All ingredients must be organic

09/08/2017

Nanny Mai

Vegetables		Broccoli Rabe	Coconut (raw and unsweetened)
Alfalfa Grass		Broccoli Sprouts	Coconut Concentrate
Alfalfa Sprouts		Broccolini	Collard Greens
Aloe Vera		Brussels Sprout	Corn (Gluten-free & Non-GMO)
Artichoke (not pickled)		Burdock	Corn, Blue
Artichoke, Jerusalem (not pickled)		Cabbage, Chinese (see also Bok Choy)	Corn, White
Arugula		Cabbage, Green	Cucumber
Asparagus		Cabbage, Purple	Daikon Radish
Avocado		Cactus (Nopales)	Dandelion Greens
Avocado Oil		Capers	Dandelion Root
Bamboo Shoot		Capsicum	Eggplant
Bean Sprout		Carrot Juice	Endive
Bean, Green		Carrot, Orange	Fennel
_			0 "
Beet	; Ц	Carrot, Purple	Garlic
Beet Greens		Carrot, White	Garlic Hearts of Palm
Beet Greens		Carrot, White	Hearts of Palm
Beet Greens Bell Pepper		Carrot, White Carrot, Yellow Cassava (see Tapioca and	Hearts of Palm Horseradish
Beet Greens Bell Pepper Bell Pepper, Green		Carrot, White Carrot, Yellow Cassava (see Tapioca and Yucca)	Hearts of Palm Horseradish Jicama
Beet Greens Bell Pepper Bell Pepper, Green Bell Pepper, Orange		Carrot, White Carrot, Yellow Cassava (see Tapioca and Yucca) Cauliflower	Hearts of Palm Horseradish Jicama Kale, all types
Beet Greens Bell Pepper Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red		Carrot, White Carrot, Yellow Cassava (see Tapioca and Yucca) Cauliflower Cauliflower, Purple	Hearts of Palm Horseradish Jicama Kale, all types Kelp/Dulse

Mustard Greens	Pickles, Bubbies® brand only	Squash, Spaghetti
Nori	Pimento	Squash, Winter
Oat Grass (Not For Gluten Sensitive)	Potato, Fingerling	Sweet Potato, Red
Okra	Potato, Purple	Sweet Potatoes, White
Olives (without vinegar)	Potato, Red	Swiss Chard
Onion, Green	Potato, Russet	Tomatillo
Parsley	Potato, Sweet	Tomato
Parsnip	Potato, White	Tomato Paste (gluten & Vinegar-free)
Pea Protein	Potato, Yukon Gold	Tomato Sauce (gluten & Vinegar-free)
Pea, Black-Eyed	Prickly Pear	Tomato, Cherry
Pea, Green	Radicchio	Tomato, Heirloom
Pea, Snap	Rainbow Chard	Tomato, Orange
Pea, Snow	Rhubarb	Tomato, Red
Pea, Split	Rutabaga	Tomato, Roma
Pepper, Anaheim	Sauerkraut (Bubbies® Brand only)	Tomato, Sun-dried
Pepper, Chili	Scallions	Tomato, Yellow
Pepper, Green	Sea Vegetables	Tomatoes, Big Beef
Pepper, Habanero	Seaweed	Turnip Greens
Pepper, Jalapeño	Spinach	Turnips
Pepper, Poblano	Spirulina	Water Chestnut
Pepper, Red	Squash, Acorn	Watercress
Pepper, Serrano	Squash, Green	Yucca

