Lima		mons		नि o धाः Almond
	Lime Juice	Ш	Pineap -ple		Meal
	Litchi		Plantain		Almond
	(aka				υMarco
	Loganb		Plum		Annatto
	errv		Pomegr		- Seed Arrowroot Flour/powder
Ш	Loquat	Ш	anate	Шί	
	Mango		Pomelo		Brazil
_					Nut
	Mangos		Prune		Canola/
	teen Maqui		Quince		Rapese Carawa
	iviaqui		Quince		v Seed
	Melon,		Raisin (Cashe
	Honevd		unsulfur		WS
	Monk		Raspbe		Cashe
	Fruit Mulberr		Star		w Cashe
	V	Ш	Fruit	Ш	w Meal
	Nectari		Strawb		Chestn
	nes		errv		ut
	Noni		Tamarin d		Chia Seed
	Orange		Tangelo		Coconu
	o ango		14.190.0		t-Butter
	Orange		Tangeri		Coconu
	. Blood		ne		t Oil
	Orange Juice		Waterm elon		Coconu t. shred
	Orange		Wolfber		Cola
	Peel/Ri		rv	Ш	Natv. u
	Papaya		Youngb		Corn
	Dansian		erry		Gillery
	Passion Fruit				Cottons eed/Cot
	IIMIL				tonseed
					Oil

	Flax		Psylliu		Walnut,
	Meal	_	m Husk		Black
	Flax Oil		Pumpki n Oil		Hemp
	Flax		Pumpki		Sesam
ш	Seed	ш	n Seed		е
	Grapes		Pumpki		Almond
	eed Oil.		n		
	Hazeln		Ramon		Legumes
	ut Flour		Seeds		Dana Anuli
	Hazeln ut/Filbe		Rice, Wild (L	Ш	Bean, Azuki
	Hemp		Safflow		Bean, Black
Ш	Meal		er/Seffl		======================================
	Hemp		Sacha		Bean, Butter
ш	Protein	ш	Lachi.		
	Hemp		Sesam		Bean, Cannellini
	Seed		e Seed	Ė	
	Hydrog		Sesam		Bean, Chana Dahl
	enated		e	<u>_</u>	Door Obili
	Macada mia Nut		Sesam e	Шί	Bean, Chili
	Macada		Sunflow		Bean, Green
Ш	mia	Ш	erased		=======================================
	Olive		Sunflow		Bean, Italian
	Leaf		er Seed		
	Olive		Sunflow		Bean, Kidney
	Oil.		er Seed	:	
	Palm		Sunflow	Ш	Bean, Lima
	Kernel Pecan		er Tahini		Bean, Mung
Ш	i Coaii		r armiri		=======================================
	Pecan		Tea,		Bean, Navy/Ninja
_	Flour	_	Ramon		
	Pepitas		Tiger		Bean, Pinto/Frijole
	Pili		Nuts		Poon Pod (soo also
	Nuts		Vegeta ble Oil	Ш	Bean, Red (see also -Bean, Kidney)
	Pine		Vegeta		Chickp
	Nut	Ш	ble Sho	Ш	ea (see
	Pistachi		Walnut		Edama
	OS	-	(favidu		Me 1120
	Poppy		Walnut		Fava
	seeds		Oil		B e anya
					nic)

