Sh	opping List Page 1		All i	ngredients must be organic
Na	anny Mai			11/14/2017
	Vegetables	Coconut (raw and unsweetened)		Mushrooms, Cremeni/Crimini
	Alfalfa Grass	Coconut Concentrate		Mushrooms, Maitake
	Alfalfa Sprouts	Collard Greens		Mushrooms, Shiitake
	Aloe Vera	Comfrey		Mustard Greens
	Arugula	Cucumber		Nori
	Avocado	Daikon Radish		Okra
	Bamboo Shoot	Dandelion Greens		Olives (without vinegar)
	Bean, Green	Dandelion Root		Onion, Green
	Bean Sprout	Eggplant		Onion, Maui
	Beet	Endive		Onion, Red
	Beet Greens	Fennel		Onion, Sweet
	Bitter Melon	Garlic		Onion, Yellow
	Burdock	Ginger		Parsley
	Cactus (Nopales)	Hearts of Palm		Parsnip
	Capers	Horseradish		Pea, Black-Eyed
	Carrot, Orange	Jicama		Pea, Green
	Carrot, Purple	Kale, all types		Pea, Snap
	Carrot, White	Kelp/Dulse		Pea, Snow
	Carrot, Yellow	Kohlrabi		Pea, Split
	Carrot Juice	Kombu		Pea Protein
	Cassava (see Tapioca and Yucca)	Leeks		Pickles, Bubbies® brand only
	Chard	Lettuce, all types		Pimento
	Chayote	Mushrooms		Potato, Fingerling
	Chives	Mushrooms, Button		Potato, Purple

Shopping List Page 2		All i	ngredients must be organic
Nanny Mai			11/14/2017
Potato, Red	Squash, Summer		Water Chestnut
Potato, Russet	Squash, Winter		Watercress
Potato, Sweet	Squash, Yellow		Yams, Garnett
Potato, White	Sugar Beet		Yams, Japanese
Potato, Yukon Gold	Swede		Yucca
Prickly Pear	Sweet Potato, Red		Zucchini
Pumpkin	Sweet Potatoes, White		Fruits
Pumpkin Powder	Swiss Chard		Acai
Radicchio	Taro		Apple (all types)
Radish	Tomatillo		Apricot
Rainbow Chard	Tomato		Banana
Rhubarb	Tomato, Cherry		Bilberry
Rutabaga	Tomato, Heirloom		Blackberry
Scallions	Tomato, Orange		Blueberry
Sea Vegetables	Tomato, Red		Boysenberry
Seaweed	Tomato, Roma		Cantaloupe
Shallots	Tomato, Sun-dried		Cape Gooseberries
Spinach	Tomato, Yellow		Carambola
Spirulina	Tomatoes, Big Beef		Cherry
Squash	Tomato Paste (gluten & Vinegar-free)		Clementine
Squash, Acorn	Tomato Sauce (gluten & Vinegar-free)		Cranberry
Squash, Butternut	Turnip Greens		Cranberry Juice
Squash, Green	Turnips		Currant
Squash, Spaghetti	Wasabi Root		

Sr	nopping List Page 3		All i	ngredients must be organic
Na	anny Mai			11/14/2017
\neg	Dates	Lemon Rind/Peel		Pear, Asian
	Dragon Fruit (Pitaya)	Lime		Persimmons
	Dried Fruit	Lime Juice		Pineapple
	Durian Fruit	Loganberry		Plantain
	Elderberry	Longan Fruit		Plum
	Fig	Loquat		Pomegranate
	Goji Berry	Lychee		Pomelo
	Golden Berry	Mango		Prune
	Gooseberries	Mangosteen		Quince
	Grape	Maqui		Raisin (unsulfured, organic)
	Grape, Green	Melon, Honeydew		Rambutan
	Grape, Purple	Monk Fruit (Pure)		Raspberry
	Grape, Red	Mulberry		Star Fruit
	Grape, White	Nectarines		Strawberry
	Grapefruit	Noni		Tamarind
	Grapefruit Juice	Orange		Tangelo
	Ground Cherries	Orange, Blood		Tangerine
	Guava	Orange Juice		Watermelon
	Huckleberry	Orange Peel/Rind		Wolfberry
	Jack fruit	Oranges, Mandarin		Youngberry
	Kiwi	Papaya		
	Kumquat	Passion Fruit		
	Lemon	Peach		
	Lemon Juice	Pear		

