Nanny Mai

10/19/2017

Fruits		Vegetables		Milk-Containing Foods
Acai		No foods in this Category		No foods in this Category
Apricot		Meat & Poultry		Legumes & Pulses
Nuts, Seeds, Drupes & Oils		Bison (see also Buffalo)		No foods in this Category
Pine Nut		Goat, Grass-fed only (organic)		Corn-Derived Foods
Pistachios		Ostrich		No foods in this Category
Ramon Seeds		Pheasant		Gluten-Containing Foods
Fish & Shellfish		Rabbit		No foods in this Category
Chilean Sea Bass		Non-Dairy & Eggs		Gluten-Free Grains
Cod/ Cod Liver Oil		No foods in this Category		No foods in this Category
Corvina		Condiments, Spreads & Sauces		Beverages & Protein Powders
Mahi Mahi		No foods in this Category		Tea, Hibiscus
Octopus		Sweeteners		
Orange Roughy		No foods in this Category		Miscellaneous
Sardines	I		Ш	Formaldehyde
Swai		Herbs & Spices		Latex
Tilapia (Wild, Non-farmed)		Maca Root		Red Food Dye
Whitefish/Turbot		Pine Bark Extract		
		Sumac		
		Wormwood		

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Snacks

No foods in this Category