	Fava		Clam		Sole
	Bean Garban		Cod/		Squid
	ZO ZO		Cod		Squid
	Garban		Corvina		Swai
	zo Lentil(s)		Crab		Swordfi
	Leritii(S)		Clab		sh
	Miso		Crayfis		Tilapia (
	Poo		h Flound		Non-far Trout
	Pea, Snap		er		Hout
	Pea,		Haddoc		Tuna
	Snow		k Haka		Wallava
	Pea, Split	Ш	Hake		Walleye Pike
	Peanut		Halibut		Whitefis
	(Organi		Hamin a		h/Turbo
	Peanut Butter (Herring		Codfish
	Peanut		Lobster		Crab, I
	Oil & Org	-	Maakan		mmitati
	Red Bean Paste	إل	Macker el		Meat &
	Soy		Mahi		Appleg
_	Beans		Mahi		ate®
	Soy Beansa		Mussel		Appleg ate®
	Vanilla		Orange		Appleg
	Bean	ш	Roughv		ate ®
	Vanilla		Oyster		Appleg
	Powder		Perch		- ete®ı Applegate® organic herl
	White Beans		Perch		ApplegateA® organic herr
	Fish &		Red Sn	П	Appleg
	Challfigh		apper		ate®
	Anchov		Salmon		Appleg
	¥	!	. wild		ate ®
	Bass		Sardine		Appleg ate®
	Catfish		s Scallop		Appleg
	Cathon	Ш	Councp		ate®III
	Chilean		Shrimp		Appleg
	Sea			<u>L</u>	gter®II
	Bass				targaleics
					ædsage nenner
					pepper sausag
					e

_				Ţ.	
	Appleg		Veal (o		Balsamic Vinegar
	ate®		rganic)	; :	- (Garamel/Red W- Vinegar)
	Appleg		Venison		Barbeque Sauce, GF
<u></u>	ate (Å&)		(see	Ĺ.	- Annie's® Sweet & Spicv
	Appleg		Beef		BodyPr
	ate/494		Deer)		0
	Appleg		Non-Dairy		BodyPr
<u>_</u>	- ate® u		A L A A A		θιαγυ
\square	Applegate® organic turk	ey]	Almond		BodyPro Avocado Oil
	Applagato Â@ argania turk	- T	Milk. un		- Wayonnaise
	Applegate® organic turk	ey]	Almond - Wegunty		Carob
	Beef, G		BodyPro Avocado Oil		Coconu
	rass-fe		-Maconnaise		t
	Bison		Cheese, Daiya (Coconut,T		Dressing, Primal Kitchen
	(8 98 1110	Шį.	- a pioca.veast.Â)	; ;	-Greek:Avocade-Oil
	Buffalo		Cheese		Dressing, Primal Kitchen
	(S⊕⊕aio)		. Sov (L.	- Honer Mustard
	Chicke		Coconu		Earth B
	p:Bcoth		t Kefir		-alance
	Chicke		Coconu		Earth Balance® Avocado
L	n/free		tJM#Jk(N	Ŀ.	- Gill-Butter-Spread
	Deer		Egg, Pa		Horsera
	(5800 with)		Stulie s ra		dish
	Duck		Egg,		Hummu
	1115U11)		Mital Fa		Siulen-i
	Goat, G rass-fe		Egg, ₩hites.		Ketchu pr (⊙rge)
	Lamb (Egg,		Mayonn
	organic	Ш	Lgg, Yelke√R ⇔		- aise
	Lard		Milk,		Mayonnaise, Primal
	(pork)		Sio ≯úOr		Kitchen Avocado-Oil
	Ostrich		Srirach		Mayonnaise, Primal
			a		- Kitchen Chipotle Avecado
	Pheasa		Egg		Mustar
	nt		Organic		d.
	Pork, (o		Condimen		Sauerkr
	rganic)		ten-nee		ath (Bu)
	Quail		Apple		Srirach
	Dobbit		- Cider		Qualia Lima
	Rabbit	Ш	Balsamic Vinegar MiaBella		Ume Poliumanii c
	Turkey (Balsamic Vinegar (with		Vegana
Ш	organic		-Red-Wine Vinegar)		ise-So v
)				-free
	,				(Follow
					Your
					Heart®)

