Vegetables	Carrot Juice		Eggplant
Aloe Vera	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		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		Lettuce, all types
Broccolini	Coconut Concentrate		Mushrooms
Brussels Sprout	Collard Greens		Mushrooms, Button
Burdock	Corn (Gluten-free &		Mushrooms,
Cabbage, Chinese (see	Corn, Blue		Mushrooms, Maitake
Cabbage, Green	Corn, White		Mushrooms, Shiitake
Cabbage, Purple	Cucumber		Mustard Greens
Cactus (Nopales)	Daikon Radish		Nori
Capers	Dandelion Greens		Okra
Capsicum	Dandelion Root	П	Olives (without vinegar)

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, Black-Eyed	Potato, Yukon Gold	Squash, Summer
Pea, Green	Prickly Pear	Squash, Winter
Pea, Snap	Psyllium Husk	Squash, Yellow
Pea, Snow	Pumpkin	Sugar Beet
Pea, Split	Pumpkin Powder	Sweet Potato, Red
Pea Protein	Radicchio	Sweet Potatoes, White
Pepper, Anaheim	Radish	Swiss Chard
Pepper, Chili	Rainbow Chard	Tomatillo
Pepper, Green	Rhubarb	Tomato Paste (gluten &
Pepper, Habanero	Rutabaga	Tomato Sauce (gluten &
Pepper, Jalapeño	Sauerkraut (Bubbies®	Tomato
Pepper, Poblano	Scallions	Tomatoes, Big Beef
Pepper, Red	Sea Vegetables	Tomato, Cherry
Pepper, Serrano	Seaweed	Tomato, Heirloom
Pickles, Bubbies®	Shallots	Tomato, Orange

Tomato, Red	Blackberry	Grapefruit
Tomato, Roma	Blueberry	Grapefruit Juice
Tomato, Sun-dried	Boysenberry	Guava
Tomato, Yellow	Cantaloupe	Huckleberry
Truffle	Cherry	Jack fruit
Turnip Greens	Clementine	Kiwi
Turnips	Cranberry	Kumquat
Water Chestnut	Cranberry Juice	Lemon
Watercress	Currant	Lemon Juice
Yams, Garnett	Date(s)	Lemon Rind/Peel
Yams, Japanese	Dragon Fruit (Pitaya)	Lime
Yucca	Dried Fruit	Lime Juice
Zucchini	Elderberry	Litchi (aka Lychee)
Alfalfa Sprouts	Fig	Loganberry
Fruits	Goji Berry	Loquat
Acai	Golden Berry	Mango
Agar Gum	Gooseberry	Mangosteen
Apple (all types)	Grape	Maqui
Apple Cider	Grape, Green	Melon, Honeydew
Apple Juice	Grape, Purple	Monk Fruit
Apple Sauce	Grape, Red	Mulberry
Bilberry	Grape, White	Nectarines

Noni	Tangelo	Cottonseed/Cottonseed
Orange	Tangerine	Flax Meal
Orange, Blood	Watermelon	Flax Oil
Orange Juice	Wolfberry	Flax Seed
Orange Peel/Rind	Youngberry	Grapeseed Oil, Organic
Papaya	Nuts, Seeds, & Oils	Hazelnut Flour
Passion Fruit	Almond Butter	Hazelnut/Filbert
Peach	Almond Flavor natural,	Hemp Meal
Pear	Almond Flour (gluten	Hemp Protein (Powder)
Pear, Asian	Almond Meal (gluten	Hemp Seed
Persimmons	Almond, Marcona	Hydrogenated Oils
Pineapple	Annatto Seed	Macadamia Nut Oil
Plum	Brazil Nut	Macadamia Nuts
Pomegranate	Canola/Rapeseed Oil	Olive Leaf Extract
Pomelo	Caraway Seed	Olive Oil, Virgin
Prune	Chestnut	Palm Kernel Oil
Quince	Chia Seed (1/4 cup,	Pecan
Raisin (unsulfured,	Coconut Butter	Pecan Flour
Raspberry	Coconut Oil	Pepitas
Star Fruit	Coconut, shredded	Pili Nuts
Strawberry	Cola Nut (aka Kola Nut)	Pine Nut
Tamarind	Corn Oil	Pistachios

Poppy seeds	Walnut Oil	White Beans
Psyllium Husk	Walnut, Black (few)	Fish & Shellfish
Pumpkin Oil	Almond	Anchovy
Pumpkin Seed Oil	Legumes & Pulses	Catfish
Pumpkin Seeds	Chickpea (see also	Chilean Sea Bass
Ramon Seeds	Edamame (must be	Clam
Rice, Wild (Lundberg® -	Fava Bean	Cod/ Cod Liver Oil
Safflower/Safflower	Fava Bean Flour	Corvina
Sacha Inchi Seeds	Garbanzo Bean	Crab
Sesame Seed Oil	Garbanzo Flour	Crayfish
Sesame Seeds	Lentil(s)	Flounder
Sesame Seeds, Black	Miso	Hake
Sunflower Seed Butter	Pea, Snap	Halibut
Sunflower Seed	Pea, Snow	Herring
Sunflower Seed Oil	Pea, Split	Lobster
Sunflower Seeds	Peanut (Organic,	Mackerel
Tahini	Peanut Butter (Organic,	Mahi Mahi
Tea, Ramon	Peanut Oil (Organic)	Mussel
Tiger Nuts	Soy Beans (must be	Orange Roughy
Vegetable Oil	Soy Beans Oil (must be	Oyster
Vegetable Shortening	Vanilla Bean	Perch
Walnut (few)	Vanilla Powder	Red Snapper

