Sh	opping List Page 1	All i	All ingredients must be organic		
Na	anny Mai			10/07/2017	
	Fruits	Goji Berry		Mangosteen	
	Acai	Golden Berry		Maqui	
	alpha	Gooseberry		Melon, Honeydew	
	Apple (all types)	Grape		Monk Fruit (Pure)	
	Apricot	Grape, Green		Mulberry	
	Banana	Grape, Purple		Nectarines	
	Bilberry	Grape, Red		Noni	
	Blackberry	Grape, White		Orange	
	Blueberry	Grapefruit		Orange, Blood	
	Boysenberry	Grapefruit Juice		Orange Juice	
	bravo	Guava		Orange Peel/Rind	
	Cantaloupe	Huckleberry		Papaya	
	charlie	Jack fruit		Passion Fruit	
	Cherry	Kiwi		Peach	
	Clementine	Kumquat		Pear	
	Cranberry	Lemon		Pear, Asian	
	Cranberry Juice	Lemon Juice		Persimmons	
	Currant	Lemon Rind/Peel		Pineapple	
	Dates	Lime		Plantain	
	Dragon Fruit (Pitaya)	Lime Juice		Plum	
	Dried Fruit	Litchi (aka Lychee)		Pomegranate	
	dummy food	Loganberry		Pomelo	
	Elderberry	Loquat		Prune	
	Fig	Mango		Quince	

Shopping List Page 2					ngredients must be organic
Na	nny Mai				10/07/2017
	Raisin (unsulfured, organic)		Cashew Butter		Olive Oil, Virgin
	Raspberry		Cashew Meal		Palm Kernel Oil
	Star Fruit		Cashews		Pecan Flour
	Strawberry		Chestnut		Pecans
	Tamarind		Chia Seed (1/4 cup, max)		Pepitas
	Tangelo		Coconut, shredded (raw, unsweetened)		Pili Nuts
	Tangerine		Coconut Butter		Pine Nut
	Vinegar, Red Wine		Coconut Oil		Pistachios
	Watermelon		Cola Nut (aka Kola Nut)		Poppy seeds
	Wolfberry		Corn Oil		Psyllium Husk
	Youngberry		Cottonseed/Cottonseed Oil		Pumpkin Oil
	Nuts, Seeds, Drupes & Oils		Flax Meal		Pumpkin Seed Oil
	Almond		Flax Oil		Pumpkin Seeds
	Almond, Marcona		Flax Seed		Ramon Seeds
	Almond Butter (Artisana®)		Grapeseed Oil, Organic		Rice, Wild (Lundberg® - not the blend)
	Almond Flavor (natural, gluten free)		Hazelnut/Filbert		Rice Bran Oil
	Almond Flour (gluten free)		Hazelnut Flour		Sacha Inchi Seeds
	Almond Meal (gluten free)		Hemp Meal		Safflower/Safflower Seed Oil
	Annatto Seed		Hemp Protein (Powder)		Sesame Seed Oil
	Avocado Oil		Hemp Seed		Sesame Seeds
	Brazil Nut		Hydrogenated Oils		Sesame Seeds, Black
	Canola/Rapeseed Oil		Macadamia Nut Oil		Sunflower Seed Butter
	Caraway Seed		Macadamia Nuts		Sunflower Seed Lecithin
			Olive Leaf Extract		Sunflower Seed Oil

Shopping List Page 3					ngredients must be organic
Na	anny Mai				10/07/2017
	Sunflower Seeds		Haddock		Walleye Pike
	Tahini		Hake		Whitefish/Turbot
	Tea, Ramon		Halibut		Vegetables
	Tiger Nuts		Herring		Agave Nectar
	Truffle Oil		Lobster		Alfalfa Grass
	Truffle Oil, Black		Mackerel		Alfalfa Sprouts
	Vegetable Oil		Mahi Mahi		Aloe Vera
	Vegetable Shortening (Spectrum®)		Mussel		Artichoke (not pickled)
	Walnut Oil		Octopus		Artichoke, Jerusalem (not pickled)
	Walnuts		Orange Roughy		Arugula
	Walnuts, Black		Oyster		Asparagus
	Fish & Shellfish		Perch		Avocado
	Anchovy		Red Snapper		Bamboo Shoot
	Bass		Salmon, wild (fresh)		Barley Grass (can have gluten)
	Catfish		Sardines		Barley Greens (may contain gluten)
	Chilean Sea Bass		Scallop		Bean, Green
	Clam		Shrimp		Bean Sprout
	Cod/ Cod Liver Oil		Sole		Beet
	Corvina		Squid		Beet Greens
	Crab		Swai		Bell Pepper
	Crab, Immitation		Swordfish		Bell Pepper, Green
	Crayfish		Tilapia (Wild, Non-farmed)		Bell Pepper, Orange
	Flounder		Trout		Bell Pepper, Red
			Tuna		

