	Vegetables		Broccoli Rabe		Chives
	Alfalfa Grass		Broccoli Sprouts		Coconut (raw and unsweetened)
	Alfalfa Sprouts		Broccolini		Coconut Concentrate
	Aloe Vera		Brussels Sprout		Collard Greens
	Artichoke (not pickled)		Burdock		Cucumber
	Artichoke, Jerusalem (not pickled)		Cabbage, Chinese (see also Bok Choy)		Daikon Radish
	Arugula		Cabbage, Green		Dandelion Greens
	Asparagus		Cabbage, Purple		Dandelion Root
	Avocado		Cactus (Nopales)		Eggplant
	Avocado Oil		Capers		Endive
	Bamboo Shoot		Capsicum		Fennel
			0 (1)		Carlia
Ш	Bean Sprout	Ш	Carrot Juice	Ш	Garlic
	Bean Sprout Bean, Green		Carrot Juice Carrot, Orange		Hearts of Palm
	Bean, Green		Carrot, Orange		Hearts of Palm
	Bean, Green Beet Beet Greens Bell Pepper		Carrot, Orange Carrot, Purple		Hearts of Palm Horseradish
	Bean, Green Beet Beet Greens Bell Pepper Bell Pepper, Green		Carrot, Orange Carrot, Purple Carrot, White		Hearts of Palm Horseradish Jicama
	Beet Greens Bell Pepper, Green Bell Pepper, Orange		Carrot, Orange Carrot, Purple Carrot, White Carrot, Yellow		Hearts of Palm Horseradish Jicama Kale, all types
	Bean, Green Beet Beet Greens Bell Pepper Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red		Carrot, Orange Carrot, Purple Carrot, White Carrot, Yellow Cassava (see Tapioca and Yucca)		Hearts of Palm Horseradish Jicama Kale, all types Kelp/Dulse
	Beet Greens Bell Pepper Bell Pepper, Green Bell Pepper, Orange		Carrot, Orange Carrot, Purple Carrot, White Carrot, Yellow Cassava (see Tapioca and Yucca) Cauliflower		Hearts of Palm Horseradish Jicama Kale, all types Kelp/Dulse Kohlrabi
	Beet Greens Beet Greens Bell Pepper Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red		Carrot, Orange Carrot, Purple Carrot, White Carrot, Yellow Cassava (see Tapioca and Yucca) Cauliflower Cauliflower, Purple		Hearts of Palm Horseradish Jicama Kale, all types Kelp/Dulse Kohlrabi Kombu

Mushrooms, Button	Pepper, Chili	Rainbow Chard
Mushrooms, Cremeni/Crimini	Pepper, Green	Rhubarb
Mushrooms, Maitake	Pepper, Habanero	Rutabaga
Mushrooms, Shiitake	Pepper, Jalapeño	Sauerkraut (Bubbies® Brand only)
Mustard Greens	Pepper, Poblano	Scallions
Nori	Pepper, Red	Sea Vegetables
Okra	Pepper, Serrano	Seaweed
Olives (without vinegar)	Pickles, Bubbies® brand only	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 Protein	Potato, Yukon Gold	Squash, Summer
Pea, Black-Eyed	Prickly Pear	Squash, Winter
Pea, Green	Psyllium Husk	Squash, Yellow
Pea, Snap	Pumpkin	Sugar Beet
Pea, Snow	Pumpkin Powder	Sweet Potato, Red
Pea, Split	Radicchio	Sweet Potatoes, White
Pepper, Anaheim	Radish	Swiss Chard

