

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Comfrey	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Arugula	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Avocado	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Parsley
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Endive	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Fennel	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Garlic	<input type="checkbox"/> Radish
<input type="checkbox"/> Bitter Melon	<input type="checkbox"/> Ginger	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Burdock	<input type="checkbox"/> Jicama	<input type="checkbox"/> Scallions
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Shallots
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Spinach
<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Leeks	<input type="checkbox"/> Swede
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Capers	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Wasabi Root
<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Water Chestnut
<input type="checkbox"/> Celery	<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Watercress
<input type="checkbox"/> Chard	<input type="checkbox"/> Mushrooms, Shiitake	
<input type="checkbox"/> Chives	<input type="checkbox"/> Mustard Greens	
<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Olives (without vinegar)	

Nanny Mai

11/17/2017

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| <input type="checkbox"/> Fruits | <input type="checkbox"/> Lychee | <input type="checkbox"/> Almond Meal (gluten free) |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Maqui | <input type="checkbox"/> Almond Oil |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Mulberry | <input type="checkbox"/> Annatto Seed |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Avocado Oil |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Noni | <input type="checkbox"/> Brazil Nut |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Caraway Seed |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Peach | <input type="checkbox"/> Cashew Butter |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Pear | <input type="checkbox"/> Cashew Meal |
| <input type="checkbox"/> Carambola | <input type="checkbox"/> Pear, Asian | <input type="checkbox"/> Cashews |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Plum | <input type="checkbox"/> Chestnut |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) |
| <input type="checkbox"/> Elderberry | <input type="checkbox"/> Rambutan | <input type="checkbox"/> Coconut Butter |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Raspberry | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Duck Fat |
| <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Youngberry | <input type="checkbox"/> Hazelnut/Filbert |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Legumes, Pods, & Pulses | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> MCT Oil |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Almond | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Lime | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Pine Nut |
| <input type="checkbox"/> Loganberry | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Longan Fruit | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Poppy seeds |
| <input type="checkbox"/> Loquat | | |

<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cumin	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)
<input type="checkbox"/> Allspice	<input type="checkbox"/> Curcumin	<input type="checkbox"/> Lemongrass
<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Lemon Pepper
<input type="checkbox"/> Anise	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Astragalus	<input type="checkbox"/> Dill	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Basil	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Fennel	<input type="checkbox"/> Mint
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Fennel Seed	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Catnip	<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Celery Seed	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Onion
<input type="checkbox"/> Chaparral	<input type="checkbox"/> Ginger Powder	<input type="checkbox"/> Onion Powder
<input type="checkbox"/> Chervil	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Oregano
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Pau D'arco
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)
<input type="checkbox"/> Clove Powder	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Pepper/Peppercorns
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Hickory	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Comfrey	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Lavender	<input type="checkbox"/> Saffron

☐ Sage☐ Sassafras☐ Savory☐ Saw Plametto☐ Shallots☐ Spearmint☐ St. John's Wort☐ Sumac☐ Tarragon☐ Thyme☐ Turmeric☐ Uva Ursi☐ Valerian☐ Vanilla Bean☐ Vanilla Powder☐ White Willow Bark Extract☐ Wintergreen☐ Wormwood☐ Fish & Shellfish☐ Chilean Sea Bass☐ Corvina☐ Hake☐ Lox☐ Mackerel☐ Mahi Mahi☐ Octopus☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Sole☐ Swai☐ Swordfish☐ Tilapia (Wild, Non-farmed)☐ Trout☐ Walleye Pike☐ Whitefish/Turbot☐ Meat & Poultry☐ Bison (see also Buffalo)☐ Goat, Grass-fed only (organic)☐ Ostrich☐ Pheasant☐ Quail☐ Rabbit☐ Milk-Containing Foods

No foods in this Category

☐ Non-Dairy & Eggs☐ Almond Milk, unsweetened (no tapioca)☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk (Native Forest or Natural Value)☐ Egg Whites, Pasture-raised☐ Gluten-Free Grains☐ Almond Flour (gluten free)☐ Coconut Flour (gluten free)☐ Coconut Meal (gluten free)☐ Glucomannon Flour
(konjacfoods.com)☐ Hazelnut Flour☐ Konjac Glucomannon Flour

<input type="checkbox"/> Gluten-Containing Foods <div>No foods in this Category</div> <input type="checkbox"/> Corn-Derived Foods <div>No foods in this Category</div> <input type="checkbox"/> Condiments, Spreads & Sauces <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup <input type="checkbox"/> Coconut Aminos® <input type="checkbox"/> Coconut Cream <input type="checkbox"/> Coconut Vinegar (Coconut Secret) <input type="checkbox"/> Horseradish Mustard, Gluten-free (Annie's®) <input type="checkbox"/> Liquid Smoke gluten free (natural) <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) <input type="checkbox"/> Olives (without vinegar) <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) <input type="checkbox"/> Sweeteners <input type="checkbox"/> Coconut Palm Sugar <input type="checkbox"/> Lo Han <input type="checkbox"/> Rebiana Leaf (Stevia) <input type="checkbox"/> Sweetleaf® Stevia <input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Beverages & Protein Powders <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) <input type="checkbox"/> Coconut Water (low sugar) <input type="checkbox"/> Echinacea Tea <input type="checkbox"/> Green Tea <input type="checkbox"/> Lemon Juice <input type="checkbox"/> Lime Juice <input type="checkbox"/> Mineral Water <input type="checkbox"/> Sparkling Water, unflavored <input type="checkbox"/> Tea, Black <input type="checkbox"/> Tea, Chamomile <input type="checkbox"/> Tea, Chicory Root <input type="checkbox"/> Tea, Green <input type="checkbox"/> Tea, Hibiscus <input type="checkbox"/> Tea, Oolong <input type="checkbox"/> Tea, Roobios <input type="checkbox"/> Tea, White <input type="checkbox"/> Water <input type="checkbox"/> Yerba Matte Tea (Organic/Pure) <input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Miscellaneous <input type="checkbox"/> Baking Soda (Arm & Hammer®) <input type="checkbox"/> Cacao (Raw, Pure, & Unsweetened) <input type="checkbox"/> Latex <input type="checkbox"/> Lycopene <input type="checkbox"/> Silver <input type="checkbox"/> Snacks <div>No foods in this Category</div> <input type="checkbox"/> Food Additives <input type="checkbox"/> Acacia Gum <input type="checkbox"/> Annatto Coloring <input type="checkbox"/> Chicory Root <input type="checkbox"/> Palm Wax <input type="checkbox"/> Tricalcium Phosphate <input type="checkbox"/> Vegan Enzyme <input type="checkbox"/> Vegan Natural Flavors (no MSG)
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