Sh	opping List Page 4	All i	All ingredients must be organic		
Na	nny Mai				10/07/2017
	Bell Pepper, Yellow	i[Chayote		Leeks
☐ ☐	Bok Choy		Chives		Lettuce, all types
	Broccoli		Coconut (raw and		Mushrooms
	Broccolini		unsweetened) Coconut Concentrate		Mushrooms, Button
	Broccoli Rabe		Collard Greens		Mushrooms, Cremeni/Crimini
	Broccoli Sprouts		Corn (Gluten-free & Non-GMO)		Mushrooms, Maitake
	Brussels Sprout		Corn, Blue		Mushrooms, Shiitake
	Burdock		Corn, White		Mustard Greens
	Cabbage, Chinese (see also Bok Choy)		Cucumber		Nori
	Cabbage, Green		Daikon Radish		Oat Grass (Not For Gluten Sensitive)
	Cabbage, Purple		Dandelion Greens		Okra
	Cactus (Nopales)		Dandelion Root		Olives (without vinegar)
	Capers		Eggplant		Onion, Green
	Capsicum		Endive		Onion, Maui
	Carrot, Orange		Fennel		Onion, Red
	Carrot, Purple		Garlic		Onion, Sweet
	Carrot, White		Hearts of Palm		Onion, Yellow
	Carrot, Yellow		Horseradish		Paprika
	Carrot Juice		Hydrogenated Oils		Parsley
	Cassava (see Tapioca and Yucca)		Jicama		Parsnip
	Cauliflower		Kale, all types		Pea, Black-Eyed
	Cauliflower, Purple		Kelp/Dulse		Pea, Green
	Celery		Kohlrabi		Pea, Snap
	Chard		Kombu		Pea, Snow

Sh	opping List Page 5	All i	ingredients must be organic	
Na	nny Mai			10/07/2017
	Pea, Split	Radicchio		Swiss Chard
	Pea Protein	Radish		Tomatillo
	Pepper, Anaheim	Rainbow Chard		Tomato
	Pepper, Cayenne	Red Pepper Flake		Tomato, Cherry
	Pepper, Chili	Rhubarb		Tomato, Heirloom
	Pepper, Green	Rutabaga		Tomato, Orange
	Pepper, Habanero	Sauerkraut (Bubbies® Brand only)		Tomato, Red
	Pepper, Jalapeño	Scallions		Tomato, Roma
	Pepper, Poblano	Sea Vegetables		Tomato, Sun-dried
	Pepper, Red	Seaweed		Tomato, Yellow
	Pepper, Serrano	Shallots		Tomatoes, Big Beef
	Pickles, Bubbies® brand only	Spinach		Tomato Paste (gluten & Vinegar-free)
	Pimento	Spirulina		Tomato Sauce (gluten & Vinegar-free)
	Potato, Fingerling	Squash		Truffle
	Potato, Purple	Squash, Acorn		Turnip Greens
	Potato, Red	Squash, Butternut		Turnips
	Potato, Russet	Squash, Green		Vegetable Oil
	Potato, Sweet	Squash, Spaghetti		Water Chestnut
	Potato, White	Squash, Summer		Watercress
	Potato, Yukon Gold	Squash, Winter		Wheat Grass (Is Gluten-contaminated)
	Prickly Pear	Squash, Yellow		Yams, Garnett
	Psyllium Husk	Sugar Beet		Yams, Japanese
	Pumpkin	Sweet Potato, Red		Yucca
	Pumpkin Powder	Sweet Potatoes, White		Zucchini

