

<input type="checkbox"/> <b>Fruits</b>	<input type="checkbox"/> Loquat	<input type="checkbox"/> Avocado Oil
<input type="checkbox"/> Acai	<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> alpha	<input type="checkbox"/> Maqui	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Apricot	<input type="checkbox"/> Mulberry	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Cashews
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Noni	<input type="checkbox"/> Chestnut
<input type="checkbox"/> bravo	<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> charlie	<input type="checkbox"/> Peach	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> dummy food	<input type="checkbox"/> Pear	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Elderberry	<input type="checkbox"/> Persimmons	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Pomelo	<input type="checkbox"/> Cola Nut (aka Kola Nut)
<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Cottonseed/Cottonseed Oil
<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Flax Oil
<input type="checkbox"/> Huckleberry	<input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b>	<input type="checkbox"/> Flax Seed
<input type="checkbox"/> Kumquat	<input type="checkbox"/> Almond	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Lemon	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Lime	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Macadamia Nut Oil
<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Loganberry		<input type="checkbox"/> Palm Kernel Oil

Nanny Mai

10/11/2017

<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Chayote
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Corvina	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Hake	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Octopus	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Sardines	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Swai	<input type="checkbox"/> Endive
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Fennel
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> <b>Vegetables</b>	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Jicama
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Leeks
<input type="checkbox"/> Tahini	<input type="checkbox"/> Arugula	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Avocado	<input type="checkbox"/> Paprika
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Parsley
<input type="checkbox"/> Truffle Oil	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Pea, Black-Eyed
<input type="checkbox"/> Truffle Oil, Black	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Pepper, Anaheim
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Burdock	<input type="checkbox"/> Pepper, Cayenne
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Pepper, Chili
<input type="checkbox"/> Walnuts	<input type="checkbox"/> Capers	<input type="checkbox"/> Pepper, Habanero
<input type="checkbox"/> Walnuts, Black	<input type="checkbox"/> Chard	<input type="checkbox"/> Pepper, Jalapeño
		<input type="checkbox"/> Pepper, Poblano

☐ Pepper, Serrano☐ Pimento☐ Prickly Pear☐ Radicchio☐ Rainbow Chard☐ Red Pepper Flake☐ Rhubarb☐ Rutabaga☐ Swiss Chard☐ Truffle☐ Turnip Greens☐ Water Chestnut☐ Watercress☐ Yams, Japanese☐ Zucchini☐ **Meat & Poultry**☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Goat, Grass-fed only (organic)☐ Ostrich☐ Pheasant☐ Quail☐ Rabbit☐ **Non-Dairy & Eggs**☐ Almond Milk, unsweetened (no tapioca)☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk(Native Forest or Natural Value)☐ Egg, Whites, Pasture-raised☐ **Condiments, Spreads & Sauces**☐ Apple Cider Vinegar (Bragg's®)☐ Carob☐ Cocoa Butter☐ Coconut Aminos®☐ Coconut Cream☐ Earth Balance® Coconut Spread☐ Hummus☐ Liquid Smoke gluten free (natural)☐ Mustard, Brown (Eden® gf mustard)☐ Red Bean Paste☐ Vegetable Shortening (Spectrum®)☐ Vinegar, Distilled☐ White/Distilled Vinegar☐ **Sweeteners**☐ Just Like Sugar®☐ Monk Fruit (Pure)☐ Monk Fruit Extract☐ Rebiana Leaf (Stevia)☐ Sweetleaf® Stevia☐ Xyla (Birchwood Xylitol)☐ **Herbs & Spices**☐ Allspice☐ Almond Flavor (natural, gluten free)☐ Anise☐ Ashwaganda☐ Astragalus☐ Basil☐ Bay Leaf☐ Black Cohosh☐ Caraway Seed☐ Cardamom☐ Chicory Root☐ Cilantro/Coriander☐ Cinnamon☐ Cinnamon, Ceylon☐ Cloves

<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Lavender	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Cumin	<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Saffron
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Maca Root	<input type="checkbox"/> Sage
<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Saw Plametto
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Dill	<input type="checkbox"/> Mesquite	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Spearmint
<input type="checkbox"/> Echinacea	<input type="checkbox"/> Mint	<input type="checkbox"/> St. John's Wort
<input type="checkbox"/> Fennel	<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Sumac
<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Tarragon
<input type="checkbox"/> Ginger	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Thyme
<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Oregano	<input type="checkbox"/> Turmeric
<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Paprika	<input type="checkbox"/> Uva Ursi
<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Valerian
<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Parsley	<input type="checkbox"/> Vanilla (gluten and corn-free)
<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Hickory	<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> White Willow Bark Extract
<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Wintergreen
<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Wormwood
<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Peppermint	

<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> No foods in this Category	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Kidney Bean	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)
<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Oats (Certified GF)
<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>
<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> <b>Corn-Derived Foods</b>	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> No foods in this Category	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> No foods in this Category	<input type="checkbox"/> Coconut Water (low sugar)
<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Coffee
<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Bean, Navy	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Echinacea Tea
<input type="checkbox"/> Bean, Ninja	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Green Tea
<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Bean, Red	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Bean, White	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Beans	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Tea, Black
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, Chamomile

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|---|---|
| <input type="checkbox"/> Tea, Green                             | <input type="checkbox"/> Silver             |
| <input type="checkbox"/> Tea, Hibiscus                          | <input type="checkbox"/> Tragacanth Gum     |
| <input type="checkbox"/> Tea, Oolong                            | <input type="checkbox"/> Yeast, Baker's     |
| <input type="checkbox"/> Tea, Ramon                             | <input type="checkbox"/> Yeast, Brewer's    |
| <input type="checkbox"/> Tea, Roobios                           | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Tea, White                             | <input type="checkbox"/> Snacks             |
| <input type="checkbox"/> Water                                  | No foods in this Category                   |
| <input type="checkbox"/> Yerba Matte Tea (Organic/Pure)         | <input type="checkbox"/> AB                 |
| <input type="checkbox"/> Zevia Drinks                           | <input type="checkbox"/> Flax Meal          |
| <input type="checkbox"/> Miscellaneous                          | <input type="checkbox"/> Flax Oil           |
| <input type="checkbox"/> Acacia Gum                             | <input type="checkbox"/> Flax Seed          |
| <input type="checkbox"/> Arabic Gum                             | <input type="checkbox"/> qwerty             |
| <input type="checkbox"/> Baking Soda (Arm & Hammer®)            | <input type="checkbox"/> Zucchini           |
| <input type="checkbox"/> Chewing Gum, Xylicew®                  |   |
| <input type="checkbox"/> Chicory Root                           |   |
| <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened) |   |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com)    |   |
| <input type="checkbox"/> Guar Gum                               |   |
| <input type="checkbox"/> Konjac Glucomannon Flour               |   |
| <input type="checkbox"/> Latex                                  |   |
| <input type="checkbox"/> Locust Bean Gum                        |   |
| <input type="checkbox"/> Lycopene                               |   |
| <input type="checkbox"/> Palm Wax                               |   |