All ingredients must be organic

Nanny Mai

Tomatillo	Fruits	Goji Berry
Tomato	Acai	Golden Berry
Tomato Paste (gluten & Vinegar-free)	Apple (all types)	Gooseberry
Tomato Sauce (gluten & Vinegar-free)	Apple Cider	Grape
Tomato, Cherry	Apple Juice	Grape, Green
Tomato, Heirloom	Apple Sauce	Grape, Purple
Tomato, Orange	Apricot	Grape, Red
Tomato, Red	Banana	Grape, White
Tomato, Roma	Bilberry	Grapefruit
Tomato, Sun-dried	Blackberry	Grapefruit Juice
Tomato, Yellow	Blueberry	Guava
Tomatoes, Big Beef	Boysenberry	Huckleberry
	Boysenberry Cantaloupe	Huckleberry Jack fruit
Tomatoes, Big Beef		
Tomatoes, Big Beef Truffle	Cantaloupe	Jack fruit
Tomatoes, Big Beef Truffle Turnip Greens	Cantaloupe	Jack fruit Kiwi
Tomatoes, Big Beef Truffle Turnip Greens Turnips	Cantaloupe Cherry Clementine	Jack fruit Kiwi Kumquat
Tomatoes, Big Beef Truffle Turnip Greens Turnips Water Chestnut	Cantaloupe Cherry Clementine Cranberry	Jack fruit Kiwi Kumquat Lemon
Tomatoes, Big Beef Truffle Turnip Greens Turnips Water Chestnut Watercress	Cantaloupe Cherry Clementine Cranberry Cranberry Juice	Jack fruit Kiwi Kumquat Lemon Lemon Juice
Tomatoes, Big Beef Truffle Turnip Greens Turnips Water Chestnut Watercress Yams, Garnett	Cantaloupe Cherry Clementine Cranberry Cranberry Juice Currant	Jack fruit Kiwi Kumquat Lemon Lemon Juice Lemon Rind/Peel
Tomatoes, Big Beef Truffle Turnip Greens Turnips Water Chestnut Watercress Yams, Garnett Yams, Japanese	Cantaloupe Cherry Clementine Cranberry Cranberry Juice Currant Dragon Fruit (Pitaya)	Jack fruit Kiwi Kumquat Lemon Lemon Juice Lemon Rind/Peel Lime

Loquat	Pomegranate	Annatto Seed
Mango	Pomelo	Brazil Nut
Mangosteen	Prune	Canola/Rapeseed Oil
Maqui	Quince	Caraway Seed
Melon, Honeydew	Raisin (unsulfured, organic)	Cashew Butter
Monk Fruit (Pure)	Raspberry	Cashew Meal
Mulberry	Star Fruit	Cashews
Nectarines	Strawberry	Chestnut
Noni	Tamarind	Coconut Butter
Orange	Tangelo	Coconut Oil
Orange Juice	Tangerine	Coconut, shredded (raw, unsweetened)
Orange Peel/Rind	Watermelon	Cola Nut (aka Kola Nut)
Orange, Blood	Wolfberry	Grapeseed Oil, Organic
Papaya	Youngberry	Hazelnut Flour
Passion Fruit	 	Hazelnut/Filbert
Peach	Nuts, Seeds, Drupes & Oils	Hydrogenated Oils
Pear	Almond	Olive Leaf Extract
Pear, Asian	Almond Butter (Artisana®)	Olive Oil, Virgin
Persimmons	Almond Flavor (natural, gluten free)	Palm Kernel Oil
Pineapple	Almond Flour (gluten free)	Pepitas
Plantain	Almond Meal (gluten free)	Pili Nuts
Plum	Almond, Marcona	Pine Nut