Meat & Poultry	Duck	Egg, Whites, Pasture-raised
Applegate® organic andouille sausage	Goat, Grass-fed only (organic)	Egg, Yolks Pasture-raised
Applegate® organic bacon	Great Lake's® Beef Gelatin	Milk, Soy (Organic)
Applegate® organic black forest ham	Lamb	Paleo Cheese (Julianbakery.com or
Applegate® organic chicken	Lard (pork)	Condiments, Spreads & Sauces
Applegate® organic chicken/apple sausage	Ostrich	Apple Cider Vinegar (Bragg's®)
Applegate® organic ham	Pheasant	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)
Applegate® organic herb roasted turkey	Pork, (organic)	Balsamic Vinegar (with Red Wine Vinegar)
Applegate® organic hot dogs	Quail	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)
Applegate® organic red pepper sausage	Rabbit	Barbeque Sauce, GF Annie's® Sweet & Spicy
Applegate® organic roast beef	Turkey (organic)	BodyPro Almond Mayo Grade A Maple Syrup
Applegate® organic sausage sweet italian	Veal (organic)	BodyPro Almond Mayo with Yacon Syrup
Applegate® organic smoked chicken breast	Venison (see also Deer)	BodyPro Avocado Oil Mayonnaise
Applegate® organic smoked turkey breast	Non-Dairy & Eggs	Carob
Applegate® organic spinach & feta sausage	Almond Milk, unsweetened (no tapioca)	Cocoa Butter
Applegate® organic turkey	Almond Yogurt, unsweetened	Coconut Aminos®
Applegate® organic turkey bacon	BodyPro Avocado Oil Mayonnaise	Coconut Cream
Beef, Grass-fed only (organic)	Cheese, Daiya (Coconut,Tapioca,yeast,)	Coconut Vinegar (Coconut Secret)
Bison (see also Buffalo)	Cheese, Soy (Organic) (see Soy)	Cream, Raw and Unpasteurized
Buffalo (see also Bison)	Coconut Kefir (No Tapioca, Carageenan)	Dressing, Primal Kitchen Greek Avocado Oil
Chicken, free range (organic)	Coconut Milk(Native Forest or Natural Value)	Dressing, Primal Kitchen Honey Mustard
Chicken Broth (Imagine® gf/low sodium)	Egg, Pasture-raised (from a farmer)	Earth Balance® Avocado Oil Butter Spread
Collagen Protein (Powder)	Egg, Vital Farms® or Pasture Verde®	Earth Balance® Coconut
Deer (see also Venison)		

Harissa	Tomato Sauce (gluten & Vinegar-free)	Coconut Palm Sugar
Horseradish Sauce, Gluten-free (Annie's®)	Ume Plum Vinegar	Coconut Sugar
Hummus	Veganaise Soy-free (Follow Your Heart®)	Date Sugar
Ketchup (Organicville)	Vegetable Shortening (Spectrum®)	Erythritol (non-GMO)
Liquid Aminos (Braggs®)(has Soy)	Vinegar	Fructose
Liquid Smoke (can have gluten)	Vinegar, Beet	Fruit Pectin
Liquid Smoke gluten free (natural)	Vinegar, Distilled	Honey, (Organic)
Mayonnaise	Vinegar, Malt	Honey, Manuka
Mayonnaise, Primal Kitchen Avocado Oil	Vinegar, Red Wine	Honey, Wildflower from Mahava®
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Vinegar, Rice	Jerusalem Artichoke Syrup
Mustard, Brown (Eden® gf mustard)	Vinegar, White	Just Like Sugar®
Olives (without vinegar)	Vinegar, White Wine	Lo Han
Red Bean Paste	White/Distilled Vinegar	Maltitol
Red Chili Paste Thai Kitchen® (gluten free)	Worcestershire Sauce (The Wizard's® GF)	Maltodextrin (Barley-derived)
Red Tomato Paste (gluten free)	Sweeteners	Maltodextrin (Corn-based, non-GMO)
Sauerkraut (Bubbies® Brand only)	Agave Nectar	Maltodextrin (Tapioca-based)
Sherry Vinegar	Aspartame	Maple Sugar
Sour Cream, Raw and Unpasteurized	BodyPro Almond Mayo Grade A Maple Syrup	Maple Syrup (Grade A Dark Amber Organic)
Soy Sauce	Brown Rice Syrup (contains MSG/Gluten)	Molasses
Sriracha Sauce Organicville gluten-free	Cane Syrup	Monk Fruit (Pure)
Tabasco Sauce	Chocolate, Dark	Monk Fruit Extract
Tamari (Wheat Free)	Chocolate, Milk	Nutrasweet®
Teriyaki Sauce	Chocolate, White	Rebiana Leaf (Stevia)
Tomato Paste (gluten & Vinegar-free)		Sorbitol