Zucchini		Maqui	Cashew Butter
		Mulberry	Cashew Meal
Fruits		Nectarines	Cashews
Acai		Noni	Chestnut
Apple (all types)		Passion Fruit	Coconut Butter
Apple Cider		Peach	Coconut Oil
Apple Juice		Pear	Coconut, shredded (raw, unsweetened)
Apple Sauce		Strawberry	Cola Nut (aka Kola Nut)
Apricot		Tamarind	Corn Oil
Banana		Wolfberry	Grapeseed Oil, Organic
Bilberry		Youngberry	Hazelnut Flour
	_		
Boysenberry	L		Hazelnut/Filbert
Boysenberry Goji Berry		Nuts, Seeds, Drupes & Oils	Hazelnut/Filbert Olive Leaf Extract
		Nuts, Seeds, Drupes & Oils	
Goji Berry			Olive Leaf Extract
Goji Berry Golden Berry		Almond	Olive Leaf Extract Olive Oil, Virgin
Goji Berry Golden Berry Gooseberry		Almond Butter (Artisana®) Almond Flavor natural, gluten	Olive Leaf Extract Olive Oil, Virgin Palm Kernel Oil
Goji Berry Golden Berry Gooseberry Huckleberry		Almond Butter (Artisana®) Almond Flavor natural, gluten free)	Olive Leaf Extract Olive Oil, Virgin Palm Kernel Oil Pepitas
Goji Berry Golden Berry Gooseberry Huckleberry Lemon		Almond Butter (Artisana®) Almond Flavor natural, gluten free) Almond Flour (gluten free)	Olive Leaf Extract Olive Oil, Virgin Palm Kernel Oil Pepitas Pili Nuts
Goji Berry Golden Berry Huckleberry Lemon Lemon Juice		Almond Butter (Artisana®) Almond Flavor natural, gluten free) Almond Flour (gluten free) Almond Meal (gluten free)	Olive Leaf Extract Olive Oil, Virgin Palm Kernel Oil Pepitas Pili Nuts Pine Nut
Goji Berry Golden Berry Huckleberry Lemon Lemon Juice Lemon Rind/Peel		Almond Almond Butter (Artisana®) Almond Flavor natural, gluten free) Almond Flour (gluten free) Almond Meal (gluten free) Almond, Marcona	Olive Leaf Extract Olive Oil, Virgin Palm Kernel Oil Pepitas Pili Nuts Pine Nut Pistachios

Tea, Ramon	Herring	Meat & Poultry
Tiger Nuts	Lobster	Applegate® organic andouille sausage
Vegetable Oil	Mackerel	Applegate® organic chicken
Walnut (few)	Mahi Mahi	Applegate® organic chicken/apple sausage
Walnut Oil	Mussel	Applegate® organic herb roasted turkey
Walnut, Black (few)	Orange Roughy	ApplegateÁ® organic red pepper sausage
	Oyster	Applegate® organic roast beef
Fish & Shellfish	Perch	Applegate® organic sausage sweet italian
Anchovy	Red Snapper	Applegate® organic smoked chicken breast
Bass	Salmon, wild (fresh)	Applegate® organic smoked turkey breast
Catfish	Sardines	Applegateé organic spinach & fota sausage
Chilean Sea Bass	Scallop	Applegate® organic turkey
Clam	Shrimp	Beef, Grass-fed only (organic)
Cod/ Cod Liver Oil	Sole	Bison (see also Buffalo)
Corvina	Squid	Buffalo (see also Bison)
Crab	Swai	Chicken Broth (Imagine® gf/low sodium)
Crab, Immitation	Swordfish	Chicken, free range (organic)
Crayfish	Tilapia (Non-farmed)	Deer (see also Venison)
Flounder	Trout	Duck
Haddock	Tuna	Goat, Grass-fed only (organic)
Hake	Walleye Pike	Lamb (organic)
Halibut	Whitefish/Turbot	Ostrich