7.5		-		_	
	Vinegar		Honey, (Organi		Herbs &
	Vinegar		Honey,		Allspice
Ш_	viilegai	_ 🗀	Manuka		Alispice
	Vinegar, Malt	·	Honey,		Almond
Шį.		<u> </u>	Wildflo		Flavor
	Vinegar		Just		Anise
	. Red		Likkerıvı		- uulen
	Vinegar		Lo Han		Ashwaganda
	. Rice			; ;	
	Vinegar		Maltodextrin (Can be		Astragalus
	. White		-Wheat-derived)		
	Vinegar		Maltode		Basil
ш	. White	ш	xtrin (C		
	Worces		Maple		Bay Leaf
	tershire	_	Sugavii	L.	
	Sweetene		Maple		Black
	ine vvi		Svrup	ш	Cohosh
	Agave		Molass		Carame
	- N ectar	-	6 Suair		l Colori
	Aspartame/Nutrasweet		Monk		Carawa
		<u>;</u> — ₋ .	. – Բրայլե ս ու		v Seed
	BodyPr		Nutrasweet®		Cardam
	0	<u> </u>			om
	BodyPr		Rebian		Celery
	Ο νιαγυ		a Leaf		Powder
	Brown		Sorbitol		Chicory
	Rieeu				Root
	Chocol		Splend		Chili
	Ø ¢@₩₩₩ I		a		Powder
	Chocol		Sucana		Chipotl
	&t@ ((5))		t		e Seas
	Chocol		Sugar		Cilantro
	ate.		Beet		/Corian
	Coconu		Sugar		Cinnam
	t Palm		Cane		on
	Date		Sweetle		Cinnam
	Sugar		af®		on.
	Erythrit		Swerve		Cloves
	ol (non-		®		
	Fructos		Xyla (Bi		Cloves,
	е		rchwoo		Madad
	Fruit		Yacon		Cloves,
	Pectin		Siyriupp∪		Penang
			rn		
			source)		

Cramp Bark	Herbs De Pro	Onion
Cream of	Hickory	Onion Powder
Cumin	Himala van	Orange Peel/Ri
Curcum in	Jamaic an Jerk	Orange Salt
Curry (must	Juniper Berry	Oregan
Dandeli on Root	Lavend er	Paprika
Dill	Lemon Balm (Paprika (smoke
Dong Quai	Lemon Penper	Parsley
Echinac ea	Lemon	Pepper, Black
Fennel	Licorice Root	Pepper,
Garlic	Liquid Smoke	Pepper/ Pepper/
Garlic Pepper	Liquid Saveke	Pepper/ Pepper
Garlic Powder	Maca Reetua	Pepper,
Garlic Salt	Mace Spice	Pepper mint
Ginger	Marjora m	Pine Bark
Ginkgo Biloba	Mesquit e	Red Chili
Ginsen a (All	Milk Thistle	Red Peaper
Golden seal	Mint	Rosem
Grapefr uit	Mustar d (as a	Saffron
Grapes eadau	Mustar d	Sage
Guaran	Nutmeg	Saw Pl ametto
Gymne ma Silv	Olive Leaf	Sesam
estre	Extract	e Seeds

	Sesam		Casein	Cheese
	e			. Sheep
	Shallots		Cheese	Cheese
	DIAUK		. Ameri	 . Strina
	Spearm		Cheese	Cheese
	int		•	ı √S ıw/iss
	St.		Cheese	Chocol
	John's		. Bleu	ate.
	Taco S		Cheese	Chocol
	easonin		. Brie	ate.
	Tamari		Cheese	Cream,
	(Wheat		. Chedd	Raw
	Tarrago		Cheese	Ghee (
	n		(Naw)	Pasture
	Thyme	П	Cheese	Goat
	,		. Cream	Cheese
	Tomatill		Cheese	Goat
	0	ш	. Goat	Kefir
	Turmeri		Cheese	Kefir,
	C		. Gorgo	Raw
	Uva		Cheese	Lactoal
	Ursi	Ш	. Gouda	bumin
	Valeria		Cheese	Milk Ch
Ш		Ш	Cileese	ocolate
	N Vanilla		Chassa	
	Vanilla		Cheese	Milk,
	(aluten		. Mache	Cow
	Vanilla		Cheese	Milk,
	Bean-		. Marsc	Goat
	Vanilla		Cheese	Milk,
	Powder		. Mozza	 Sheep
	White		Cheese	Mozzar
	Willow		u Mue ∩s	ella
	Winterg		Cheese	Sour
	Ľ⊕® ∩a∪ı		. Parme	Cream.
	Rose		Cheese	Whey
	Hips		. Pecori	anu un
	Milk-Cont		Cheese	Yogurt
	ainina		. Raw	 4Se e X
	Appleg	П	Cheese	Cheese
	ate®		จเนเษ-เล	; -Fe itø
	Butter,		Cheese	,
Ш	Rawacii		. Roma	
	Butterm		Cheese	
Ш	pkm calar	Ш	, Provol	
	ised		one	

