Vegetables	Broccoli Sprouts	Dandelion Greens
Alfalfa Grass	Broccolini	Dandelion Root
Alfalfa Sprouts	Brussels Sprout	Eggplant
Aloe Vera	Burdock	Endive
Artichoke (not pickled)	Cabbage, Chinese (see also Bok Choy)	Fennel
Artichoke, Jerusalem (not pickled)	Cabbage, Green	Garlic
Arugula	Cabbage, Purple	Hearts of Palm
Asparagus	Cactus (Nopales)	Horseradish
Avocado	Capers	Jicama
Avocado Oil	Capsicum	Kale, all types
Bamboo Shoot	Cassava (see Tapioca and Yucca)	Kohlrabi
Bean Sprout	Cauliflower	Leeks
Bean Sprout Bean, Green	Cauliflower Cauliflower, Purple	Leeks Lettuce, all types
Bean, Green	Cauliflower, Purple	Lettuce, all types
Bean, Green Beet Greens	Cauliflower, Purple Celery	Lettuce, all types Mushrooms
Bean, Green Beet Greens Bell Pepper	Cauliflower, Purple Celery Chard	Lettuce, all types Mushrooms Mushrooms, Button
Bean, Green Beet Greens Bell Pepper Bell Pepper, Green	Cauliflower, Purple Celery Chard Chayote	Lettuce, all types Mushrooms Mushrooms, Button Mushrooms, Cremeni/Crimini
Bean, Green Beet Greens Bell Pepper Bell Pepper, Green Bell Pepper, Orange	Cauliflower, Purple Celery Chard Chayote Chives Coconut (raw and	Lettuce, all types Mushrooms Mushrooms, Button Mushrooms, Cremeni/Crimini Mushrooms, Maitake
Bean, Green Beet Greens Bell Pepper Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red	Cauliflower, Purple Celery Chard Chayote Chives Coconut (raw and unsweetened)	Lettuce, all types Mushrooms Mushrooms, Button Mushrooms, Cremeni/Crimini Mushrooms, Maitake Mushrooms, Shiitake
Bean, Green Beet Greens Bell Pepper Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow	Cauliflower, Purple Celery Chard Chayote Chives Coconut (raw and unsweetened) Coconut Concentrate	Lettuce, all types Mushrooms Mushrooms, Button Mushrooms, Cremeni/Crimini Mushrooms, Maitake Mushrooms, Shiitake Mustard Greens Oat Grass (Not For Gluten

Onion, Green	Radicchio	Tomato, Cherry
Onion, Maui	Radish	Tomato, Heirloom
Onion, Red	Rainbow Chard	Tomato, Orange
Onion, Sweet	Rhubarb	Tomato, Red
Onion, Yellow	Rutabaga	Tomato, Roma
Parsley	Sauerkraut (Bubbies® Brand only)	Tomato, Sun-dried
Pea Protein	Scallions	Tomato, Yellow
Pea, Black-Eyed	Shallots	Tomatoes, Big Beef
Pepper, Anaheim	Spinach	Truffle
Pepper, Chili	Squash	Turnip Greens
Pepper, Green	Squash, Acorn	Water Chestnut
Pepper, Habanero	Squash, Butternut	Watercress
Pepper, Habanero Pepper, Jalapeño	Squash, Butternut Squash, Green	Yams, Garnett
Pepper, Jalapeño	Squash, Green	Yams, Garnett
Pepper, Jalapeño Pepper, Poblano	Squash, Green Squash, Spaghetti	Yams, Garnett Yams, Japanese
Pepper, Jalapeño Pepper, Poblano Pepper, Red	Squash, Green Squash, Spaghetti Squash, Summer	Yams, Garnett Yams, Japanese Yucca
Pepper, Jalapeño Pepper, Poblano Pepper, Red Pepper, Serrano	Squash, Green Squash, Spaghetti Squash, Summer Squash, Winter	Yams, Garnett Yams, Japanese Yucca
Pepper, Jalapeño Pepper, Poblano Pepper, Red Pepper, Serrano Pickles, Bubbies® brand only	Squash, Green Squash, Spaghetti Squash, Summer Squash, Winter Squash, Yellow	Yams, Garnett Yams, Japanese Yucca
Pepper, Jalapeño Pepper, Poblano Pepper, Red Pepper, Serrano Pickles, Bubbies® brand only Pimento	Squash, Green Squash, Spaghetti Squash, Summer Squash, Winter Squash, Yellow Swiss Chard	Yams, Garnett Yams, Japanese Yucca
Pepper, Jalapeño Pepper, Poblano Pepper, Red Pepper, Serrano Pickles, Bubbies® brand only Pimento Prickly Pear	Squash, Green Squash, Spaghetti Squash, Summer Squash, Winter Squash, Yellow Swiss Chard Tomatillo	Yams, Garnett Yams, Japanese Yucca

