Vegetables	Brussels Sprout	Collard Greens
Aloe Vera	Burdock	Corn (Gluten-free & Non-GMO)
Artichoke (not pickled)	Cabbage, Chinese (see also Bok	Corn, Blue
Arugula	Cabbage, Green	Corn, White
Asparagus	Cabbage, Purple	Cucumber
Avocado	Cactus (Nopales)	Daikon Radish
Avocado Oil	Capers	Dandelion Greens
Bamboo Shoot	Capsicum	Dandelion Root
Bean, Green	Carrot Juice	Eggplant
Bean Sprout	Carrot, Orange	Endive
Beet	Carrot, Purple	Fennel
Beet Greens	Carrot, White	Garlic
Bell Pepper	Carrot, Yellow	Hearts of Palm
Bell Pepper, Green	Cassava (see Tapioca and Yucca)	Horseradish
Bell Pepper, Orange	Cauliflower	Jicama
Bell Pepper, Red	Cauliflower, Purple	Kale, all types
Bell Pepper, Yellow	Celery	Kelp/Dulse
Bok Choy	Chard	Kohlrabi
Broccoli	Chayote	Kombu
Broccoli Rabe	Chives	Leeks
Broccoli Sprouts	Coconut (raw and unsweetened)	Lettuce, all types
Broccolini	Coconut Concentrate	Mushrooms

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

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

Lime Juice	Pineapple	Almond, Marcona
Litchi (aka Lychee)	Plantain	Annatto Seed
Loganberry	Plum	Arrowroot Flour/powder
Loquat	Pomegranate	Brazil Nut
Mango	Pomelo	Canola/Rapeseed Oil
Mangosteen	Prune	Caraway Seed
Maqui	Quince	Cashews
Melon, Honeydew	Raisin (unsulfured, organic)	Cashew Butter
Monk Fruit	Raspberry	Cashew Meal
Mulberry	Star Fruit	Chestnut
Nectarines	Strawberry	Chia Seed (1/4 cup, max)
Noni	Tamarind	Coconut Butter
Orange	Tangelo	Coconut Oil
Orange, Blood	Tangerine	Coconut, shredded (raw,
Orange Juice	Watermelon	Cola Nut (aka Kola Nut)
Orange Peel/Rind	Wolfberry	Corn Oil
Papaya	Youngberry	Cottonseed/Cottonseed Oil
Passion Fruit	Nuts, Seeds, & Oils	Flax Meal
Peach	Almond Butter (Artisana®)	Flax Oil
Pear	Almond Flavor natural, gluten free)	Flax Seed
Pear, Asian	Almond Flour (gluten free)	Grapeseed Oil, Organic
Persimmons	Almond Meal (gluten free)	Hazelnut Flour