Hemp

Protein

(Powde

r)

Nanny Mai 25/08/2017

	Gluten-Fr		Hemp		Simple
	as Crains	_	Seed		Mills
	Almond		Konjac		Simple
	Flour		Glucom		Mills Ro
	Amaran .thee;		Millet		Simple Mills Tomato & Basical Minord Grackers
	Arrowroot Flour/powder		Oats		Sorghu
Ш¦_	Allowiooti loui/powdel	ļ	Oats		#10 Notes
	Basmati Rice (gluten free	<u> </u>	Oats		Sweet
Ш[_		'i L	(Bob's	Ш	Potato
	Buckwh		Oat		Tapioca
	eat		Grass	ш	(gluten
	Buckwh		Potato		Tapioca
	eat		Flowerve		Flour
	Chicory		Potato		Tapioca
	Root		Starch v		Starch
	Coconu		Quinoa		Teff
	t Flour		(a lu ten		nee)
	Coconu		Quinoa,		Tolerant
	t ₁ Meal		Black		Green
	Corn (G		Quinoa,	Ш	Tolerant
	lu te n-fr		Red)		Red or
	Corn,		Rice, B	Ш	Tortilla,
	Bildervi		asmati		Siete Tortillo
	Corn, White		Rice, B lao k	Ш	Tortilla, Siete-C
	Corn		Rice,		Tortilla, Siete Chia &
Ш	Starch		Beewn	Ш;	-63990V2
	Ener-G		Rice, J		Simple
Ш	Brown		apenica		Mills Ev
	Fava		Rice,		Corn
	Bean i∈		Rueole		Mealute
	Flax		Rice,		Rice
	Meal		R ed)		MAGAVCI
	Garban		Rice,		
	ZO		Webite		
	Glucom		Rice,		
	annon		Weiled (L		
	Hazeln		Rice		
	utifologr		Bren -		
	Hemp		Rice		
	Meal		Flour,		
	Hemp	1 1	Rice		

Protein Powder

(gluten

free)

	01.40.				0
Ш	Gluten-Co		Orzo		Corn (G luten-fr
	Barley		Panko		Corn,
		 - -			Blueivi
	Barley Greens (Not for		Polish		Corn,
<u></u>	-Gluten-Sensitive) Barley Juice (Not for	<u> </u>	Wheat		White Corn
	-Gluten-Sensitive)	¦	Rye		Gluten
	Beer		Semoli		Corn
			na		Meal
	Bran		Soy		Corn
	Bread		Sauce Spelt		0મી <i>⊎ા</i> Corn
	Bread				Starch
	Brown		Teechino		Erythrit
	Rice	<u>[</u>	 -		ol -(n on-
	Carame เผิดไดเก่		Teriyaki Sauce		Fructos e
	Cheese		Triticale		GemWr
Ш	:Bletin				aps®.
	Chewin		Vinegar		Maltode
	a Gum		Vinegar Malt		xtrin (C
	Coffee, Instent	LJ:	Vinegar, Malt		Srirach B ugnion
	Cousco		Vinegar		Swerve
	પ્રશ ાસા)		. White		Â ®ıanıc
	Durum		Wheat		Vegeta
	Wheat Farro		(All Wheat		b le -0 il ≂ Xantha
	Tano		Grass		n Gum
	Gluten		Crab, I		Yogurt
			mmitati	I	(See X
	Graha m		Corn-Deri		Beverarag
	Kamut		Barbeque Sauce, GF		Almond
			- Annie's®-Sweet & Spicv		Milk. un
	Liquid		Cheese		Apple
	-Smoke Malt		Cream Cheese, Daiya (Coconut,T		- Juice IV Beer
; ;	14 47E	;	-apioca.veast.Â		
	Maltodextrin (Can be		Cheese		Carrot
Ĺ.	- Wheat-derived)	_	. Sov (Juice
	Oats		Chewin g (Staten		Coconu t Kefir
			Graye)		(No Tap
			gluten		ioca, C
			and		aragee
			corn)		nan)