Pistachios	Crab	Walleye Pike
Poppy seeds	Crayfish	Whitefish/Turbot
Psyllium Husk	Hake	
Pumpkin Oil	Lobster	Meat & Poultry
Pumpkin Seed Oil	Mahi Mahi	Applegate® organic andouille sausage
Pumpkin Seeds	Mussel	Applegate® organic bacon
Ramon Seeds	Octopus	Applegate® organic black forest ham
Rice, Wild (Lundberg® - not the blend)	Orange Roughy	ApplegateÁ® organic chicken
Sacha Inchi Seeds	Oyster	ApplegateÅ® organic chicken/apple sausage
Sesame Seed Oil	Perch	Applegate® organic herb roasted turkey
Sesame Seeds	Red Snapper	ApplogateÁ® organic hot dogs
Sesame Seeds, Black	Salmon, wild (fresh)	Applegate® organic red pepper sausage
Tea, Ramon	Salmon, wild (fresh) Sardines	Applegate® organic red pepper
		Applegate® organic red pepper sausage Applegate® organic sausage
Tea, Ramon	Sardines	Applegate® organic red pepper sausage Applegate® organic sausage sweet italian
Tea, Ramon	Sardines Scallop	Applegate® organic red pepper sausage Applegate® organic sausage sweet italian Applegate® organic smoked onloken breast Applegate® organic smoked
Tea, Ramon Tiger Nuts	Sardines Scallop Shrimp	Applegate® organic red pepper sausage Applegate® organic sausage sweet italian Applegate® organic smoked childken breast Applegate® organic smoked turkey breast
Tea, Ramon Tiger Nuts Fish & Shellfish	Sardines Scallop Shrimp Sole	Applegate® organic red pepper sausage Applegate® organic sausage sweet italian Applegate® organic smoked chicken breast Applegate® organic smoked turkey breast Applegate® organic turkey Applegate® organic turkey
Tea, Ramon Tiger Nuts Fish & Shellfish Anchovy	Sardines Scallop Shrimp Sole Squid	Applegate® organic red pepper sausage Applegate® organic sausage sweet italian Applegate® organic smoked chicken breast Applegate® organic smoked turkey breast Applegate® organic turkey Applegate® organic turkey
Tea, Ramon Tiger Nuts Fish & Shellfish Anchovy Catfish	Sardines Scallop Shrimp Sole Squid Swai	Applegate® organic red pepper sausage Applegate® organic sausage sweet italian Applegate® organic smoked shicken breast Applegate® organic smoked turkey breast Applegate® organic turkey Applegate® organic turkey Bison (see also Buffalo) Chicken Broth (Imagine® gf/low
Tea, Ramon Tiger Nuts Fish & Shellfish Anchovy Catfish Chilean Sea Bass	Sardines Scallop Shrimp Sole Squid Swai Swordfish	Applegate® organic red pepper sausage Applegate® organic sausage sweet italian Applegate® organic smoked shicken brosst Applegate® organic smoked turkey breast Applegate® organic turkey Applegate® organic turkey Bison (see also Buffalo) Chicken Broth (Imagine® gf/low sodium)

Quail	BodyPro Avocado Oil Mayonnaise	Sweeteners
Rabbit	Carob	Agave Nectar
	Coconut Vinegar (Coconut Secret)	Aspartame
Non-Dairy & Eggs	Dressing, Primal Kitchen Greek Avocado Oil	BodyPro Almond Mayo Grade A Maple Syrup
Almond Milk, unsweetened (no tapioca)	Dressing, Primal Kitchen Honey Mustard	Cane Syrup
Almond Yogurt, unsweetened	Harissa	Chocolate, Dark
BodyPro Avocado Oil Mayonnaise	Horseradish Sauce, Gluten-free (Annie's®)	Coconut Palm Sugar
Coconut Kefir (No Tapioca, Carageenan)	Hummus	Coconut Sugar
Coconut Milk(Native Forest or Natural Value)	Ketchup (Organicville)	Date Sugar
Egg, Pasture-raised (from a farmer)	Liquid Smoke gluten free (natural)	Fruit Pectin
Egg, Vital Farms® or Pasture Verde®	Mayonnaise	Honey, (Organic)
Egg, Whites, Pasture-raised	Mayonnaise, Primal Kitchen Avocado Oil	Honey, Manuka
Egg, Yolks Pasture-raised	Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Honey, Wildflower from Mahava®
Milk, Soy (Organic)	Mustard, Brown (Eden® gf mustard)	Jerusalem Artichoke Syrup
	Sauerkraut (Bubbies® Brand only)	Just Like Sugar®
Condiments	Tabasco Sauce	Lo Han
Apple Cider Vinegar (Bragg's®)	Ume Plum Vinegar	Maltodextrin (Tapioca-based)
Balsamic Vinegar (with Red Wine Vinegar)	Vinegar, Beet	Maple Sugar
Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Vinegar, Distilled	Maple Syrup (Grade A Dark Amber Organic)
Barbeque Sauce, GF Annie's® Sweet & Spicy	Vinegar, Red Wine	Molasses
BodyPro Almond Mayo Grade A Maple Syrup	Vinegar, White Wine	Monk Fruit (Pure)
BodyPro Almond Mayo with Yacon Svrup	Worcestershire Sauce (The Wizard's® GF)	Monk Fruit Extract