Shopping List Page 8					All ingredients must be organic	
Na	anny Mai				10/07/2017	
	Splenda		Caraway Seed		Garlic Pepper	
	Sucanat		Cardamom		Garlic Powder	
	Sucralose		Celery Powder		Garlic Salt	
	Sugar Beet		Chicory Root		Ginger	
	Sugar Cane		Chili Powder		Ginkgo Biloba	
	Sweetleaf® Stevia		Chipotle Seasoning		Ginseng (All Types)	
	Swerve® Sweetener		Cilantro/Coriander		Goldenseal	
	Tapioca Dextrose		Cinnamon		Grapefruit Seed Extract	
	Xyla (Birchwood Xylitol)		Cinnamon, Ceylon		Grapeseed Extract	
	Xylitol		Cloves		Guarana	
	Yacon Syrup		Cloves, Madagascar		Gymnema Silvestre	
	Herbs & Spices		Cloves, Penang		Herbs De Provence	
	Allspice		Cramp Bark Extract		Hickory	
	Almond Flavor (natural, gluten free)		Cream of Tartar		Himalayan Salt	
	Anise		Cumin		Hydrogenated Oils	
	Ashwaganda		Curcumin		Jamaican Jerk	
	Astragalus		Curry (must be GF)		Juniper Berry	
	Basil		Dandelion Root		Lavender	
	Bay Leaf		Dill		Lemon Balm (Melissa Officinalis)	
	Bell Pepper, Red		Dong Quai		Lemongrass	
	Black Cohosh		Echinacea		Lemon Pepper	
	Capsicum		Fennel		Licorice Root	
	Caramel Coloring		Garam Masala		Maca Root	
			Garlic		Mace Spice	

Sh	opping List Page 9		All i	ngredients must be organic
Na	nny Mai			10/07/2017
	Marjoram	Red Chili Paste Thai Kitchen® (gluten free)		White Willow Bark Extract
	Mesquite	Red Pepper Flake		Wintergreen
	Milk Thistle	Rose Hips		Wormwood
	Mint	Rosemary		Milk-Containing Foods
	Mustard (as a Powder)	Saffron		Applegate® organic spinach & feta sausage
	Mustard Seeds (gluten free)	Sage		Butter, Raw and Pasture-raised
	Nutmeg	Saw Plametto		Buttermilk
	Olive Leaf Extract	Sesame Seeds		Casein
	Onion	Sesame Seeds, Black		Cheese, American
	Onion Powder	Shallots		Cheese, Asiago
	Orange Peel/Rind	Spearmint		Cheese, Bleu
	Orange Salt	St. John's Wort		Cheese, Brie
	Oregano	Sumac		Cheese, Cheddar (Raw)
	Paprika	Taco Seasoning		Cheese, Cottage
	Paprika (smoked)	Tamari (Wheat Free)		Cheese, Cream
	Parsley	Tarragon		Cheese, Feta
	Pepper, Black (see Garlic/Lemon Pepper)	Thyme		Cheese, Goat
	Pepper, Cayenne	Tomatillo		Cheese, Gorgonzola
	Pepper, Red	Turmeric		Cheese, Gouda
	Pepper, Sichuan	Uva Ursi		Cheese, Havarti
	Pepper, Szechuan	Valerian		Cheese, Machego
	Pepper/Peppercorns	Vanilla (gluten and corn-free)		Cheese, Marscapone
	Peppermint	Vanilla Bean		Cheese, Mozzarella (Raw)
	Pine Bark Extract	Vanilla Powder	i '	