Salmon, wild (fresh)	Applegate® organic	n-Dairy & Eggs
Sardines	Applegate® organic red	Almond Milk,
Scallop	Applegate® organic	Almond Yogurt,
Shrimp	Applegate® organic	Cheese, Soy (Organic)
Sole	Applegate® organic	Coconut Kefir (No
Squid	Applegate® organic	Coconut Milk(Native
Swai	Beef, Grass-fed only	Egg, Pasture-raised
Swordfish	Bison (see also Buffalo)	Egg, Vital Farms® or
Tilapia (Non-farmed)	Chicken Broth	Egg, Whites,
Trout	Chicken, free range	Egg, Yolks
Tuna	Deer (see also Venison)	Milk, Soy (Organic)
Walleye Pike	Duck	Sriracha Sauce
Whitefish/Turbot	Goat, Grass-fed only	Egg
Crab, Immitation	Lard (pork)	ndiments
Meat & Poultry	Ostrich	Apple Cider Vinegar
Applegate® organic	Pheasant	BodyPro Almond Mayo
Applegate® organic	Pork, (organic)	BodyPro Almond Mayo
Applegate® organic	Quail	Ca <mark>rob</mark>
Applegate® organic	Rabbit	Coconut Vinegar
Applegate® organic hot	Turkey (organic)	Earth Balance®
Applegate® organic	Veal (organic)	Horseradish Sauce,
Applegate® organic	Venison (see also Deer)	Hummus

Ketchup (Organicville)	Fruit Pectin	rbs & Spices
Mayonnaise	Honey, (Organic)	Allspice
Mustard, Brown (Eden®	Honey, Manuka	Almond Flavor natural,
Sauerkraut (Bubbies®	Honey, Wildflower from	Anise
Sriracha Sauce	Just Like Sugar®	Basil
Ume Plum Vinegar	Lo Han	Black Cohosh
Veganaise Soy-free	Maltodextrin	Caramel Coloring
Vinegar, Distilled	Maple Sugar	Caraway Seed
Vinegar, Red Wine	Maple Syrup (Grade A	Cardamom
Vinegar, Rice	Molasses	Celery Powder
Vinegar, White	Monk Fruit	Chicory Root
Vinegar, White Wine	Rebiana Leaf (Stevia)	Chili Powder
Worcestershire Sauce	Sorbitol	Chipotle Seasoning
Sweeteners	Splenda	Cilantro/Coriander
Agave Nectar	Sucanat	Cinnamon
BodyPro Almond Mayo	Sugar Beet	Cinnamon, Ceylon
BodyPro Almond Mayo	Sugar Cane	Cloves
Brown Rice Syrup	Sweetleaf® Stevia	Cloves, Madagascar
Coconut Palm Sugar	Swerve® Xylitol	Cloves, Penang
Date Sugar	Xyla (Birchwood	Cramp Bark Extract
Erythritol (non-GMO)	Yacon Syrup	Cream of Tartar
Fructose		Cumin

Curcumin	Jamaican Jerk	Orange Salt
Curry (must be GF)	Juniper Berry	Oregano
Dandelion Root	Lavender	Paprika
Dill	Lemon Balm (Melissa	Paprika (smoked)
Dong Quai	Lemon Pepper	Parsley
Echinacea	Lemongrass	Pepper, Black (see
Fennel	Licorice Root	Pepper, Cayenne
Garlic	Liquid Smoke (can	Pepper/Peppercorns
Garlic Pepper	Liquid Smoke gluten	Pepper/Peppercorns,
Garlic Powder	Maca Root	Pepper, Red
Garlic Salt	Mace Spice	Peppermint
Ginger	Marjoram	Pine Bark Extract
Ginkgo Biloba	Mesquite	Red Chili Paste Thai
Ginseng (All Types)	Milk Thistle	Red Pepper Flake
Goldenseal	Mint	Rosemary
Grapefruit Seed Extract	Mustard (as a Powder)	Saffron
Grapeseed Extract	Mustard Seeds (gluten	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