All ingredients must be organic

Nanny Mai

Fruits	Lemon Rind/Peel	Tamarind
Acai	Lime	Tangerine
Apple (all types)	Lime Juice	Wolfberry
Apricot	Litchi (aka Lychee)	Youngberry
Banana	Loganberry	
Bilberry	Loquat	Nuts, Seeds, Drupes & Oils
Blackberry	Mangosteen	Almond
Blueberry	Maqui	Almond Butter (Artisana®)
Boysenberry	Monk Fruit (Pure)	Almond Flavor (natural, gluten free)
Clementine	Mulberry	Almond Flour (gluten free)
Dates	Nectarines	Almond Meal (gluten free)
Elderberry	Noni	Almond, Marcona
Goji Berry	Passion Fruit	Annatto Seed
Golden Berry	Peach	Brazil Nut
Gooseberry	Pear	Canola/Rapeseed Oil
Grapefruit	Pear, Asian	Caraway Seed
Guava	Persimmons	Cashew Butter
Huckleberry	Plum	Cashew Meal
Kiwi	Pomegranate	Cashews
Kumquat	Pomelo	Chestnut
Lemon	Prune	Chia Seed (1/4 cup, max)
Lemon Juice	Raspberry	Coconut Butter

Coconut Oil	Pili Nuts	Walnut Oil
Coconut, shredded (raw, unsweetened)	Pine Nut	Walnuts
Cola Nut (aka Kola Nut)	Pistachios	Walnuts, Black
Cottonseed/Cottonseed Oil	Poppy seeds	
Flax Meal	Psyllium Husk	Fish & Shellfish
Flax Oil	Pumpkin Oil	Chilean Sea Bass
Flax Seed	Pumpkin Seed Oil	Corvina
Grapeseed Oil, Organic	Pumpkin Seeds	Hake
Hazelnut Flour	Ramon Seeds	Mahi Mahi
Hazelnut/Filbert	Sacha Inchi Seeds	Octopus
Hemp Meal	Safflower/Safflower Seed Oil	Sardines
Hemp Protein (Powder)	Sesame Seed Oil	Swai
Hemp Seed	Sesame Seeds	Tilapia (Wild, Non-farmed)
Hydrogenated Oils	Sesame Seeds, Black	Whitefish/Turbot
Macadamia Nut Oil	Sunflower Seed Butter	
Macadamia Nuts	Sunflower Seed Lecithin	Meat & Poultry
Olive Leaf Extract	Sunflower Seed Oil	Applegate® organic black forest ham
Olive Oil, Virgin	Sunflower Seeds	ApplegateÅ® organic hot dogs
Palm Kernel Oil	Tahini	Bison (see also Buffalo)
Pecan Flour	Tea, Ramon	Goat, Grass-fed only (organic)
Pecans	Tiger Nuts	Ostrich
Pepitas	Vegetable Shortening	Pheasant

