Nanny Mai

26/08/2017

Vegetables	Brussels Sprout	Collard Greens
Aloe Vera	Burdock	Corn (Gluten-free &
Artichoke (not pickled)	Cabbage, Chinese (see	Corn, Blue
Arugula	Cabbage, Green	Corn, White
Asparagus	Cabbage, Purple	Cucumber
Avocado	Cactus (Nopales)	Daikon Radish
Avocado Oil	Capers	Dandelion Greens
Bamboo Shoot	Capsicum	Dandelion Root
Bean, Green	Carrot Juice	Eggplant
Bean Sprout	Carrot, Orange	Endive
Beet	Carrot, Purple	Fennel
Beet Greens	Carrot, White	Garlic
Bell Pepper	Carrot, Yellow	Hearts of Palm
Bell Pepper, Green	Cassava (see Tapioca	Horseradish
Bell Pepper, Orange	Cauliflower	Jicama
Bell Pepper, Red	Cauliflower, Purple	Kale, all types
Bell Pepper, Yellow	Celery	Kelp/Dulse
Bok Choy	Chard	Kohlrabi
Broccoli	Chayote	Kombu
Broccoli Rabe	Chives	Leeks
Broccoli Sprouts	Coconut (raw and	Lettuce, all types
Broccolini	Coconut Concentrate	Mushrooms

Nanny Mai

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Mushrooms, Button	Pepper, Chili	Rainbow Chard
Mushrooms,	Pepper, Green	Rhubarb
Mushrooms, Maitake	Pepper, Habanero	Rutabaga
Mushrooms, Shiitake	Pepper, Jalapeño	Sauerkraut (Bubbies®
Mustard Greens	Pepper, Poblano	Scallions
Nori	Pepper, Red	Sea Vegetables
Okra	Pepper, Serrano	Seaweed
Olives (without vinegar)	Pickles, Bubbies®	Shallots
Onion, Green	Pimento	Spinach
Onion, Maui	Potato, Fingerling	Spirulina
Onion, Red	Potato, Purple	Squash
Onion, Sweet	Potato, Red	Squash, Acorn
Onion, Yellow	Potato, Russet	Squash, Butternut
Parsley	Potato, Sweet	Squash, Green
Parsnip	Potato, White	Squash, Spaghetti
Pea, Black-Eyed	Potato, Yukon Gold	Squash, Summer
Pea, Green	Prickly Pear	Squash, Winter
Pea, Snap	Psyllium Husk	Squash, Yellow
Pea, Snow	Pumpkin	Sugar Beet
Pea, Split	Pumpkin Powder	Sweet Potato, Red
Pea Protein	Radicchio	Sweet Potatoes, White
Pepper, Anaheim	Radish	Swiss Chard

Nanny Mai 26/08/2017

Tomatillo	Tomato Paste (gluten &
Tomato Paste (gluten &	Tomato Sauce (gluten &
Tomato Sauce (gluten &	Tragacanth Gum
Tomato	Vegetable broth
Tomatoes, Big Beef	Vegetable Oil
Tomato, Cherry	Vegetable Shortening
Tomato, Heirloom	Vinegar, Red Wine
Tomato, Orange	Vinegar, Rice
Tomato, Red	Vinegar, White Wine
Tomato, Roma	Xanthan Gum
Tomato, Sun-dried	Yeast, Baker's
Tomato, Yellow	Yeast, Brewer's
Truffle	Yeast, Nutritional
Turnip Greens	Latex
Turnips	Ispaghula/Psyllium
Water Chestnut	Formaldehyde
Watercress	Red Dye
Yams, Garnett	Acacia Gum
Yams, Japanese	Skinny Crisps®(Plain
Yucca	Tagacanth Gum
Zucchini	Tamari (Wheat Free)
Alfalfa Sprouts	Tofu (Organic)