Pheasant	Condiments	Vinegar, Malt
Quail	Apple Cider Vinegar (Bragg's®)	Vinegar, Rice
Rabbit	Balsamic Vinegar (Caramel/Red W. Vinegar)	Vinegar, White
Turkey (organic)	Barbeque Sauce, GF Annie's® Sweet & Spicy	Worcestershire Sauce (The Wizard's® GF)
Veal (organic)	BodyPro Avocado Oil Mayonnaise	
Venison (see also Deer)	Carob	Sweeteners
	Earth Balance® Avocado Oil Butter Spread	Agave Nectar
Non-Dairy & Eggs	Harissa	Brown Rice Syrup (contains MSG/Gluten)
Almond Milk, unsweetened (no tapioca)	Horseradish Sauce, Gluten-free (Annie's \hat{A} ®)	Chocolate, Milk
Almond Yogurt, unsweetened	Hummus	Chocolate, White
BodyPro Avocado Oil Mayonnaise	Ketchup (Organicville)	Erythritol (non-GMO)
Cheese, Daiya (Coconut,Tapioca,yeast,Â)	Liquid Smoke (can have gluten)	Fructose
Cheese, Soy (Organic) (see Soy)	Liquid Smoke gluten free (natural)	Jerusalem Artichoke Syrup
Coconut Kefir (No Tapioca, Carageenan)	Mayonnaise	Just Like Sugar®
Coconut Milk(Native Forest or Natural Value)	Mayonnaise, Primal Kitchen Avocado Oil	Maltitol
Egg, Pasture-raised (from a farmer)	Mayonnaise, Primal Kitchen Chipetle Avecado Oil	Maltodextrin (Barley-derived)
Egg, Vital Farmsũ or Pasture VerdeÅ®	Mustard, Brown (Eden® gf mustard)	Maltodextrin (Corn-based, non-GMO)
Egg, Yolks Pasture-raised	Sauerkraut (Bubbies® Brand only)	Maltodextrin (Tapioca-based)
Milk, Soy (Organic)	Sriracha Sauce Organicville gluten-free	Rebiana Leaf (Stevia)
Modified Food Starch	Tabasco Sauce	Sucralose
Paleo Cheese (Julianbakery.com or	Veganaise Soy-free (Follow Your Heart®)	Sweetleaf® Stevia
	Vinegar	Tapioca Dextrose

Herbs & Spices	Curcumin	Lemongrass
Allspice	Curry (must be GF)	Maca Root
Almond Flavor natural, gluten free)	Dandelion Root	Mace Spice
Anise	Dong Quai	Marjoram
Ashwaganda	Echinacea	Mesquite
Astragalus	Fennel	Milk Thistle
Basil	Garlic	Mint
Bay Leaf	Garlic Pepper	Mustard (as a Powder)
Black Cohosh	Garlic Powder	Mustard Seeds (gluten free)
Caramel Coloring	Garlic Salt	Nutmeg
Caraway Seed	Ginkgo Biloba	Olive Leaf Extract
Cardamom	Ginseng (All Types)	Orange Salt
Cardamom Celery Powder	Ginseng (All Types) Goldenseal	Orange Salt Oregano
Celery Powder	Goldenseal	Oregano
Celery Powder Chicory Root	Goldenseal Gymnema Silvestre	Oregano
Celery Powder Chicory Root Chili Powder	Goldenseal Gymnema Silvestre Herbs De Provence	Oregano Paprika Paprika (smoked)
Celery Powder Chicory Root Chili Powder Chipotle Seasoning	Goldenseal Gymnema Silvestre Herbs De Provence Hickory	Oregano Paprika Paprika (smoked) Parsley Pepper, Black (see
Celery Powder Chicory Root Chili Powder Chipotle Seasoning Cilantro/Coriander	Goldenseal Gymnema Silvestre Herbs De Provence Hickory Himalayan Salt	Oregano Paprika Paprika (smoked) Parsley Pepper, Black (see Garlic/Lemon Pepper)
Celery Powder Chicory Root Chili Powder Chipotle Seasoning Cilantro/Coriander Cinnamon	Goldenseal Gymnema Silvestre Herbs De Provence Hickory Himalayan Salt Jamaican Jerk	Oregano Paprika Paprika (smoked) Parsley Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne
Celery Powder Chicory Root Chili Powder Chipotle Seasoning Cilantro/Coriander Cinnamon Cinnamon, Ceylon	Goldenseal Gymnema Silvestre Herbs De Provence Hickory Himalayan Salt Jamaican Jerk Juniper Berry	Oregano Paprika Paprika (smoked) Parsley Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red