St. John's Wort	Goat Cheese	Garbanzo Flour
Taco Seasoning	Goat Kefir	Glucomannon Flour
Tamari (Wheat Free)	Lactoalbumin	Hazelnut Flour
Tarragon	Milk, Goat	Hemp Meal
Thyme	Milk, Sheep	Hemp Protein (Powder)
Tomatillo	Whey	Hemp Seed
Turmeric	Cheese, Feta	Konjac Glucomannon
Uva Ursi	Gluten-Free Grains	Millet
Valerian	Almond Flour (gluten	Oats
Vanilla (gluten and	Amaranth	Oats (Bob's Red Mill
Vanilla Bean	Buckwheat	Oat Grass (Not For
Vanilla Powder	Buckwheat Flour	Potato Flour (gluten
White Willow Bark	Chicory Root	Potato Starch (gluten
Wintergreen	Coconut Flour (gluten	Quinoa (gluten free)
Rose Hips	Coconut Meal (gluten	Quinoa, Black (gluten
Milk-Containing Foods	Corn (Gluten-free &	Quinoa, Red (gluten
Applegate® organic	Corn, Blue	Rice, Basmati (gluten
Cheese, Goat	Corn, White	Rice, Black (gluten free)
Cheese, Machego	Corn Starch (gluten	Rice, Brown (gluten
Cheese, Pecorino	Ener-G Brown Rice	Rice, Japonica (gluten
Cheese, Ricotta	Fava Bean Flour	Rice, Purple (gluten
Cheese, Sheep	Flax Meal	Rice, Red (gluten free)

Rice, White (gluten		Chewing Gum (has	Corn Oil
Rice, Wild (Lundberg®	- 🗌	Coffee, Instant (has	Corn Starch (gluten
Rice Bran		Gluten	Erythritol (non-GMO)
Rice Flour (gluten free)		Kamut	Fructose
Rice Protein Powder		Liquid Smoke (can	GemWraps®, Sandwich
Simple Mills Grnd Sea		Oats	Maltodextrin
Simple Mills Rosemary		Polish Wheat	Sriracha Sauce
Simple Mills Tomato &		Rye	Swerve® Xylitol
Sorghum		Soy Sauce	Vegetable Oil
Sweet Potato Flour		Spelt	Xanthan Gum
Tapioca		Teriyaki Sauce	Beverarages & Protein
Tapioca Flour (gluten		Triticale	Almond Milk,
Tapioca Starch (gluten		Vinegar, White	Apple Juice
Tolerant Green Lentil &		Crab, Immitation	Carrot Juice
Tolerant Red or Green		Corn-Derived Foods	Coconut Kefir (No
Tortilla, Siete Almond		Cheese, Soy (Organic)	Coconut Milk(Native
Tortilla, Siete Cassava		Chewing Gum (has	Coconut Water (low
Simple Mills Everything		Corn (Gluten-free &	Coffee Bean, Organic
Corn Meal (gluten free)		Corn, Blue	Coffee
Gluten-Containing Foods		Corn, White	Coffee, Instant (has
Brown Rice Syrup		Corn Gluten	Collagen Protein
Caramel Coloring		Corn Meal (gluten free)	Echinacea Tea

Grapefruit Juice	Tea, Roobios	GemWraps®, Sandwick
Green Tea	Tea,	Glucomannon Flour
Hemp Protein (Powder)	Tea, White	Great Lake's® Beef
Komboucha Tea	Water	Guar Gum
Lemon Juice	Wine, Red	Hops
Licorice Tea	Wine, White	Julian Bakery Paleo
Lime Juice	Yerba Matte Tea	Julian Bakery Coconut
Milk, Goat	Miscellaneous	Konjac Glucomannon
Milk, Sheep	Agar Gum	Lard (pork)
Milk, Soy (Organic)	Antimony	Liquid Aminos
Mineral Water	Beef broth (Imagine®	Locust Bean Gum
Orange Juice	Carrageenan Gum	Lycopene
Pea Protein	Chewing Gum (has	Palm Wax
Rice Protein Powder	Chewing Gum,	Pycnogenol
Soy Milk/Soy Cheese	Chicken Broth	Red Chili Paste Thai
Soy Protein (Organic)	Chicory Root	Red Tomato Paste
Sparkling Water,	Coconut Aminos®	Resveratrol
Tea, Black	Coconut Cream	Sherry Vinegar
Tea, Chamomile	Collagen Protein	Silver
Tea, Green	GemWraps®, Sandwich	Skinny Crisps®(Plain
Tea, Oolong	GemWraps®, Sandwich	Tagacanth Gum
Tea, Ramon	GemWraps®, Sandwich	Tamari (Wheat Free)

Nanny Mai 25/08/2017

Totu (Organic)
Tomato Paste (gluten &
Tomato Sauce (gluten &
Tragacanth Gum
Vegetable broth
Vegetable Oil
Vegetable Shortening
Vinegar, Red Wine
Vinegar, Rice
Vinegar, White Wine
Xanthan Gum
Yeast, Baker's
Yeast, Brewer's
Yeast, Nutritional
Latex
Ispaghula/Psyllium
Formaldehyde
Red Dye
Acacia Gum