Legumes, Pods, & Pulses	Garbanzo Bean	Brazil Nut
Bean, Azuki	Garbanzo Flour	Canola Oil, Non-GMO
Bean, Black	Kidney Bean	Caraway Seed
Bean, Butter	Lentil(s)	Cashew Butter
Bean, Cannellini	Pea, Snap	Cashew Meal
Bean, Chana Dahl	Pea, Snow	Cashews
Bean, Chili	Pea, Split	Chestnut
Bean, Green	Peanut (Organic, Valencia)	Coconut, shredded (raw, unsweetened)
Bean, Haricot	Peanut Butter (Organic, Maranatha®)	Coconut Butter
Bean, Italian	Red Bean Paste	Coconut Oil
Bean, Kidney	Soybean oil(must be organic)	Cola Nut (aka Kola Nut)
Bean, Lima	Soy Beans (must be organic)	Duck Fat
Bean, Mung	Vanilla Bean	Fenugreek Seed
Bean, Navy	Nuts, Seeds, Drupes & Oils	Grapeseed Oil, Organic
Bean, Ninja	Almond	Hazelnut/Filbert
Bean, Pinto/Frijole	Almond, Marcona	Hazelnut Flour
Bean, Red	Almond Butter (Artisana®)	Krill Oil
Bean, White	Almond Flavor (natural, gluten	MCT Oil
Beans	free) Almond Flour (gluten free)	Olive Leaf Extract
Chickpea (see also Garbanzo Bean)	Almond Meal (gluten free)	Olive Oil, Virgin
Coffee Bean, Organic	Almond Oil	Palm Kernel Oil
Edamame (must be organic)	Annatto Seed	Peanut Oil (Organic)
Fava Bean	Avocado Oil	Pepitas
Fava Bean Flour		Pili Nuts

Sł	Shopping List Page 5 All ingredients must be org		ngredients must be organic		
Na	anny Mai				11/14/2017
	Pine Nut		Caraway Seed		Garlic
	Pistachios		Cardamom		Garlic Pepper
	Poppy seeds		Catnip		Garlic Powder
	Pumpkin Oil		Chaparral		Garlic Salt
	Pumpkin Seed Oil		Chervil		Ginger Powder
	Pumpkin Seeds		Cilantro/Coriander		Ginkgo Biloba
	Ramon Seeds		Cinnamon		Ginseng (All Types)
	Rice, Wild (Lundberg® - not the blend)		Cinnamon, Ceylon		Goldenseal
	Sacha Inchi Seeds		Clove Powder		Grapefruit Seed Extract
	Sesame Seed Oil		Cloves, Madagascar		Grapeseed Extract
	Sesame Seeds		Cloves, Penang		Guarana
	Sesame Seeds, Black		Comfrey		Gymnema Silvestre
	Tea, Ramon		Cramp Bark Extract		Herbs De Provence
	Tiger Nuts		Cream of Tartar		Hickory
	Herbs & Spices		Cumin		Himalayan Salt
	Allspice		Curcumin		Jamaican Jerk
	Almond Flavor (natural, gluten free)		Curry (must be GF)		Juniper Berry
	Anise		Dandelion Root		Lavender
	Ashwaganda		Dill		Lemon Balm (Melissa Officinalis)
	Astragalus		Dong Quai		Lemongrass
	Basil		Echinacea		Lemon Pepper
	Bay Leaf		Fennel		Licorice Root
	Black Cohosh		Fennel Seed		Maca Root
			Garam Masala		Mace Spice

Sh	opping List Page 6		All i	ngredients must be organic
Na	nny Mai			11/14/2017
	Marjoram	Sassafras		Fish & Shellfish
	Mesquite	Savory		Anchovy
	Milk Thistle	Saw Plametto		Catfish
	Mint	Sesame Seeds		Chilean Sea Bass
	Mustard (as a Powder)	Sesame Seeds, Black		Clam
	Mustard Seeds (gluten free)	Shallots		Cod/ Cod Liver Oil
	Nutmeg	Spearmint		Corvina
	Olive Leaf Extract	St. John's Wort		Crab
	Onion	Sumac		Crayfish
	Onion Powder	Tarragon		Hake
	Orange Peel/Rind	Thyme		Krill
	Orange Salt	Tomatillo		Lobster
	Oregano	Turmeric		Lox
	Parsley	Uva Ursi		Mackerel
	Pau D'arco	Valerian		Mahi Mahi
	Pepper, Black (see Garlic/Lemon Pepper)	Vanilla (gluten and corn-free)		Mussel
	Pepper/Peppercorns	Vanilla Bean		Octopus
	Peppermint	Vanilla Powder		Orange Roughy
	Pine Bark Extract	White Willow Bark Extract		Oyster
	Red Clover	Wintergreen		Perch
	Rose Hips	Wormwood		Red Snapper
	Rosemary			Salmon, wild (fresh)
	Saffron			Sardines
	Sage			Scallop