Pine Bark Extract	White Willow Bark Extract	Cheese, Marscapone
Red Chili Paste Thai Kitchen® (gluten free)	Wintergreen	Cheese, Mozzarella (Raw)
Red Pepper Flake	Wormwood	Cheese, Muenster
Rose Hips		Cheese, Parmesan
Rosemary	Milk-Containing Foods	Cheese, Pecorino
Saffron	ApplegateÁ® organic spinach & feta sausage	Cheese, Provolone
Sage	Butter, Raw and Pasture-raised	Cheese, Raw and Pasture-raised
Saw Plametto	Buttermilk	Cheese, Ricotta
Spearmint	Casein	Cheese, Romano
St. John's Wort	Cheese, American	Cheese, Sheep
Sumac	Cheese, Asiago	Cheese, String (Mozzarella)
Taco Seasoning	Cheese, Bleu	Cheese, Swiss
Tamari (Wheat Free)	Cheese, Brie	Chocolate, Milk
Tarragon	Cheese, Cheddar (Raw)	Chocolate, White
Thyme	Cheese, Cottage	Cream, Raw and Unpasteurized
Tomatillo	Cheese, Cream	Ghee (Pasture-Raised, Organic)
Turmeric	Cheese, Feta	Goat Cheese
Uva Ursi	Cheese, Goat	Goat Kefir
Valerian	Cheese, Gorgonzola	Kefir, Raw
Vanilla (gluten and corn-free)	Cheese, Gouda	Lactoalbumin
Vanilla Bean	Cheese, Havarti	Milk Chocolate
Vanilla Powder	Cheese, Machego	Milk, Cow

Milk, Goat	Chickpea (see also Garbanzo Bean)	Gluten-Free Grains
Milk, Sheep	Coffee Bean, Organic	Almond Flour (gluten free)
Mozzarella Cheese	Edamame (must be organic)	Amaranth
Sour Cream, Raw and Unpasteurized	Fava Bean	Arrowroot Flour/powder
Whey	Fava Bean Flour	Basmati Rice (gluten free)
Yogurt (See Xanthan Gum)	Garbanzo Bean	Chicory Root
	Garbanzo Flour	Coconut Flour (gluten free)
Legumes & Pulses	Lentil(s)	Coconut Meal (gluten free)
Bean, Azuki	Miso	Corn (Gluten-free & Non-GMO)
Bean, Black	Pea, Snap	Corn Meal (gluten free)
Bean, Butter	Pea, Snow	Corn Starch (gluten free)
Bean, Cannellini	Pea, Split	Corn, Blue
Bean, Chana Dahl	Peanut (Organic, Valencia)	Corn, White
Bean, Chili	Peanut Butter (Organic, Maranatha®)	Ener-G Brown Rice Yeast-Free Bread
Bean, Green	Peanut Oil (Organic)	Fava Bean Flour
Bean, Italian	Red Bean Paste	Garbanzo Flour
Bean, Kidney	Soy Beans (must be organic)	Glucomannon Flour (konjacfoods.com)
Bean, Lima	Soy Beans Oil (must be organic)	Hazelnut Flour
Bean, Mung	Vanilla Bean	Konjac Glucomannon Flour
Bean, Navy/Ninja	Vanilla Powder	Millet
Bean, Pinto/Frijole	White Beans	Oats (Bob's Red Mill Gluten Free Version)
Bean, Red (see also Bean, Kidney)		Oats (Certified GF)

Potato Flour (gluten free)	Tapioca Flour (gluten free)	Crab, Immitation
Potato Starch (gluten free)	Tapioca Starch (gluten free)	Durum Wheat
ProGranola (Julian Bakery)	Teff	Farro
Quinoa (gluten free)	Tolerant Green Lentil & Pea Pasta	Gluten
Quinoa, Black (gluten free)	Tolerant Red or Green Lentil Pasta	Graham (wheat)
Quinoa, Red (gluten free)	Tortilla, Siete Almond	Kamut
Rice Bran	Tortilla, Siete Cassava & Coconut	Liquid Smoke (can have gluten)
Rice Flour (gluten free)	Tortilla, Siete Chia & Cassava	Malt
Rice Protein Powder (gluten free)		Maltodextrin (Barley-derived)
Rice, Basmati (gluten free)	Gluten-Containing Foods	Oats (Can be contaminated with gluten)
Rice, Black (gluten free)	Barley	Orzo
Rice, Brown (gluten free)	Barley Greens (Not for Gluten-Sensitive)	Panko
Rice, Japonica (gluten free)	Barley Juice (Not for Gluten-Sensitive)	Polish Wheat
Rice, Purple (gluten free)	Beer	Rye
Rice, Red (gluten free)	Bran	Semolina
Rice, White (gluten free)	Bread	Soy Sauce
Simple Mills - Everything Sprouted Seed Cracker	Brown Rice Syrup (contains MSG/Gluten)	Spelt
Simple Mills Grnd Sea Salt Almond Crackers	Caramel Coloring	Teechino
Simple Mills Rosemary & Sea Salt Crackers	Cheese, Bleu	Teriyaki Sauce
Simple Mills Tomato & Basil Almond Crackers	Chewing Gum (has gluten and corn)	Triticale
Sweet Potato Flour (gluten free)	Coffee, Instant (has gluten)	Vinegar
Tapioca	Couscous	Vinegar, Malt