Hazelnut/Filbert	Safflower/Safflower Seed Oil	Bean, Butter
Hemp Meal	Sacha Inchi Seeds	Bean, Cannellini
Hemp Protein (Powder)	Sesame Seed Oil	Bean, Chana Dahl
Hemp Seed	Sesame Seeds	Bean, Chili
Hydrogenated Oils	Sesame Seeds, Black	Bean, Green
Macadamia Nut Oil	Sunflower Seed Butter	Bean, Italian
Macadamia Nuts	Sunflower Seed Lecithin	Bean, Kidney
Olive Leaf Extract	Sunflower Seed Oil	Bean, Lima
Olive Oil, Virgin	Sunflower Seeds	Bean, Mung
Palm Kernel Oil	Tahini	Bean, Navy/Ninja
Pecan	Tea, Ramon	Bean, Pinto/Frijole
Pecan Flour	Tiger Nuts	Bean, Red (see also Bean, Kidney)
Pecan Flour Pepitas	Tiger Nuts Vegetable Oil	
		Bean, Red (see also Bean, Kidney)
Pepitas	Vegetable Oil	Bean, Red (see also Bean, Kidney) Chickpea (see also Garbanzo Bean)
Pepitas Pili Nuts	Vegetable Oil Vegetable Shortening (Spectrum®)	Bean, Red (see also Bean, Kidney) Chickpea (see also Garbanzo Bean) Edamame (must be organic)
Pepitas Pili Nuts Pine Nut	Vegetable Oil Vegetable Shortening (Spectrum®) Walnut (few)	Bean, Red (see also Bean, Kidney) Chickpea (see also Garbanzo Bean) Edamame (must be organic) Fava Bean
Pepitas Pili Nuts Pine Nut Pistachios	Vegetable Oil Vegetable Shortening (Spectrum®) Walnut (few) Walnut Oil	Bean, Red (see also Bean, Kidney) Chickpea (see also Garbanzo Bean) Edamame (must be organic) Fava Bean Fava Bean Flour
Pepitas Pili Nuts Pine Nut Pistachios Poppy seeds	Vegetable Oil Vegetable Shortening (Spectrum®) Walnut (few) Walnut Oil Walnut, Black (few)	Bean, Red (see also Bean, Kidney) Chickpea (see also Garbanzo Bean) Edamame (must be organic) Fava Bean Fava Bean Flour Garbanzo Bean
Pepitas Pili Nuts Pine Nut Pistachios Poppy seeds Pumpkin Oil	Vegetable Oil Vegetable Shortening (Spectrum®) Walnut (few) Walnut Oil Walnut, Black (few) Almond	Bean, Red (see also Bean, Kidney) Chickpea (see also Garbanzo Bean) Edamame (must be organic) Fava Bean Fava Bean Flour Garbanzo Bean Garbanzo Flour
Pepitas Pili Nuts Pine Nut Pistachios Poppy seeds Pumpkin Oil Pumpkin Seed Oil	Vegetable Oil Vegetable Shortening (Spectrum®) Walnut (few) Walnut Oil Walnut, Black (few) Almond Psyllium Husk	Bean, Red (see also Bean, Kidney) Chickpea (see also Garbanzo Bean) Edamame (must be organic) Fava Bean Fava Bean Flour Garbanzo Bean Garbanzo Flour Lentil(s)

Pea, Split	Haddock	Tuna
Peanut (Organic, Valencia)	Hake	Walleye Pike
Peanut Butter (Organic,	Halibut	Whitefish/Turbot
Peanut Oil (Organic)	Herring	Crab, Immitation
Red Bean Paste	Lobster	Meat & Poultry
Soy Beans (must be organic)	Mackerel	Applegate® organic bacon
Soy Beans Oil (must be organic)	Mahi Mahi	Applegate® organic black forest
Vanilla Bean	Mussel	Applegate® organic chicken
Vanilla Powder	Orange Roughy	Applegate® organic ham
White Beans	Oyster	Applegate® organic herb roasted
	Perch	Applegate® organic hot dogs
Fish & Shellfish	Red Snapper	Applegate® organic roast beef
Anchovy	Salmon, wild (fresh)	Applegate® organic andouille
Bass	Sardines	Applegate® organic chicken/apple
Catfish	Scallop	Applegate® organic red pepper
Chilean Sea Bass	Shrimp	Applegate® organic spinach & feta
Clam	Sole	Applegate® organic sausage sweet
Cod/ Cod Liver Oil	Squid	Applegate® organic smoked
Corvina	Swai	Applegate® organic smoked turkey
Crab	Swordfish	Applegate® organic turkey
Crayfish	Tilapia (Non-farmed)	Applegate® organic turkey bacon

