Fruits	Lime	Annatto Seed
Acai	Lime Juice	Avocado Oil
Apple (all types)	Litchi (aka Lychee)	Brazil Nut
Apricot	Loganberry	Caraway Seed
Bilberry	Loquat	Cashew Butter
Blackberry	Maqui	Cashew Meal
Blueberry	Mulberry	Cashews
Boysenberry	Nectarines	Chestnut
Cherry	Noni	Chia Seed (1/4 cup, max)
Cranberry	Passion Fruit	Coconut, shredded (raw, unsweetened)
Currant	Peach	Coconut Butter
Dragon Fruit (Pitaya)	Pear	Coconut Oil
Dried Fruit	Pear, Asian	Cola Nut (aka Kola Nut)
dummy food	Tamarind	Flax Meal
Goji Berry	Wolfberry	Flax Oil
Golden Berry	Youngberry	Flax Seed
Gooseberry	Nuts, Seeds, Drupes & Oils	Hazelnut/Filbert
Grapefruit	Almond	Hazelnut Flour
Huckleberry	Almond, Marcona	Hemp Meal
Jack fruit	Almond Butter (Artisana®)	Hemp Protein (Powder)
Kiwi	Almond Flavor (natural, gluten free)	Hemp Seed
Lemon	Almond Flour (gluten free)	Macadamia Nut Oil
Lemon Juice	Almond Meal (gluten free)	Macadamia Nuts
Lemon Rind/Peel		Olive Leaf Extract

Nar	nny Mai		10/18/201
	Olive Oil, Virgin	Tea, Ramon	Lobster
	Palm Kernel Oil	Tiger Nuts	Mackerel
	Pecan Flour	Truffle Oil	Mahi Mahi
	Pecans	Truffle Oil, Black	Mussel
	Pepitas	Vegetable Shortening (Spectrum®)	Octopus
	Pili Nuts	Walnut Oil	Orange Roughy
	Pine Nut	Walnuts	Oyster
	Pistachios	Walnuts, Black	Perch
	Poppy seeds	Fish & Shellfish	Red Snapper
	Psyllium Husk	Anchovy	Salmon, wild (fresh)
	Pumpkin Oil	Bass	Sardines
	Pumpkin Seed Oil	Catfish	Scallop
	Pumpkin Seeds	Chilean Sea Bass	Shrimp
	Ramon Seeds	Clam	Sole
	Rice, Wild (Lundberg® - not the blend)	Cod/ Cod Liver Oil	Squid
	Sacha Inchi Seeds	Corvina	Swai
	Sesame Seed Oil	Crab	Swordfish
	Sesame Seeds	Crayfish	Tilapia (Wild, Non-farmed)
	Sesame Seeds, Black	Flounder	Trout
	Sunflower Seed Butter	Haddock	Tuna
	Sunflower Seed Lecithin	Hake	Walleye Pike
	Sunflower Seed Oil	Halibut	Whitefish/Turbot
	Sunflower Seeds	Herring	

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Tahini

Nanny Mai

10/18/2017

Vegetables	Brussels Sprout	Garlic
Alfalfa Grass	Burdock	Hearts of Palm
Alfalfa Sprouts	Cabbage, Chinese (see also Bok Choy)	Horseradish
Aloe Vera	Cabbage, Green	Jicama
Artichoke (not pickled)	Cabbage, Purple	Kale, all types
Artichoke, Jerusalem (not pickled)	Cactus (Nopales)	Kelp/Dulse
Arugula	Capers	Kohlrabi
Asparagus	Capsicum	Kombu
Avocado	Cauliflower	Leeks
Bamboo Shoot	Cauliflower, Purple	Lettuce, all types
Bean, Green	Celery	Mushrooms
Bean Sprout	Chard	Mushrooms, Button
Beet	Chayote	Mushrooms, Cremeni/Crimini
Beet Greens	Chives	Mushrooms, Maitake
Bell Pepper	Coconut (raw and unsweetened)	Mushrooms, Shiitake
Bell Pepper, Green	Coconut Concentrate	Mustard Greens
Bell Pepper, Orange	Collard Greens	Nori
Bell Pepper, Red	Cucumber	Okra
Bell Pepper, Yellow	Daikon Radish	Olives (without vinegar)
Bok Choy	Dandelion Greens	Onion, Green
Broccoli	Dandelion Root	Onion, Maui
Broccolini	Eggplant	Onion, Red
Broccoli Rabe	Endive	Onion, Sweet
Broccoli Sprouts	Fennel	Onion, Yellow