Vinegar, White	Vegetable Oil	Milk, Soy (Organic)
Wheat (All Types)	Xanthan Gum	Mineral Water
Wheat Grass (Is Gluten-contaminated)	Yogurt (See Xanthan Gum)	Pea Protein
		Rice Protein Powder (gluten free)
Corn-Derived Foods	Beverages & Protein Powders	Soy Milk/Soy Cheese (Organic)
Barbeque Sauce, GF Annie's® Sweet & Spicy	Almond Milk, unsweetened (no tapioca)	Soy Protein (Organic)
Cheese, Cream	Apple Juice	Sparkling Water, unflavored
Cheese, Daiya (Coconut,Tapioca,yeast,Â)	Beer	Tea, Black
Cheese, Soy (Organic) (see Soy)	Bone Broth Protein, Beef	Tea, Chamomile
Chewing Gum (has gluten and corn)	Carrot Juice	Tea, Hibiscus
Corn (Gluten-free & Non-GMO)	Coconut Kefir (No Tapioca, Carageenan)	Tea, Oolong
Corn Gluten	Coconut Milk(Native Forest or Natural Value)	Tea, Ramon
Corn Meal (gluten free)	Coconut Water (low sugar)	Tea, Roobios
Corn Oil	Coffee	Tea, unflavored/caffeine-free only
Corn Starch (gluten free)	Coffee Bean, Organic	Tea, White
Corn, Blue	Coffee, Instant (has gluten)	Teechino
Corn, White	Collagen Protein (Powder)	Water
Erythritol (non-GMO)	Echinacea Tea	Wine, Red
Fructose	Lemon Juice	Yerba Matte Tea (Organic/Pure)
GemWraps®, Sandwich Wrap (Carrot)	Milk, Cow	Zevia Drinks
Maltodextrin (Corn-based, non-GMO)	Milk, Goat	
Sriracha Sauce Organicville gluten-free	Milk, Sheep	

Miscellaneous	GemWraps®, Sandwich Wrap (Tomato)	Rice Starch (if certified gluten free)
Acacia Gum	Glucomannon Flour (konjacfoods.com)	Silver
Agar Gum	Great Lake's® Beef Gelatin	Skinny Crisps®(Plain Jane)
Arabic Gum	Guar Gum	Tamari (Wheat Free)
Baking Powder	Hops	Tofu (Organic)
Baking Soda (Arm & Hammer®)	Inulin	Tomato Paste (gluten & Vinegar-free)
Beef broth (Imagine® low sodium/GF)	Julian Bakery Almond Bread	Tomato Sauce (gluten & Vinegar-free)
Bone Broth, Beef	Julian Bakery Coconut Bread	Tragacanth Gum
Carrageenan Gum	Julian Bakery Paleo Wraps	Vegetable broth (Imagine® Low Sodium)
Chewing Gum (has gluten and corn)	Konjac Glucomannon Flour	Vegetable Oil
Chewing Gum, Xylichew®	Latex	Vinegar, Rice
Chicken Broth (Imagine® gf/low sodium)	Liquid Aminos (Braggs®)(has Soy)	Xanthan Gum
Chicory Root	Locust Bean Gum	
Cocoa Butter	Lycopene	Snacks
Cocoa/Cacao (raw, pure, & unsweetened)	Malt	Apple Sauce
Coconut Aminos®	Maltodextrin (Barley-derived)	Simple Mills Chocolate Chip Cookies
Coconut Cream	Modified Food Starch	
Collagen Protein (Powder)	Modified Food Starch (Tapioca-based)	
Formaldehyde	Palm Wax	
GemWraps®, Sandwich Wrap (Carrot)	Pycnogenol	
GemWraps®, Sandwich Wrap (Kale-Apple)	Red Chili Paste Thai Kitchen® (gluten free)	
GemWraps®, Sandwich Wrap (Mango/Chi.)	Red Tomato Paste (gluten free)	