Nanny Mai

10/11/2017

Fruits		
Acai		
alpha		
Apple (all types)		
Apricot		
Bilberry		
Boysenberry		
bravo		
charlie		
dummy food		
Elderberry		
Goji Berry		
Golden Berry		
Gooseberry		
Grapefruit		
Huckleberry	Youngberry	
Kumquat		
Lemon		
Lemon Juice		
Lemon Rind/Peel		
Lime		
Lime Juice		
Litchi (aka Lychee)		
Loganberry	Annatto Seed	Macadamia Nuts

Comprehensive List Page 2		All ingredients must be organic
Nanny Mai		10/11/2017
		Whitefish/Turbot
	Walnuts, Black	
Tea, Ramon	Swordfish	Cabbage, Green

Comprehensive List Page 3		All ingredients must be organic
Nanny Mai		10/11/2017
		Zucchini
Leeks	Pimento	

Meat & Poultry	Non-Dairy & Eggs	Sweeteners
Applegate® organic ham	Almond Milk, unsweetened (no	Jerusalem Artichoke Syrup
	tapioca) Coconut Kefir (No Tapioca,	
Applegate® organic roast beef	Carageenan)	Just Like Sugar®
Beef, Grass-fed only (organic)	Coconut Milk(Native Forest or Natural Value)	Monk Fruit (Pure)
Bison (see also Buffalo)	Egg, Whites, Pasture-raised	Monk Fruit Extract
Buffalo (see also Bison)	Condiments, Spreads & Sauces	Rebiana Leaf (Stevia)
Chicken, free range (organic)	Apple Cider Vinegar (Bragg's®)	Sweetleaf® Stevia
Collagen Protein (Powder)	Carob	Xyla (Birchwood Xylitol)
Deer (see also Venison)	Cocoa Butter	Herbs & Spices
Goat, Grass-fed only (organic)	Coconut Aminos®	Allspice
Great Lake's® Beef Gelatin	Coconut Cream	Almond Flavor (natural, gluten free)
Lamb	Earth Balance® Coconut Spread	Anise
Lard (pork)	Hummus	Ashwaganda
Ostrich	Liquid Smoke gluten free (natural)	Astragalus
Pheasant	Mustard, Brown (Eden® gf mustard)	Basil
Pork, (organic)	Olives (without vinegar)	Bay Leaf
Quail	Red Bean Paste	Black Cohosh
Rabbit	Sauerkraut (Bubbies® Brand only)	Caraway Seed
Turkey (organic)	Vegetable Shortening (Spectrum®)	Cardamom
	Vinegar, Distilled	Celery Powder
Veal (organic)	Viriegai, Distilled	
Veal (organic) Venison (see also Deer)	White/Distilled Vinegar	Chicory Root
		Chicory Root

Comprehensive List Page 5		All ingredients must be organic
Nanny Mai		10/11/2017
Himalayan Salt	Parsley	Uva Ursi

Comprehensive List Page 6		All ingredients must be organic
Nanny Mai		10/11/2017
Wormwood		
Milk-Containing Foods		
		Tolerant Red or Green Lentil Pasta
	Vanilla Powder	
	Corn-Derived Foods	
	Gluten-Containing Foods	
	States Contaming Coast	
Bean, Red	Glucomannon Flour (konjacfoods.com)	Lemon Juice

Comprehensive List Page 7		All ingredients must be organic
Nanny Mai		10/11/2017
		Flounder
		Zucchini
Zevia Drinks		
	Yeast, Nutritional	
	Snacks	
	Flax Meal	
Cocoa/Cacao (raw, pure, &		
unsweetened)	Flax Oil	