Bison (see also Buffalo)	Cheese, Daiya	Dressing, Primal Kitchen Greek
Buffalo (see also Bison)	Cheese, Soy (Organic) (see Soy)	Dressing, Primal Kitchen Honey
Chicken Broth (Imagine® gf/low	Coconut Kefir (No Tapioca,	Earth Balance® Coconut Spread
Chicken, free range (organic)	Coconut Milk(Native Forest or	Earth Balance® Avocado Oil Butter
Deer (see also Venison)	Egg, Pasture-raised (from a farmer)	Horseradish Sauce, Gluten-free
Duck	Egg, Vital Farms® or Pasture	Hummus
Goat, Grass-fed only (organic)	Egg, Whites, Pasture-raised	Ketchup (Organicville)
Lamb (organic)	Egg, Yolks Pasture-raised	Mayonnaise
Lard (pork)	Milk, Soy (Organic)	Mayonnaise, Primal Kitchen
Ostrich	Sriracha Sauce Organicville	Mayonnaise, Primal Kitchen
Pheasant	Egg	Mustard, Brown (Eden® gf mustard)
Pork, (organic)	Condiments	Sauerkraut (Bubbies® Brand only)
Quail	Apple Cider Vinegar (Bragg's®)	Sriracha Sauce Organicville
Rabbit	Balsamic Vinegar MiaBella	Ume Plum Vinegar
Turkey (organic)	Balsamic Vinegar (with Red Wine	Veganaise Soy-free (Follow Your
Veal (organic)	Balsamic Vinegar (Caramel/Red W.	Vinegar
Venison (see also Deer)	Barbeque Sauce, GF Annie's®	Vinegar, Distilled
	BodyPro Almond Mayo Grade B	Vinegar, Malt
Non-Dairy & Eggs	BodyPro Almond Mayo with Yacon	Vinegar, Red Wine
Non-Dairy & Eggs Almond Milk, unsweetened (no	BodyPro Almond Mayo with Yacon BodyPro Avocado Oil Mayonnaise	Vinegar, Red Wine Vinegar, Rice

Worcestershire Sauce (The	Maltodextrin (Corn-based,	Basil
	Maple Sugar	Bay Leaf
Sweeteners	Maple Syrup (Grade A Dark Amber	Black Cohosh
Agave Nectar	Molasses	Caramel Coloring
Aspartame/Nutrasweet	Monk Fruit	Caraway Seed
BodyPro Almond Mayo Grade B	Nutrasweet®	Cardamom
BodyPro Almond Mayo with Yacon	Rebiana Leaf (Stevia)	Celery Powder
Brown Rice Syrup (contains	Sorbitol	Chicory Root
Chocolate, Dark	Splenda	Chili Powder
Chocolate, Milk	Sucanat	Chipotle Seasoning
Chocolate, White	Sugar Beet	Cilantro/Coriander
Coconut Palm Sugar	Sugar Cane	Cinnamon
Date Sugar	Sweetleaf® Stevia	Cinnamon, Ceylon
Erythritol (non-GMO)	Swerve® Xylitol	Cloves
Fructose	Xyla (Birchwood Xylitol/non-corn	Cloves, Madagascar
Fruit Pectin	Yacon Syrup	Cloves, Penang
Honey, (Organic)	Herbs & Spices	Cramp Bark Extract
Honey, Manuka	Allspice	Cream of Tartar
Honey, Wildflower from Mahava®	Almond Flavor natural, gluten free)	Cumin
Just Like Sugar®	Anise	Curcumin
Lo Han	Ashwaganda	Curry (must be GF)
Maltodextrin (Can be	Astragalus	Dandelion Root

Dill	Lemon Balm (Melissa Officinalis)	Paprika (smoked)
Dong Quai	Lemon Pepper	Parsley
Echinacea	Lemongrass	Pepper, Black (see Garlic/Lemon
Fennel	Licorice Root	Pepper, Cayenne
Garlic	Liquid Smoke (can have gluten)	Pepper/Peppercorns
Garlic Pepper	Liquid Smoke gluten free (natural)	Pepper/Peppercorns, Szechuan
Garlic Powder	Maca Root	Pepper, Red
Garlic Salt	Mace Spice	Peppermint
Ginger	Marjoram	Pine Bark Extract
Ginkgo Biloba	Mesquite	Red Chili Paste Thai Kitchen®
Ginseng (All Types)	Milk Thistle	Red Pepper Flake
Goldenseal	Mint	Rosemary
Grapefruit Seed Extract	Mustard (as a Powder)	Saffron
Grapeseed Extract	Mustard Seeds (gluten free)	Sage
Guarana	Nutmeg	Saw Plametto
Gymnema Silvestre	Olive Leaf Extract	Sesame Seeds
Herbs De Provence	Onion	Sesame Seeds, Black
Hickory	Onion Powder	Shallots
Himalayan Salt	Orange Peel/Rind	Spearmint
Jamaican Jerk	Orange Salt	St. John's Wort
Juniper Berry	Oregano	Taco Seasoning
Lavender	Paprika	Tamari (Wheat Free)