	Coconu		Soy Mil		Beef
	t Milk(N		k/Sov		broth (I
	Coconu	П	Soy	П	Carrag
Ш	t-Weter	ш	Rvotein	ш	6en Bun 5
	Coffee	П	Sparkli	П	Chewin
Ш	Bean gi		na		g Gum
	Coffee		Tea,		Chewin
			Blackvu		gıGum.
	Coffee,		Tea, Ch		Chicke
	Instant		amomil		pvBroth
	Collage		Tea,		Chicory
Ш	piuteri)	Ш	Green		Root
	Echinac		Tea,	П	Cocoa/
Ш	eauTreat		Oolong		6a0a0:/
	Grapefr	П	Tea,	П	Coconu
Ш	uit	ш	Ramon	ш	t Amain.co
	Green		Tea, Ro		Coconu
Ш	Tea	ш	obios	ш	t-©ream
	Hemp		Tea, unf		Collage
Ш	Protein	ш	lavored/		- n
	Kombo		Tea,		Garam Masala
ш	ucha		- Whit e	L.	- (FUWU U
	Lemon		Teechino		GemWr
	Juice		<u></u>		aps®.
	Licorice	П	Water	П	GemWr
	Tea				aos®.
	Lime		Wine,	П	GemWr
	Juice		Red		aps® <i>J</i>
	Milk,	П	Wine,	П	GemWr
	Cow		White (909 A
	Milk,		Yerba		Glucom
	Goat		Matte		ennon/
	Milk,		Miscellane		Great L
_	Sheep		୍ରଧମାତ/୮		akakâ®
	Milk,		Agar		Guar
	Sov (Or		Gum		Genau i
	Mineral		Antimo		Hops
	Water		nv		
	Orange		Arabic Gum		Julian
	Juice				-Bakerv
	Pea		Baking Powder		Julian Bakery Almond
<u> </u>	Protein				- Preses
	Rice		Baking Soda (Arm &		Julian
•	Protein	ĨL.	- Hammer®)	-	Bakery
	Powder				Coconu
	(gluten				t Bread
	free)				

Nanny Mai 25/08/2017

	Konjac		Vegeta
	Glucom		ble Oil
	Lard		Vegeta
	(pock)		ble Sho
	Liquid Aminos	Ш	Vinegar
	Locust		Vinegar
Ш	Beanias		. Rice
	Lycope		Vinegar
	ne		. White
Ш:	Malt		Xantha n Gum
	Maltodextrin (Can be		Yeast,
	-Wheat-derived		Baker's
	Palm		Yeast,
	Wax		Brewer'
	Pycnog		Yeast,
	enol Red		Nutritio Latex
	Chili		Latex
	Red		Ispaghu
	Tomato		la/Psvlli
	Resver		Formal
_	atrolon	_	dehvde
	Sherry		Red
	Vinegar Silver		Dve Acacia
	Olivei		Gum
	Skinny		
	Crisps		
	Tagaca		
	Athie)		
	Tamari (Wheat		
	Tofu (O		
	raanic)		
	Tomato		
	Paste		
	Tomato		
	Sauoeu Tranaca		
Ш	Tragaca pathymeu		
	Vegeta		
Ш	ble		
	broth (I		
	magine		
	® Low Sodium		
	Soululli 1		