Sh	Shopping List Page 1				ngredients must be organic
Na	anny Mai				09/28/2017
	Fruits		Nectarines		Tiger Nuts
	Acai		Noni		Truffle Oil
	Apricot		Passion Fruit		Truffle Oil, Black
	Bilberry		Persimmons		Vegetable Shortening (Spectrum®)
	Boysenberry		Pomegranate		Fish & Shellfish
	Clementine		Pomelo		Catfish
	Currant		Quince		Chilean Sea Bass
	Dragon Fruit (Pitaya)		Star Fruit		Corvina
	Dried Fruit		Tamarind		Crayfish
	Elderberry		Wolfberry		Hake
	Goji Berry		Youngberry		Mahi Mahi
	Golden Berry		Nuts, Seeds, Drupes & Oils		Octopus
	Gooseberry		Annatto Seed		Orange Roughy
	Guava		Caraway Seed		Sardines
	Huckleberry		Cottonseed/Cottonseed Oil		Swai
	Jack fruit		Olive Leaf Extract		Tilapia (Wild, Non-farmed)
	Kumquat		Olive Oil, Virgin		Whitefish/Turbot
	Litchi (aka Lychee)		Palm Kernel Oil		
	Loganberry		Pili Nuts		
	Loquat		Ramon Seeds		
	Mangosteen		Rice, Wild (Lundberg® - not the blend)		
	Maqui		Sacha Inchi Seeds		
	Monk Fruit (Pure)		Tea, Ramon		
	Mulberry				

Vegetables	Fennel	Sauerkraut (Bubbies® Brand only)
Agave Nectar	Hearts of Palm	Spirulina
Alfalfa Grass	Horseradish	Sugar Beet
Alfalfa Sprouts	Jicama	Swiss Chard
Aloe Vera	Kohlrabi	Truffle
Arugula	Kombu	Turnip Greens
Bamboo Shoot	Leeks	Water Chestnut
Bean Sprout	Mustard Greens	Watercress
Beet Greens	Olives (without vinegar)	Yams, Garnett
Bok Choy	Paprika	Yams, Japanese
Brussels Sprout	Parsley	Meat & Poultry
Burdock	Pepper, Anaheim	Bison (see also Buffalo)
Cabbage, Chinese (see also Bok Choy)	Pepper, Cayenne	Goat, Grass-fed only (organic)
Cabbage, Green	Pepper, Chili	Ostrich
Cabbage, Purple	Pepper, Habanero	Pheasant
Cactus (Nopales)	Pepper, Jalapeño	Quail
Capers	Pepper, Poblano	Rabbit
Chard	Pepper, Serrano	
Chayote	Pimento	
Collard Greens	Prickly Pear	
Daikon Radish	Radicchio	
Dandelion Greens	Rainbow Chard	
Dandelion Root	Red Pepper Flake	
Endive	Rutabaga	

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Non-Dairy & Eggs	Sweetleaf® Stevia	Dong Quai
No foods in this Category	Xyla (Birchwood Xylitol)	Echinacea
Condiments, Spreads & Sauces	Yacon Syrup	Fennel
Liquid Smoke gluten free (natural)	Herbs & Spices	Ginger
Olives (without vinegar)	Allspice	Ginkgo Biloba
Sauerkraut (Bubbies® Brand only)	Anise	Ginseng (All Types)
Vegetable Shortening (Spectrum®)	Ashwaganda	Goldenseal
Vinegar, Beet	Astragalus	Guarana
Sweeteners	Black Cohosh	Gymnema Silvestre
Agave Nectar	Caraway Seed	Herbs De Provence
Cane Syrup	Cardamom	Hickory
Fruit Pectin	Chicory Root	Himalayan Salt
Just Like Sugar®	Cilantro/Coriander	Jamaican Jerk
Lo Han	Cloves	Juniper Berry
Maple Sugar	Cloves, Madagascar	Lavender
Maple Syrup (Grade A Dark Amber Organic)	Cloves, Penang	Lemon Balm (Melissa Officinalis)
Molasses	Cramp Bark Extract	Lemongrass
Monk Fruit (Pure)	Cream of Tartar	Licorice Root
Monk Fruit Extract	Cumin	Maca Root
Rebiana Leaf (Stevia)	Curcumin	Mace Spice
Sucanat	Curry (must be GF)	Marjoram
Sugar Beet	Dandelion Root	Mesquite
Sugar Cane	Dill	Milk Thistle
		Mint

Sh	Shopping List Page 4				ngredients must be organic
Nanny Mai 09/28/2017					
	Mustard (as a Powder)		Turmeric		Vanilla Powder
	Mustard Seeds (gluten free)		Uva Ursi		Corn-Derived Foods
	Nutmeg		Valerian		No foods in this Category
	Olive Leaf Extract		Vanilla (gluten and corn-free)		Gluten-Containing Foods
	Oregano		Vanilla Bean		No foods in this Category
	Paprika		Vanilla Powder	└ ┌┐▮	Gluten-Free Grains
	Paprika (smoked)		White Willow Bark Extract		
	Parsley		Wintergreen		Chicory Root Glucomannon Flour
	Pepper, Cayenne		Wormwood		(konjacfoods.com)
	Pepper, Sichuan		Milk-Containing Foods		Konjac Glucomannon Flour Oats (Bob's Red Mill Gluten
	Pepper, Szechuan		No foods in this Category		Free Version)
	Peppermint		Legumes & Pulses		Oats (Certified GF) Rice, Wild (Lundberg® - not the
	Pine Bark Extract		Bean, Azuki	│	blend)
	Red Pepper Flake		Bean, Black		Beverages & Protein Powders
	Rose Hips		Bean, Butter		Coffee Bean, Organic
	Rosemary		Bean, Cannellini		Echinacea Tea
	Saffron		Bean, Chana Dahl		Licorice Tea
	Sage				Mineral Water
	Saw Plametto		Bean, Italian		Sparkling Water, unflavored
	Spearmint		Bean, Mung		Tea, Chamomile
	St. John's Wort		Bean, Pinto/Frijole		Tea, Hibiscus
	Sumac		Beans		Tea, Ramon
	Tarragon		Coffee Bean, Organic		Tea, Roobios
	Thyme		Vanilla Bean		Water

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Yerba Matte Tea (Organic/Pure)	Snacks
Zevia Drinks	No foods in this Category
Miscellaneous	
Acacia Gum	
Agar Gum	
Arabic Gum	
Baking Soda (Arm & Hammer®)	
Chicory Root	
Glucomannon Flour (konjacfoods.com)	
Guar Gum	
Konjac Glucomannon Flour	
Latex	
Locust Bean Gum	
Lycopene	
Palm Wax	
Silver	
Tragacanth Gum	
Yeast Nutritional	