Cheese, Muenster		Sour Cream, Raw and Unpasteurized		Edamame (must be organic)
Cheese, Parmesan		Whey		Fava Bean
Cheese, Pecorino		Yogurt (See Xanthan Gum)		Fava Bean Flour
Cheese, Provolone		Legumes & Pulses		Garbanzo Bean
Cheese, Raw and Pasture-raised		Bean, Azuki		Garbanzo Flour
Cheese, Ricotta		Bean, Black		Hydrogenated Oils
Cheese, Romano		Bean, Butter		Kidney Bean
Cheese, Sheep		Bean, Cannellini		Lentil(s)
Cheese, String (Mozzarella)		Bean, Chana Dahl		Miso
Cheese, Swiss		Bean, Chili		Pea, Snap
Chocolate, Milk		Bean, Green		Pea, Snow
Chocolate, White		Bean, Italian		Pea, Split
Cream, Raw and Unpasteurized		Bean, Kidney		Peanut (Organic, Valencia)
Ghee (Pasture-Raised, Organic)		Bean, Lima		Peanut Butter (Organic, Maranatha®)
Goat Cheese		Bean, Mung		Peanut Oil (Organic)
Goat Kefir		Bean, Navy		Red Bean Paste
Kefir, Raw		Bean, Ninja		Soybean oil(must be organic)
Lactoalbumin		Bean, Pinto/Frijole		Soy Beans (must be organic)
Milk, Buffalo		Bean, Red		Vanilla Bean
Milk, Cow		Bean, White		Vanilla Powder
Milk, Goat		Beans		Vegetable Oil
Milk, Sheep		Chickpea (see also Garbanzo Bean)		
Milk Chocolate		Coffee Bean, Organic		
Mozzarella Cheese	, '		•	

Corn-Derived Foods	Yogurt (See Xanthan Gum)		Maltitol
Barbeque Sauce, GF Annie's® Sweet & Spicy	Gluten-Containing Foods		Maltodextrin (Barley-derived)
Cheese, Cream	Barley		Modified Food Starch
Cheese, Daiya (Coconut,Tapioca,yeast,)	Barley Grass (can have gluten)		Oat Grass (Not For Gluten Sensitive)
Cheese, Soy (Organic) (see Soy)	Barley Greens (may contain gluten)		Oats
Chewing Gum (has gluten and corn)	Barley Juice (may contain gluten)		Oats, GF (not Certified) can have gluten
Corn (Gluten-free & Non-GMO)	Beer		Orzo
Corn, Blue	Bran		Panko
Corn, White	Bread		Polish Wheat
Corn Gluten	Brown Rice Syrup (contains MSG/Gluten)		Rye
Corn Meal (gluten free)	Caramel Coloring		Semolina
Corn Oil	Cheese, Bleu		Soy Sauce
Corn Starch (gluten free)	Chewing Gum (has gluten and corn)		Spelt
Erythritol (non-GMO)	Coffee, Instant (has gluten)		Teechino
Fructose	Couscous		Teriyaki Sauce
GemWraps®, Sandwich Wrap (Carrot)	Crab, Immitation		Triticale
Hydrogenated Oils	Durum Wheat		Vinegar
Maltitol	Farro		Vinegar, Malt
Maltodextrin (Corn-based, non-GMO)	Gluten		Vinegar, White
Modified Food Starch	Graham (wheat)		Wheat (All Types)
Sriracha Sauce Organicville gluten-free	Kamut		Wheat Grass (Is Gluten-contaminated)
Swerve® Sweetener	Liquid Smoke (can have gluten)		
Vegetable Oil	Malt		
Xanthan Gum		•	