Tarragon	Cheese, Cheddar (Raw)	Cream, Raw and Unpasteurized
Thyme	Cheese, Cottage	Ghee (Pasture-Raised, Organic)
Tomatillo	Cheese, Cream	Goat Cheese
Turmeric	Cheese, Goat	Goat Kefir
Uva Ursi	Cheese, Gorgonzola	Kefir, Raw
Valerian	Cheese, Gouda	Lactoalbumin
Vanilla (gluten and corn-free)	Cheese, Havarti	Milk Chocolate
Vanilla Bean	Cheese, Machego	Milk, Cow
Vanilla Powder	Cheese, Marscapone	Milk, Goat
White Willow Bark Extract	Cheese, Mozzarella (Raw)	Milk, Sheep
Wintergreen	Cheese, Muenster	Mozzarella Cheese
Rose Hips	Cheese, Parmesan	Sour Cream, Raw and
	Cheese, Pecorino	Whey
Milk-Containing Foods	Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)
Applegate® organic spinach & feta	Cheese, Ricotta	Cheese, Feta
Butter, Raw and Pasture-raised	Cheese, Romano	Gluten-Free Grains
Buttermilk	Cheese, Provolone	Almond Flour (gluten free)
Casein	Cheese, Sheep	Amaranth
Cheese, American	Cheese, String (Mozzarella)	Arrowroot Flour/powder
Cheese, Asiago	Cheese, Swiss	Basmati Rice (gluten free)
Cheese, Bleu	Chocolate, Milk	Buckwheat
Cheese, Brie	Chocolate, White	Buckwheat Flour

Chicory Root	Potato Starch (gluten free)	Tapioca Starch (gluten free)
Coconut Flour (gluten free)	Quinoa (gluten free)	Teff
Coconut Meal (gluten free)	Quinoa, Black (gluten free)	Tolerant Green Lentil & Pea Pasta
Corn (Gluten-free & Non-GMO)	Quinoa, Red (gluten free)	Tolerant Red or Green Lentil Pasta
Corn, Blue	Rice, Basmati (gluten free)	Tortilla, Siete Almond
Corn, White	Rice, Black (gluten free)	Tortilla, Siete Cassava & Coconut
Corn Starch (gluten free)	Rice, Brown (gluten free)	Tortilla, Siete Chia & Cassava
Ener-G Brown Rice Yeast-Free	Rice, Japonica (gluten free)	Simple Mills
Fava Bean Flour	Rice, Purple (gluten free)	Corn Meal (gluten free)
Flax Meal	Rice, Red (gluten free)	Gluten-Containing Foods
Garbanzo Flour	Rice, White (gluten free)	Barley
Glucomannon Flour	Rice, Wild (Lundberg® - not the	Barley Greens (Not for
Hazelnut Flour	Rice Bran	Barley Juice (Not for
Hemp Meal	Rice Flour (gluten free)	Beer
Hemp Protein (Powder)	Rice Protein Powder (gluten free)	Bran
Hemp Seed	Simple Mills Grnd Sea Salt Almond	Bread
Konjac Glucomannon Flour	Simple Mills Rosemary & Sea Salt	Brown Rice Syrup (contains
Millet	Simple Mills Tomato & Basil Almond	Caramel Coloring
Oats	Sorghum	Cheese, Bleu
Oats (Bob's Red Mill Gluten Free	Sweet Potato Flour (gluten free)	Chewing Gum (has gluten and corn)
Oat Grass (Not For Gluten	Tapioca	Coffee, Instant (has gluten)
Potato Flour (gluten free)	Tapioca Flour (gluten free)	Couscous