Shopping List Page 7 All ingredients must be organic 11/14/2017 Nanny Mai Cheese, Raw and Shrimp Rabbit Pasture-raised Sole Cheese, Ricotta Milk-Containing Foods Squid Cheese, Romano Applegate® organic spinach & Swai Cheese, Sheep Butter, Raw and Pasture-raised Swordfish Cheese, String (Mozzarella) Buttermilk Tilapia (Wild, Non-farmed) Cheese, Swiss Casein **Trout** Chocolate, Milk Cheese, American Tuna Chocolate, White Cheese, Asiago Walleye Pike Cream, Raw and Unpasteurized Cheese, Brie Ghee (Pasture-Raised, Whitefish/Turbot Cheese, Cheddar (Raw) Organic) **Goat Cheese** Meat & Poultry Cheese, Cottage Goat Kefir Applegate® organic bacon Cheese, Feta Lactic Acid (milk-derived) Applegate® organic chicken Cheese, Goat Lactoalbumin Applegate® organic Cheese, Gorgonzola Applegate® organic smoked Milk, Buffalo Cheese, Gouda chicken breast Applegate® organic spinach & Milk, Cow Cheese, Havarti Applegate® organic turkey Milk, Goat Cheese, Machego Milk, Sheep Bison (see also Buffalo) Cheese, Marscapone Milk Chocolate Cheese, Mozzarella (Raw) Mozzarella Cheese Goat, Grass-fed only (organic) Cheese, Muenster Sour Cream, Raw and

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone

Unpasteurized

Whey

Ostrich

Pheasant

Quail

Non-Dairy & Eggs		Potato Starch (gluten free)	Coconut Cream
Almond Milk, unsweetened (no tapioca)		Rice, Wild (Lundberg® - not the blend)	Coconut Vinegar (Coconut Secret)
Almond Yogurt, unsweetened		Sweet Potato Flour (gluten free)	Cream, Raw and Unpasteurized
BodyPro Avocado Oil Mayonnaise		Tapioca	Distilled White Vinegar
Coconut Kefir (No Tapioca, Carageenan)		Tapioca Flour (gluten free)	Dressing, Primal Kitchen Honey Mustard
Coconut Milk (Native Forest or Natural Value)		Tapioca Starch (gluten free)	Horseradish Mustard, Gluten-free (Annie's®)
Egg, Pasture-raised (from a farmer)		Teff	Kosher Salt
Egg, Vital Farms® or Pasture Verde®		Teff Flour	Liquid Aminos (Braggs®)(has Soy)
Egg Whites, Pasture-raised		Tolerant Green Lentil & Pea Pasta	Liquid Smoke gluten free (natural)
Egg Yolks, Pasture-raised		Tolerant Red or Green Lentil Pasta	Mayonnaise, Primal Kitchen Avocado Oil
Milk, Soy (Organic)		Gluten-Containing Foods	Mustard, Brown (Eden® gf mustard)
Gluten-Free Grains		No foods in this Category	Olives (without vinegar)
Almond Flour (gluten free)	·	Corn-Derived Foods	Red Bean Paste
Coconut Flour (gluten free)		No foods in this Category	Red Tomato Paste (gluten free)
Coconut Meal (gluten free)		Condiments, Spreads & Sauces	Sour Cream, Raw and Unpasteurized
Fava Bean Flour		·	Tomato Paste (gluten & Vinegar-free)
Garbanzo Flour		Apple Cider Vinegar (Bragg's®) Balsamic Vinegar MiaBella (No	Tomato Sauce (gluten & Vinegar-free)
Glucomannon Flour (konjacfoods.com)		Caramel No Wine Vinegar) BodyPro Almond Mayo Grade A	Vinegar, Beet
(KONJACIOOUS.COM)		Maple Syrup	
Hazelnut Flour			
Hazelnut Flour		BodyPro Almond Mayo with Yacon Syrup	
Hazelnut Flour Konjac Glucomannon Flour		BodyPro Almond Mayo with Yacon Syrup BodyPro Avocado Oil	
		BodyPro Almond Mayo with Yacon Syrup	
Konjac Glucomannon Flour		BodyPro Almond Mayo with Yacon Syrup BodyPro Avocado Oil Mayonnaise	