Na	nny Mai		10/18/2017
	Paprika	Rutabaga	Tomato, Sun-dried
	Parsley	Sauerkraut (Bubbies® Brand only)	Tomato, Yellow
	Parsnip	Scallions	Tomatoes, Big Beef
	Pea, Black-Eyed	Sea Vegetables	Tomato Paste (gluten & Vinegar-free)
	Pepper, Anaheim	Seaweed	Tomato Sauce (gluten & Vinegar-free)
	Pepper, Cayenne	Shallots	Truffle
	Pepper, Chili	Spinach	Turnip Greens
	Pepper, Green	Spirulina	Turnips
	Pepper, Habanero	Squash	Water Chestnut
	Pepper, Jalapeño	Squash, Acorn	Watercress
	Pepper, Poblano	Squash, Butternut	Zucchini
	Pepper, Red	Squash, Green	Meat & Poultry
	Pepper, Serrano	Squash, Spaghetti	Applegate® organic black forest ham
	Pickles, Bubbies® brand only	Squash, Summer	Applegate® organic chicken/apple sausage
	Pimento	Squash, Winter	Applegate® organic ham
	Prickly Pear	Squash, Yellow	Applegate® organic hot dogs
	Psyllium Husk	Swiss Chard	Applegate® organic red pepper sausage
	Pumpkin	Tomatillo	Applegate® organic roast beef
	Pumpkin Powder	Tomato	Applegate® organic sausage sweet italian
	Radicchio	Tomato, Cherry	Beef, Grass-fed only (organic)
	Radish	Tomato, Heirloom	Bison (see also Buffalo)
	Rainbow Chard	Tomato, Orange	Buffalo (see also Bison)
	Red Pepper Flake	Tomato, Red	Chicken, free range (organic)
	Rhubarb	Tomato, Roma	

Shopping List Page 4

Collagen Protein (Powder)	Egg, Yolks Pasture-raised	Tomato Sauce (gluten & Vinegar-free)
Deer (see also Venison)	Milk, Soy (Organic)	Vegetable Shortening (Spectrum®)
Duck	Condiments, Spreads & Sauces	Sweeteners
Goat, Grass-fed only (organic)	Apple Cider Vinegar (Bragg's®)	Coconut Palm Sugar
Great Lake's® Beef Gelatin	BodyPro Almond Mayo with Yacon Syrup	Jerusalem Artichoke Syrup
Lamb	Carob	Just Like Sugar®
Lard (pork)	Cocoa Butter	Lo Han
Ostrich	Coconut Aminos®	Rebiana Leaf (Stevia)
Pheasant	Coconut Cream	Sweetleaf® Stevia
Pork, (organic)	Coconut Vinegar (Coconut Secret)	Yacon Syrup
Quail	Earth Balance® Coconut Spread	Herbs & Spices
Rabbit	Harissa	Allspice
Turkey (organic)	Horseradish Sauce, Gluten-free (Annie's®)	Almond Flavor (natural, gluten
Veal (organic)	Hummus	free) Anise
Venison (see also Deer)	Liquid Aminos (Braggs®)(has Soy)	Ashwaganda
Non-Dairy & Eggs	Liquid Smoke gluten free (natural)	Astragalus
Almond Milk, unsweetened (no tapioca)	Mustard, Brown (Eden® gf mustard)	Basil
Almond Yogurt, unsweetened	Olives (without vinegar)	Bay Leaf
Coconut Kefir (No Tapioca, Carageenan)	Red Bean Paste	Bell Pepper, Red
Coconut Milk(Native Forest or Natural Value)	Red Tomato Paste (gluten free)	Black Cohosh
Egg, Pasture-raised (from a farmer)	Sauerkraut (Bubbies® Brand only)	Capsicum
Egg, Vital Farms® or Pasture Verde®	Tamari (Wheat Free)	Caraway Seed
Egg, Whites, Pasture-raised	Tomato Paste (gluten & Vinegar-free)	Cardamom