Quail		Ketchup (Organicville)		Monk Fruit Extract
Rabbit		Liquid Smoke gluten free (natural)		Rebiana Leaf (Stevia)
		Mustard, Brown (Eden® gf mustard)		Sorbitol
Non-Dairy & Eggs		Sauerkraut (Bubbies® Brand only)		Sucralose
Almond Milk, unsweetened (no tapioca)		Tabasco Sauce		Sweetleaf® Stevia
Coconut Kefir (No Tapioca, Carageenan)		Ume Plum Vinegar		Tapioca Dextrose
Coconut Milk(Native Forest or Natural Value)		Vinegar, Distilled		Xyla (Birchwood Xylitol)
Egg, Whites, Pasture-raised				Yacon Syrup
Paleo Cheese (Julianbakery.com or		Sweeteners		
		Agave Nectar		Herbs & Spices
Condiments		BodyPro Almond Mayo Grade A Maple Syrup		Allspice
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Apple Cider Vinegar (Bragg's®)		Coconut Palm Sugar		Almond Flavor (natural, gluten free)
Apple Cider Vinegar (Bragg's®) BodyPro Almond Mayo Grade A Maple Syrup		Coconut Sugar		
BodyPro Almond Mayo Grade A		Coconut Sugar Honey, (Organic)		free)
BodyPro Almond Mayo Grade A Maple Syrup BodyPro Almond Mayo with Yacon		Coconut Sugar Honey, (Organic) Honey, Manuka		free) Anise
BodyPro Almond Mayo Grade A Maple Syrup BodyPro Almond Mayo with Yacon Syrup Carob Coconut Vinegar (Coconut Secret)		Coconut Sugar Honey, (Organic)		free) Anise Ashwaganda
BodyPro Almond Mayo Grade A Maple Syrup BodyPro Almond Mayo with Yacon Syrup Carob Coconut Vinegar (Coconut Secret)		Coconut Sugar Honey, (Organic) Honey, Manuka		free) Anise Ashwaganda Astragalus
BodyPro Almond Mayo Grade A Maple Syrup BodyPro Almond Mayo with Yacon Syrup Carob Coconut Vinegar (Coconut Secret) Dressing, Primal Kitchen Greek		Coconut Sugar Honey, (Organic) Honey, Manuka Honey, Wildflower from Mahava®		free) Anise Ashwaganda Astragalus Basil
BodyPro Almond Mayo Grade A Maple Syrup BodyPro Almond Mayo with Yacon Syrup Carob Coconut Vinegar (Coconut Secret) Dressing, Primal Kitchen Greek Avocado Oil Earth Balance® Avocado Oil		Coconut Sugar Honey, (Organic) Honey, Manuka Honey, Wildflower from Mahava® Jerusalem Artichoke Syrup		free) Anise Ashwaganda Astragalus Basil Bay Leaf
BodyPro Almond Mayo Grade A Maple Syrup BodyPro Almond Mayo with Yacon Syrup Carob Coconut Vinegar (Coconut Secret) Dressing, Primal Kitchen Greek Avocado Oil Earth Balance® Avocado Oil Butter Spread Earth Balance® Coconut		Coconut Sugar Honey, (Organic) Honey, Manuka Honey, Wildflower from Mahava® Jerusalem Artichoke Syrup Just Like Sugar® Lo Han Maple Sugar		Anise Ashwaganda Astragalus Basil Bay Leaf Black Cohosh
BodyPro Almond Mayo Grade A Maple Syrup BodyPro Almond Mayo with Yacon Syrup Carob Coconut Vinegar (Coconut Secret) Dressing, Primal Kitchen Greek Avocado Oil Earth Balance® Avocado Oil Butter Spread Earth Balance® Coconut Spread		Coconut Sugar Honey, (Organic) Honey, Manuka Honey, Wildflower from Mahava® Jerusalem Artichoke Syrup Just Like Sugar® Lo Han		free) Anise Ashwaganda Astragalus Basil Bay Leaf Black Cohosh Caraway Seed

Chili Powder	Ginger	Mint
Chipotle Seasoning	Ginkgo Biloba	Mustard (as a Powder)
Cilantro/Coriander	Ginseng (All Types)	Mustard Seeds (gluten free)
Cinnamon	Goldenseal	Nutmeg
Cinnamon, Ceylon	Grapefruit Seed Extract	Olive Leaf Extract
Cloves	Guarana	Onion
Cloves, Madagascar	Gymnema Silvestre	Onion Powder
Cloves, Penang	Herbs De Provence	Orange Salt
Cramp Bark Extract	Hickory	Oregano
Cream of Tartar	Himalayan Salt	Paprika
Cumin	Jamaican Jerk	Paprika (smoked)
Curcumin	Juniper Berry	Parsley
Curry (must be GF)	Juniper Berry Lavender	Parsley Pepper, Black (see Garlic/Lemon Pepper)
		Pepper, Black (see
Curry (must be GF)	Lavender Lemon Balm (Melissa	Pepper, Black (see Garlic/Lemon Pepper)
Curry (must be GF) Dandelion Root	Lavender Lemon Balm (Melissa Officinalis)	Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne
Curry (must be GF) Dandelion Root Dill	Lavender Lemon Balm (Melissa Officinalis) Lemon Pepper	Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red
Curry (must be GF) Dandelion Root Dill Dong Quai	Lavender Lemon Balm (Melissa Officinalis) Lemon Pepper Lemongrass	Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan
Curry (must be GF) Dandelion Root Dill Dong Quai Echinacea	Lavender Lemon Balm (Melissa Officinalis) Lemon Pepper Lemongrass Licorice Root	Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan
Curry (must be GF) Dandelion Root Dill Dong Quai Echinacea Fennel	Lavender Lemon Balm (Melissa Officinalis) Lemon Pepper Lemongrass Licorice Root Maca Root	Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns
Curry (must be GF) Dandelion Root Dill Dong Quai Echinacea Fennel Garlic	Lavender Lemon Balm (Melissa Officinalis) Lemon Pepper Lemongrass Licorice Root Maca Root Mace Spice	Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns Peppermint