Durum Wheat	Wheat (All Types)	Vegetable Oil
Farro	Wheat Grass (Is	Xanthan Gum
Gluten	Crab, Immitation	Yogurt (See Xanthan Gum)
Graham (wheat)	Corn-Derived Foods	Beverages & Protein Powders
Kamut	Barbeque Sauce, GF Annie's®	Almond Milk, unsweetened (no
Liquid Smoke (can have gluten)	Cheese, Cream	Apple Juice
Malt	Cheese, Daiya	Beer
Maltodextrin (Can be	Cheese, Soy (Organic) (see Soy)	Carrot Juice
Oats	Chewing Gum (has gluten and corn)	Coconut Kefir (No Tapioca,
Orzo	Corn (Gluten-free & Non-GMO)	Coconut Milk(Native Forest or
Panko	Corn, Blue	Coconut Water (low sugar)
Polish Wheat	Corn, White	Coffee Bean, Organic
Rye	Corn Gluten	Coffee
Semolina	Corn Meal (gluten free)	Coffee, Instant (has gluten)
Soy Sauce	Corn Oil	Collagen Protein (Powder)
Spelt	Corn Starch (gluten free)	Echinacea Tea
Teechino	Erythritol (non-GMO)	Grapefruit Juice
Teriyaki Sauce	Fructose	Green Tea
Triticale	GemWraps®, Sandwich Wrap	Hemp Protein (Powder)
Vinegar	Maltodextrin (Corn-based,	Komboucha Tea
Vinegar, Malt	Sriracha Sauce Organicville	Lemon Juice
Vinegar, White	Swerve® Xylitol	Licorice Tea

Lime Juice	Wine, Red		GemWraps®, Sandwich Wrap
Milk, Cow	Wine, White (Champagne)		GemWraps®, Sandwich Wrap
Milk, Goat	Yerba Matte Tea (Organic/Pure)		Glucomannon Flour
Milk, Sheep	Miscellaneous		Great Lake's® Beef Gelatin
Milk, Soy (Organic)	Agar Gum		Guar Gum
Mineral Water	Antimony		Hops
Orange Juice	Arabic Gum		Julian Bakery Paleo Wraps
Pea Protein	Baking Powder		Julian Bakery Almond Bread
Rice Protein Powder (gluten free)	Baking Soda (Arm & Hammer®)		Julian Bakery Coconut Bread
Soy Milk/Soy Cheese (Organic)	Beef broth (Imagine® low		Konjac Glucomannon Flour
Soy Protein (Organic)	Carrageenan Gum		Lard (pork)
Sparkling Water, unflavored	Chewing Gum (has gluten and corn)		Liquid Aminos (Braggs®)(has Soy)
Tea, Black	Chewing Gum, Xylichew®		Locust Bean Gum
Tea, Chamomile	Chicken Broth (Imagine® gf/low		Lycopene
Tea, Green	Chicory Root		Malt
Too Oolong		= = =	
Tea, Oolong	Cocoa/Cacao (raw, pure, &		Maltodextrin (Can be
Tea, Ramon	Cocoa/Cacao (raw, pure, & Coconut Aminos®		Maltodextrin (Can be
-			
Tea, Ramon	Coconut Aminos®		Palm Wax
Tea, Ramon Tea, Roobios	Coconut Aminos® Coconut Cream		Palm Wax Pycnogenol
Tea, Ramon Tea, Roobios Tea, unflavored/caffeine-free only	Coconut Aminos® Coconut Cream Collagen Protein (Powder)		Palm Wax Pycnogenol Red Chili Paste Thai Kitchen®

Nanny Mai 08/29/2017

Silver	Acacia Gum
Skinny Crisps®(Plain Jane)	
Tagacanth Gum	
Tamari (Wheat Free)	
Tofu (Organic)	
Tomato Paste (gluten &	
Tomato Sauce (gluten &	
Tagacanth Gum	
Vegetable broth (Imagine® Low	
Vegetable Oil	
Vegetable Shortening (Spectrum®)	
Vinegar, Red Wine	
Vinegar, Rice	
Vinegar, White Wine	
Xanthan Gum	
Yeast, Baker's	
Yeast, Brewer's	
Yeast, Nutritional	
Latex	
Formaldehyde	
Red Dye	
Ispaghula/Psyllium	