	Nutrasweet®	Caraway Seed	Garlic
	Rebiana Leaf (Stevia)	Cardamom	Garlic Pepper
	Sorbitol	Celery Powder	Garlic Powder
	Splenda	Chicory Root	Garlic Salt
	Sucanat	Chili Powder	Ginger
	Sucralose	Chipotle Seasoning	Ginkgo Biloba
	Sugar Beet	Cilantro/Coriander	Ginseng (All Types)
	Sugar Cane	Cinnamon	Goldenseal
	Sweetleaf® Stevia	Cinnamon, Ceylon	Grapefruit Seed Extract
	Tapioca Dextrose	Cloves	Grapeseed Extract
	Xyla (Birchwood Xylitol)	Cloves, Madagascar	Guarana
	Yacon Syrup	Cloves, Penang	Gymnema Silvestre
_		Cramp Bark Extract	Herbs De Provence
	Herbs & Spices	Cream of Tartar	Hickory
	Allspice	Cumin	Himalayan Salt
	Almond Flavor (natural, gluten free)	Curcumin	Jamaican Jerk
	Anise	Curry (must be GF)	Juniper Berry
	Ashwaganda	Dandelion Root	Lavender
	Astragalus	Dill	Lemon Balm (Melissa Officinalis)
	Basil	Dong Quai	Lemon Pepper
	Bay Leaf	Echinacea	Lemongrass
	Black Cohosh	Fennel	Licorice Root

Maca Root	Pepper, Szechuan	Turmeric
Mace Spice	Pepper/Peppercorns	Uva Ursi
Marjoram	Peppermint	Valerian
Mesquite	Pine Bark Extract	Vanilla (gluten and corn-free)
Milk Thistle	Red Chili Paste Thai Kitchen® (gluten free)	Vanilla Bean
Mint	Red Pepper Flake	Vanilla Powder
Mustard (as a Powder)	Rose Hips	White Willow Bark Extract
Mustard Seeds (gluten free)	Rosemary	Wintergreen
Nutmeg	Saffron	Wormwood
Olive Leaf Extract	Sage	
Onion	Saw Plametto	Milk-Containing Foods
Onion Powder	Sesame Seeds	
Orange Peel/Rind	Sesame Seeds, Black	Legumes & Pulses
Orange Salt	Shallots	Bean, Azuki
Oregano	Spearmint	Bean, Black
Paprika	St. John's Wort	Bean, Butter
Paprika (smoked)	Sumac	Bean, Cannellini
Parsley	Taco Seasoning	Bean, Chana Dahl
Pepper, Black (see Garlic/Lemon Pepper)	Tamari (Wheat Free)	Bean, Chili
Pepper, Cayenne	Tarragon	Bean, Green
Pepper, Red	Thyme	Bean, Italian
Pepper, Sichuan	Tomatillo	Bean, Kidney