Sweeteners	Sucanat	Lactoalbumin
Agave Nectar	Sugar Beet	Lemon Juice
BodyPro Almond Mayo Grade A Maple Syrup	Sugar Cane	Licorice Tea
Brown Sugar	Sweetleaf® Stevia	Lime Juice
Cane Syrup	Tapioca Dextrose	Milk, Buffalo
Chocolate, Dark	Tapioca Syrup	Milk, Cow
Chocolate, Milk	Xyla (Birchwood Xylitol)	Milk, Goat
Chocolate, White	Yacon Syrup	Milk, Sheep
Coconut Palm Sugar	Beverages & Protein Powders	Milk, Soy (Organic)
Coconut Sugar	Almond Milk, unsweetened (no tapioca)	Mineral Water
Date Sugar	Apple Cider	Orange Juice
Fruit Pectin	Apple Juice	Pea Protein
Honey, (Organic)	Carrot Juice	Soy Milk/Soy Cheese (Organic)
Honey, Manuka	Casein	Soy Protein (Organic)
Honey, Wildflower from Mahava®	Cocoa	Sparkling Water, unflavored
Just Like Sugar®	Coconut Kefir (No Tapioca, Carageenan)	Tea, Black
Lo Han	Coconut Milk (Native Forest or Natural Value)	Tea, Chamomile
Maltodextrin (Tapioca-based)	Coconut Water (low sugar)	Tea, Chicory Root
Maple Sugar	Coffee (Brewed and Not Instant)	Tea, Green
Maple Syrup (Grade A Dark Amber Organic)	Coffee Bean, Organic	Tea, Hibiscus
Molasses	Echinacea Tea	Tea, Oolong
Monk Fruit (Pure)	Grapefruit Juice	Tea, Ramon
Monk Fruit Extract	Green Tea	Tea, Roobios
Rebiana Leaf (Stevia)		Tea, White

Vodka, Potato	Snacks	Vegan Enzyme
Water	Apple Sauce	Vegan Natural Flavors (no MSG)
Whey	Dates	
Yerba Matte Tea (Organic/Pure)	Simple Mills Chocolate Chip Cookies	
Zevia Drinks	Food Additives	
Miscellaneous	Acacia Gum	
Baking Soda (Arm & Hammer®)	Agar Gum	
Cacao (Raw, Pure, & Unsweetened)	Annatto Coloring	
Chicken Broth (Imagine® gf/low sodium)	Arabic Gum	
Cocoa	Asafoetida Powder	
GemWraps®, Sandwich Wrap (Kale-Apple)	Carrageenan Gum	
Hops	Chicory Root	
Hops Latex	Chicory Root Guar Gum	
Latex	Guar Gum	
Latex Lycopene Modified Food Starch	Guar Gum Lactic Acid (beet-derived)	
Latex Lycopene Modified Food Starch (Tapioca-based)	Guar Gum Lactic Acid (beet-derived) Lactic Acid (milk-derived)	
Latex Lycopene Modified Food Starch (Tapioca-based) Pycnogenol	Guar Gum Lactic Acid (beet-derived) Lactic Acid (milk-derived) Locust Bean Gum	
Latex Lycopene Modified Food Starch (Tapioca-based) Pycnogenol Red Tomato Paste (gluten free)	Guar Gum Lactic Acid (beet-derived) Lactic Acid (milk-derived) Locust Bean Gum Palm Wax	
Latex Lycopene Modified Food Starch (Tapioca-based) Pycnogenol Red Tomato Paste (gluten free) Resveratrol	Guar Gum Lactic Acid (beet-derived) Lactic Acid (milk-derived) Locust Bean Gum Palm Wax Pea Protein Isolate	
Latex Lycopene Modified Food Starch (Tapioca-based) Pycnogenol Red Tomato Paste (gluten free) Resveratrol Silver	Guar Gum Lactic Acid (beet-derived) Lactic Acid (milk-derived) Locust Bean Gum Palm Wax Pea Protein Isolate Pea Starch	
Latex Lycopene Modified Food Starch (Tapioca-based) Pycnogenol Red Tomato Paste (gluten free) Resveratrol Silver Tobacco	Guar Gum Lactic Acid (beet-derived) Lactic Acid (milk-derived) Locust Bean Gum Palm Wax Pea Protein Isolate Pea Starch Potato Protein	