

Nanny Mai

10/13/2017

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| <input type="checkbox"/> Fruits | <input type="checkbox"/> Peach | <input type="checkbox"/> Whitefish/Turbot |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Pear | <input type="checkbox"/> Vegetables |
| <input type="checkbox"/> alpha | <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Alfalfa Grass |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Almond | <input type="checkbox"/> Alfalfa Sprouts |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Aloe Vera |
| <input type="checkbox"/> bravo | <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Arugula |
| <input type="checkbox"/> charlie | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Bamboo Shoot |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Bean Sprout |
| <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Beet Greens |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Cashews | <input type="checkbox"/> Burdock |
| <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Chestnut | <input type="checkbox"/> Cactus (Nopales) |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Chia Seed (1/4 cup, max) | <input type="checkbox"/> Capers |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Chard |
| <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Coconut (raw and unsweetened) |
| <input type="checkbox"/> Lime | <input type="checkbox"/> Fish & Shellfish | <input type="checkbox"/> Coconut Concentrate |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Chilean Sea Bass | <input type="checkbox"/> Collard Greens |
| <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Corvina | <input type="checkbox"/> Daikon Radish |
| <input type="checkbox"/> Loganberry | <input type="checkbox"/> Hake | <input type="checkbox"/> Dandelion Greens |
| <input type="checkbox"/> Loquat | <input type="checkbox"/> Mahi Mahi | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Maqui | <input type="checkbox"/> Octopus | <input type="checkbox"/> Endive |
| <input type="checkbox"/> Mulberry | <input type="checkbox"/> Sardines | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Nectarines | <input type="checkbox"/> Swai | <input type="checkbox"/> Hearts of Palm |
| <input type="checkbox"/> Noni | <input type="checkbox"/> Tilapia (Wild, Non-farmed) | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Passion Fruit | | |

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| <input type="checkbox"/> Jicama | <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Cinnamon, Ceylon |
| <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) | <input type="checkbox"/> Cloves |
| <input type="checkbox"/> Leeks | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Cloves, Penang |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Condiments, Spreads & Sauces | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Coconut Aminos® | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Radicchio | <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Truffle | <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Allspice | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Anise | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Garam Masala |
| <input type="checkbox"/> Meat & Poultry | <input type="checkbox"/> Basil | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Bison (see also Buffalo) | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Ginkgo Biloba |
| <input type="checkbox"/> Goat, Grass-fed only (organic) | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Ostrich | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Pheasant | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Quail | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Rabbit | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Herbs De Provence |
| | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Hickory |
| | | <input type="checkbox"/> Himalayan Salt |

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| <input type="checkbox"/> | Juniper Berry |
| <input type="checkbox"/> | Lavender |
| <input type="checkbox"/> | Lemon Balm (Melissa Officinalis) |
| <input type="checkbox"/> | Lemongrass |
| <input type="checkbox"/> | Lemon Pepper |
| <input type="checkbox"/> | Licorice Root |
| <input type="checkbox"/> | Maca Root |
| <input type="checkbox"/> | Mace Spice |
| <input type="checkbox"/> | Marjoram |
| <input type="checkbox"/> | Milk Thistle |
| <input type="checkbox"/> | Mint |
| <input type="checkbox"/> | Mustard (as a Powder) |
| <input type="checkbox"/> | Mustard Seeds (gluten free) |
| <input type="checkbox"/> | Nutmeg |
| <input type="checkbox"/> | Oregano |
| <input type="checkbox"/> | Parsley |
| <input type="checkbox"/> | Pepper, Black (see Garlic/Lemon Pepper) |
| <input type="checkbox"/> | Pepper/Peppercorns |
| <input type="checkbox"/> | Peppermint |
| <input type="checkbox"/> | Pine Bark Extract |
| <input type="checkbox"/> | Rose Hips |
| <input type="checkbox"/> | Rosemary |
| <input type="checkbox"/> | Saffron |
| <input type="checkbox"/> | Sage |

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| <input type="checkbox"/> | Saw Plametto |
| <input type="checkbox"/> | Spearmint |
| <input type="checkbox"/> | St. John's Wort |
| <input type="checkbox"/> | Sumac |
| <input type="checkbox"/> | Tarragon |
| <input type="checkbox"/> | Thyme |
| <input type="checkbox"/> | Turmeric |
| <input type="checkbox"/> | Uva Ursi |
| <input type="checkbox"/> | Valerian |
| <input type="checkbox"/> | White Willow Bark Extract |
| <input type="checkbox"/> | Wintergreen |
| <input type="checkbox"/> | Wormwood |

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| <input type="checkbox"/> | Milk-Containing Foods |
| | No foods in this Category |

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| <input type="checkbox"/> | Legumes & Pulses |
| | No foods in this Category |

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| <input type="checkbox"/> | Corn-Derived Foods |
| | No foods in this Category |

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| <input type="checkbox"/> | Gluten-Containing Foods |
| | No foods in this Category |

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| <input type="checkbox"/> | Gluten-Free Grains |
| <input type="checkbox"/> | Chicory Root |
| <input type="checkbox"/> | Coconut Flour (gluten free) |
| <input type="checkbox"/> | Coconut Meal (gluten free) |
| <input type="checkbox"/> | Glucomannon Flour (konjacfoods.com) |
| <input type="checkbox"/> | Konjac Glucomannon Flour |

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| <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"/> | Licorice Tea |
| <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, Green |

- ☐ Tea, Hibiscus
- ☐ Tea, Oolong
- ☐ Tea, Roobios
- ☐ Tea, White
- ☐ Water
- ☐ Yerba Matte Tea (Organic/Pure)
- ☐ Zevia Drinks

- ☐ **Miscellaneous**
- ☐ Antimony
- ☐ Baking Soda (Arm & Hammer®)
- ☐ Chicory Root
- ☐ Cocoa/Cacao (raw, pure, & unsweetened)
- ☐ Formaldehyde
- ☐ Glucomannon Flour (konjacfoods.com)
- ☐ Konjac Glucomannon Flour

- ☐ **Latex**
- ☐ Lycopene
- ☐ Palm Wax
- ☐ Red Food Dye
- ☐ Silver

- ☐ **Snacks**
- ☐ No foods in this Category
- ☐ **AB**
- ☐ No foods in this Category
- ☐ **qwerty**
- ☐ **Zucchini**