	7		7 7	
Bean, Lima		Peanut Oil (Organic)		Tapioca Flour (gluten free)
Bean, Mung		Red Bean Paste		Tapioca Starch (gluten free)
Bean, Navy		Soy Beans (must be organic)		Teff
Bean, Ninja		Soy Beans Oil (must be organic)		Tolerant Green Lentil & Pea Pasta
Bean, Pinto/Frijole		Vanilla Bean		Tolerant Red or Green Lentil Pasta
Bean, Red		Vanilla Powder		Tortilla, Siete Almond
Bean, White	_			Tortilla, Siete Cassava & Coconut
Chickpea (see also Garbanzo Bean)		Gluten-Free Grains		
Coffee Bean, Organic		Almond Flour (gluten free)		Gluten-Containing Foods
Edamame (must be organic)		Chicory Root		
Fava Bean		Coconut Flour (gluten free)		Corn-Derived Foods
Fava Bean Flour		Coconut Meal (gluten free)		Barbeque Sauce, GF Annie's® Sweet & Spicy
Garbanzo Bean		Fava Bean Flour		
Garbanzo Flour		Garbanzo Flour		Beverages & Protein Powders
Kidney Bean		Glucomannon Flour (konjacfoods.com)		Almond Milk, unsweetened (no tapioca)
Lentil(s)		Hazelnut Flour		Apple Juice
Miso		Konjac Glucomannon Flour		Bone Broth Protein, Beef
Pea, Snap		Potato Flour (gluten free)		Carrot Juice
Pea, Snow		Potato Starch (gluten free)		Coconut Kefir (No Tapioca, Carageenan)
Pea, Split		Rice, Wild (Lundberg® - not the blend)		Coconut Milk(Native Forest or Natural Value)
Peanut (Organic, Valencia)		Sweet Potato Flour (gluten free)		Coconut Water (low sugar)
Peanut Butter (Organic, Maranatha®)		Tapioca		Coffee

Coffee Bean, Organic	Tea, Ramon	Coconut Cream
Collagen Protein (Powder)	Tea, Roobios	Collagen Protein (Powder)
Echinacea Tea	Tea, White	Formaldehyde
Grapefruit Juice	Water	Garam Masala
Green Tea	Wine, White (Champagne)	GemWraps®, Sandwich Wrap (Kale-Apple)
Komboucha Tea	Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Lemon Juice	Zevia Drinks	Glucomannon Flour (konjacfoods.com)
Licorice Tea		Great Lake's® Beef Gelatin
Lime Juice	Miscellaneous	Guar Gum
Milk, Soy (Organic)	Acacia Gum	Hops
Mineral Water	Agar Gum	Inulin
Orange Juice	Antimony	Julian Bakery Almond Bread
Pea Protein	Arabic Gum	Julian Bakery Coconut Bread
Soy Milk/Soy Cheese (Organic)	Baking Soda (Arm & Hammer®)	Konjac Glucomannon Flour
Soy Protein (Organic)	Beef broth (Imagine® low sodium/GF)	Latex
Sparkling Water, unflavored	Blue Food Dye	Liquid Aminos (Braggs®)(has Soy)
Tea, Black	Carrageenan Gum	Locust Bean Gum
Tea, Chamomile	Chicken Broth (ImagineÁ@ gf/low sodium)	Lycopene
Tea, Green	Chicory Root	Modified Food Starch (Tapioca-based)
Tea, Hibiscus	Cocoa Butter	Palm Wax
Tea, Komboucha	Cocoa/Cacao (raw, pure, & unsweetened)	Pycnogenol
Tea, Oolong	Coconut Aminos®	Red Chili Paste Thai Kitchen®

Nanny Mai 09/11/2017

Red Food Dye
Red Tomato Paste (gluten free)
Resveratrol
Sherry Vinegar
Silver
Tamari (Wheat Free)
Tofu (Organic)
Tomato Paste (gluten & Vinegar-free)
Tomato Sauce (gluten & Vinegar-free)
Tragacanth Gum
Vinegar, Red Wine
Vinegar, White Wine
Yeast, Baker's
Yeast, Brewer's
Yeast, Nutritional
Snacks
Apple Sauce
Simple Mills Chocolate Chip Cookies