Gluten-Free Grains	Hydrogenated Oils	Simple Mills Rosemary & Sea Salt Crackers
Almond Flour (gluten free)	Konjac Glucomannon Flour	Simple Mills Tomato & Basil Almond Crackers
Amaranth	Millet	Sorghum
Arrowroot Flour/powder	Oats (Bob's Red Mill Gluten Free Version)	Sweet Potato Flour (gluten free)
Basmati Rice (gluten free)	Oats (Certified GF)	Tapioca
Buckwheat	Potato Flour (gluten free)	Tapioca Flour (gluten free)
Buckwheat Flour	Potato Starch (gluten free)	Tapioca Starch (gluten free)
Chicory Root	ProGranola (Julian Bakery)	Teff
Coconut Flour (gluten free)	Quinoa (gluten free)	Tolerant Green Lentil & Pea Pasta
Coconut Meal (gluten free)	Quinoa, Black (gluten free)	Tolerant Red or Green Lentil Pasta
Corn (Gluten-free & Non-GMO)	Quinoa, Red (gluten free)	Tortilla, Siete Almond
Corn, Blue	Rice, Basmati (gluten free)	Tortilla, Siete Cassava & Coconut
Corn, White	Rice, Black (gluten free)	Tortilla, Siete Chia & Cassava
Corn Meal (gluten free)	Rice, Brown (gluten free)	Vegetable Oil
Corn Starch (gluten free)	Rice, Japonica (gluten free)	Beverages & Protein Powders
Ener-G Brown Rice Yeast-Free Bread	Rice, Purple (gluten free)	Almond Milk, unsweetened (no tapioca)
Fava Bean Flour	Rice, Red (gluten free)	Apple Cider
Flax Meal	Rice, White (gluten free)	Apple Juice
Garbanzo Flour	Rice, Wild (Lundberg® - not the blend)	Beer
Glucomannon Flour (konjacfoods.com)	Rice Bran	Bone Broth Protein, Beef
Hazelnut Flour	Rice Flour (gluten free)	Carrot Juice
Hemp Meal	Rice Protein Powder (gluten free)	Casein
Hemp Protein (Powder)	Simple Mills - Everything Sprouted Seed Cracker	Coconut Kefir (No Tapioca, Carageenan)
Hemp Seed	Simple Mills Ground Sea Salt Almond Crackers	9,

Coconut Milk(Native Forest or Natural Value)		Rice Protein Powder (gluten free)	Miscellaneous
Coconut Water (low sugar)		Soy Milk/Soy Cheese (Organic)	Acacia Gum
Coffee		Soy Protein (Organic)	Agar Gum
Coffee, Instant (has gluten)		Sparkling Water, unflavored	Antimony
Coffee Bean, Organic		Tea, Black	Arabic Gum
Collagen Protein (Powder)		Tea, Chamomile	Baking Powder
Echinacea Tea		Tea, Green	Baking Soda (Arm & Hammer®)
Grapefruit Juice		Tea, Hibiscus	Beef broth (Imagine® low sodium/GF)
Great Lake's® Beef Gelatin		Tea, Komboucha	Blue Food Dye
Green Tea		Tea, Oolong	Bone Broth, Beef
Hemp Protein (Powder)		Tea, Ramon	Carrageenan Gum
Komboucha Tea		Tea, Roobios	Chewing Gum (has gluten and corn)
Lactoalbumin		Tea, Unflavored	Chewing Gum, Xylichew®
Lemon Juice		Tea, White	Chicken Broth (Imagine® gf/low sodium)
Licorice Tea		Teechino	Chicory Root
Lime Juice		Vinegar, Red Wine	Cocoa/Cacao (raw, pure, & unsweetened)
Milk, Buffalo		Water	Collagen Protein (Powder)
Milk, Cow		Whey	Formaldehyde
Milk, Goat		Wine, Red	GemWraps®, Sandwich Wrap (Carrot)
Milk, Sheep		Wine, White (Champagne)	GemWraps®, Sandwich Wrap (Kale-Apple)
Milk, Soy (Organic)		Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Mineral Water		Zevia Drinks	GemWraps®, Sandwich Wrap (Tomato)
Orange Juice			Glucomannon Flour (konjacfoods.com)
Pea Protein	İ		Great Lake's® Beef Gelatin

Nanny Mai 10/07/2017

Guar Gum		Tofu (Organic)
Hops		Tragacanth Gum
Hydrogenated Oils		Vegetable broth (Imagine® Low Sodium)
Inulin		Vegetable Oil
Julian Bakery Almond Bread		Vinegar, Red Wine
Julian Bakery Coconut Bread		Xanthan Gum
Julian Bakery Paleo Wraps		Yeast, Baker's
Konjac Glucomannon Flour		Yeast, Brewer's
Lard (pork)		Yeast, Nutritional
Latex		Snacks
Locust Bean Gum		Apple Sauce
Lycopene		Dates
Malt		Simple Mills Chocolate Chip
Maltodextrin (Barley-derived)		Cookies
Modified Food Starch		
Modified Food Starch (Tapioca-based)		Flax Meal
Palm Wax		Flax Seed
Pycnogenol		Flounder
Red Food Dye		
Red Tomato Paste (gluten free)		
Resveratrol		
Rice Starch (if certified gluten		
free) Silver	!	Zucchini
Skinny Crisps® (Plain Jane)	İ	