Rosemary	Wormwood	Coffee Bean, Organic
Saffron		Fava Bean
Sage	Milk-Containing Foods	Fava Bean Flour
Saw Plametto		Garbanzo Bean
Sesame Seeds	Legumes & Pulses	Garbanzo Flour
Sesame Seeds, Black	Bean, Azuki	Kidney Bean
Shallots	Bean, Black	Lentil(s)
Spearmint	Bean, Butter	Red Bean Paste
St. John's Wort	Bean, Cannellini	Vanilla Bean
Sumac	Bean, Chana Dahl	Vanilla Powder
Taco Seasoning	Bean, Chili	
Tarragon	Bean, Green	Gluten-Free Grains
Thyme	Bean, Italian	Almond Flour (gluten free)
Tomatillo	Bean, Kidney	Amaranth
Turmeric	Bean, Lima	Arrowroot Flour/powder
Uva Ursi	Bean, Mung	Chicory Root
Valerian	Bean, Navy	Coconut Flour (gluten free)
Vanilla (gluten and corn-free)	Bean, Ninja	Coconut Meal (gluten free)
Vanilla Bean	Bean, Pinto/Frijole	Fava Bean Flour
Vanilla Powder	Bean, Red	Flax Meal
White Willow Bark Extract	Bean, White	Garbanzo Flour
Wintergreen	Chickpea (see also Garbanzo	Glucomannon Flour

Hazelnut Flour	Gluten-Containing Foods	Tea, Black
Hemp Meal		Tea, Chamomile
Hemp Protein (Powder)	Corn-Derived Foods	Tea, Green
Hemp Seed		Tea, Hibiscus
Konjac Glucomannon Flour	Beverages & Protein Powders	Tea, Oolong
Oats (Bob's Red Mill Gluten Free Version)	Almond Milk, unsweetened (no tapioca)	Tea, Ramon
Oats (Certified GF)	Bone Broth Protein, Beef	Tea, Roobios
ProGranola (Julian Bakery)	Coconut Kefir (No Tapioca, Carageenan)	Tea, Unflavored
Simple Mills - Everything Sprouted Seed Cracker	Coconut Milk(Native Forest or Natural Value)	Tea, White
Simple Mills Ground Sea Salt Almond Crackers	Coconut Water (low sugar)	Water
Simple Mills Rosemary & Sea Salt Crackers	Coffee	Yerba Matte Tea (Organic/Pure)
Simple Mills Tomato & Basil Almond Crackers	Coffee Bean, Organic	Zevia Drinks
Tapioca	Collagen Protein (Powder)	
Tapioca Flour (gluten free)	Echinacea Tea	Miscellaneous
Tapioca Starch (gluten free)	Green Tea	Acacia Gum
Teff	Hemp Protein (Powder)	Antimony
Tolerant Green Lentil & Pea Pasta	Lemon Juice	Arabic Gum
Tolerant Red or Green Lentil Pasta	Licorice Tea	Baking Soda (Arm & Hammer®)
Tortilla, Siete Chia & Cassava	Lime Juice	Blue Food Dye
	Mineral Water	Chewing Gum, Xylichew®
	Pea Protein	Chicory Root
	Sparkling Water, unflavored	Cocoa Butter

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Cocoa/Cacao (raw, pure, & unsweetened)	Tomato Sauce (gluten & Vinegar-free)
Coconut Aminos®	Tragacanth Gum
Coconut Cream	Vegetable Shortening (Spectrum®)
Collagen Protein (Powder)	Yeast, Baker's
Formaldehyde	Yeast, Brewer's
Garam Masala	Yeast, Nutritional
Glucomannon Flour (konjacfoods.com)	
Great Lake's® Beef Gelatin	Snacks
Guar Gum	Dates
Inulin	
Julian Bakery Paleo Wraps	
Konjac Glucomannon Flour	
Konjac Glucomannon Flour	
Konjac Glucomannon Flour Latex	
Konjac Glucomannon Flour Latex Locust Bean Gum	
Konjac Glucomannon Flour Latex Locust Bean Gum Lycopene Modified Food Starch	
Konjac Glucomannon Flour Latex Locust Bean Gum Lycopene Modified Food Starch (Tapioca-based)	
Konjac Glucomannon Flour Latex Locust Bean Gum Lycopene Modified Food Starch (Tapioca-based) Palm Wax	
Konjac Glucomannon Flour Latex Locust Bean Gum Lycopene Modified Food Starch (Tapioca-based) Palm Wax Pycnogenol	
Konjac Glucomannon Flour Latex Locust Bean Gum Lycopene Modified Food Starch (Tapioca-based) Palm Wax Pycnogenol Red Food Dye	