Na	nny Mai		10/18/201
	Celery Powder	Garlic Salt	Mustard Seeds (gluten free)
	Chicory Root	Ginger	Nutmeg
	Chili Powder	Ginkgo Biloba	Olive Leaf Extract
	Chipotle Seasoning	Ginseng (All Types)	Onion
	Cilantro/Coriander	Goldenseal	Onion Powder
	Cinnamon	Grapefruit Seed Extract	Oregano
	Cinnamon, Ceylon	Gymnema Silvestre	Paprika
	Cloves	Herbs De Provence	Paprika (smoked)
	Cloves, Madagascar	Hickory	Parsley
	Cloves, Penang	Himalayan Salt	Pepper, Black (see Garlic/Lemon Pepper)
	Cramp Bark Extract	Jamaican Jerk	Pepper, Cayenne
	Cream of Tartar	Juniper Berry	Pepper, Red
	Cumin	Lavender	Pepper, Sichuan
	Curcumin	Lemon Balm (Melissa Officinalis)	Pepper, Szechuan
	Curry (must be GF)	Lemongrass	Pepper/Peppercorns
	Dandelion Root	Lemon Pepper	Peppermint
	Dill	Licorice Root	Pine Bark Extract
	Dong Quai	Maca Root	Red Pepper Flake
	Echinacea	Mace Spice	Rose Hips
	Fennel	Marjoram	Rosemary
	Garam Masala	Mesquite	Saffron
	Garlic	Milk Thistle	Sage
	Garlic Pepper	Mint	Saw Plametto
	Garlic Powder	Mustard (as a Powder)	Sesame Seeds

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Nanny Mai

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Sesame Seeds, Black	Milk-Containing Foods	Lentil(s)
Shallots	No foods in this Category	Miso
Spearmint	Legumes & Pulses	Peanut (Organic, Valencia)
St. John's Wort	Bean, Azuki	Peanut Butter (Organic, Maranatha®)
Sumac	Bean, Black	Peanut Oil (Organic)
Taco Seasoning	Bean, Butter	Red Bean Paste
Tamari (Wheat Free)	Bean, Cannellini	Soybean oil(must be organic)
Tarragon	Bean, Chana Dahl	Soy Beans (must be organic)
Thyme	Bean, Chili	Vanilla Bean
Tomatillo	Bean, Green	Vanilla Powder
Turmeric	Bean, Italian	Corn-Derived Foods
Uva Ursi	Bean, Kidney	No foods in this Category
Valerian	Bean, Lima	Gluten-Containing Foods
Vanilla (gluten and corn-free)	Bean, Mung	No foods in this Category
Vanilla Bean	Bean, Pinto/Frijole	Gluten-Free Grains
Vanilla Powder	Bean, Red	Almond Flour (gluten free)
White Willow Bark Extract	Beans	Amaranth
Wintergreen	Chickpea (see also Garbanzo Bean)	Chicory Root
Wormwood	Coffee Bean, Organic	Coconut Flour (gluten free)
	Edamame (must be organic)	Coconut Meal (gluten free)
	Garbanzo Bean	Flax Meal
	Garbanzo Flour	Garbanzo Flour
	Kidney Bean	Glucomannon Flour

Shopping List Page 8					ngredients must be organic
Nanny Mai					10/18/2017
	Hazelnut Flour		Lime Juice		Antimony
	Hemp Meal		Milk, Soy (Organic)		Arabic Gum
	Hemp Protein (Powder)		Mineral Water		Baking Soda (Arm & Hammer®)
	Hemp Seed		Soy Milk/Soy Cheese (Organic)		Blue Food Dye
	Konjac Glucomannon Flour		Soy Protein (Organic)		Bone Broth, Beef
	Rice, Wild (Lundberg® - not the blend)		Sparkling Water, unflavored		Chicory Root
	Tolerant Green Lentil & Pea Pasta		Tea, Black		Cocoa/Cacao (raw, pure, & unsweetened)
	Tolerant Red or Green Lentil Pasta		Tea, Chamomile		Collagen Protein (Powder)
	Beverages & Protein Powders		Tea, Green		Formaldehyde
	Almond Milk, unsweetened (no tapioca)		Tea, Hibiscus		Glucomannon Flour (konjacfoods.com)
	Bone Broth Protein, Beef		Tea, Oolong		Great Lake's® Beef Gelatin
	Coconut Kefir (No Tapioca, Carageenan)		Tea, Ramon		Guar Gum
	Coconut Milk(Native Forest or Natural Value)		Tea, Roobios		Inulin
	Coconut Water (low sugar)		Tea, Unflavored		Julian Bakery Almond Bread
	Coffee		Tea, White		Julian Bakery Coconut Bread
	Coffee Bean, Organic		Water		Konjac Glucomannon Flour
	Collagen Protein (Powder)		Yerba Matte Tea (Organic/Pure)		Lard (pork)
	Echinacea Tea		Zevia Drinks		Latex
	Great Lake's® Beef Gelatin				Locust Bean Gum
	Green Tea				Lycopene
	Hemp Protein (Powder)				Palm Wax
	Lemon Juice				Red Food Dye
	Licorice Tea				Red Tomato Paste (gluten free)
			Agar Gum		Silver

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Snacks

No foods in this Category