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

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

All ingredients must be organic

08/31/2017

Nanny Mai

Legumes & Pulses Grapeseed Oil, Organic Ramon Seeds Hazelnut Flour Rice, Wild (Lundberg® - not the Bean, Azuki Hazelnut/Filbert Safflower/Safflower Seed Oil Bean, Black Hemp Meal Sacha Inchi Seeds Bean, Butter Hemp Protein (Powder) Sesame Seed Oil Bean, Cannellini Sesame Seeds Hemp Seed Bean, Chana Dahl Hydrogenated Oils Sesame Seeds, Black Bean, Chili Macadamia Nut Oil Sunflower Seed Butter Bean, Green Macadamia Nuts Sunflower Seed Lecithin Bean, Italian Sunflower Seed Oil Olive Leaf Extract Bean, Kidney Olive Oil, Virgin Sunflower Seeds Bean, Lima Palm Kernel Oil Tahini Bean, Mung Pecan Tea, Ramon Bean, Navy/Ninja Pecan Flour Bean, Pinto/Frijole Tiger Nuts Vegetable Oil Bean, Red (see also Bean, Kidney) Pepitas Vegetable Shortening (Spectrum®) Pili Nuts Chickpea (see also Garbanzo Bean) Pine Nut Walnut (few) Edamame (must be organic) **Pistachios** Walnut Oil Fava Bean Poppy seeds Walnut, Black (few) Fava Bean Flour Pumpkin Oil Almond Garbanzo Bean Pumpkin Seed Oil Psyllium Husk Garbanzo Flour Pumpkin Seeds Lentil(s)

Miso	Crab	Swordfish
Pea, Snap	Crayfish	Tilapia (Non-farmed)
Pea, Snow	Flounder	Trout
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	
Soy Beans (must be organic)	Mackerel	Meat & Poultry
Soy Beans Oil (must be organic)	Mahi Mahi	Applegate® organic bacon
Vanilla Bean	Mussel	Applegate® organic black forest
Vanilla Powder	Orange Roughy	Applegate® organic chicken
White Beans	Oyster	Applegate® organic ham
	Perch	Applegate® organic herb roasted
Fish & Shellfish	Red Snapper	Applegate® organic hot dogs
Anchovy	Salmon, wild (fresh)	Applegate® organic roast beef
Bass	Sardines	Applegate® organic andouille
Catfish	Scallop	Applegate® organic chicken/apple
Chilean Sea Bass	Shrimp	Applegate® organic red pepper
Clam	Sole	Applegate® organic spinach & feta
Cod/ Cod Liver Oil	Squid	Applegate® organic sausage sweet
Corvina	Swai	Applegate® organic smoked

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

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

Cloves, Madagascar	Guarana	Nutmeg
Cloves, Penang	Gymnema Silvestre	Olive Leaf Extract
Cramp Bark Extract	Herbs De Provence	Onion
Cream of Tartar	Hickory	Onion Powder
Cumin	Himalayan Salt	Orange Peel/Rind
Curcumin	Jamaican Jerk	Orange Salt
Curry (must be GF)	Juniper Berry	Oregano
Dandelion Root	Lavender	Paprika
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

Saw Plametto	Milk-Containing Foods	Cheese, Raw and Pasture-raised
Sesame Seeds	Applegate® organic spinach & feta	Cheese, Ricotta
Sesame Seeds, Black	Butter, Raw and Pasture-raised	Cheese, Romano
Shallots	Buttermilk	Cheese, Provolone
Spearmint	Casein	Cheese, Sheep
St. John's Wort	Cheese, American	Cheese, String (Mozzarella)
Taco Seasoning	Cheese, Asiago	Cheese, Swiss
Tamari (Wheat Free)	Cheese, Bleu	Chocolate, Milk
Tarragon	Cheese, Brie	Chocolate, White
Thyme	Cheese, Cheddar (Raw)	Cream, Raw and Unpasteurized
Tomatillo	Cheese, Cottage	Ghee (Pasture-Raised, Organic)
Turmeric	Cheese, Cream	Goat Cheese
Uva Ursi	Cheese, Goat	Goat Kefir
Valerian	Cheese, Gorgonzola	Kefir, Raw
Valerian Vanilla (gluten and corn-free)	Cheese, Gorgonzola Cheese, Gouda	Kefir, Raw Lactoalbumin
Vanilla (gluten and corn-free)	Cheese, Gouda	Lactoalbumin
Vanilla (gluten and corn-free) Vanilla Bean	Cheese, Gouda Cheese, Havarti	Lactoalbumin Milk Chocolate
Vanilla (gluten and corn-free) Vanilla Bean Vanilla Powder	Cheese, Gouda Cheese, Havarti Cheese, Machego	Lactoalbumin Milk Chocolate Milk, Cow
Vanilla (gluten and corn-free) Vanilla Bean Vanilla Powder White Willow Bark Extract	Cheese, Gouda Cheese, Havarti Cheese, Machego Cheese, Marscapone	Lactoalbumin Milk Chocolate Milk, Cow Milk, Goat
Vanilla (gluten and corn-free) Vanilla Bean Vanilla Powder White Willow Bark Extract Wintergreen	Cheese, Gouda Cheese, Havarti Cheese, Machego Cheese, Marscapone Cheese, Mozzarella (Raw)	Lactoalbumin Milk Chocolate Milk, Cow Milk, Goat Milk, Sheep

	Yogurt (See Xanthan Gum)		Hazelnut Flour	Rice Bran
	Cheese, Feta		Hemp Meal	Rice Flour (gluten free)
			Hemp Protein (Powder)	Rice Protein Powder (gluten free)
	Gluten-Free Grains		Hemp Seed	Simple Mills Grnd Sea Salt Almond
	Almond Flour (gluten free)		Konjac Glucomannon Flour	Simple Mills Rosemary & Sea Salt
	Amaranth		Millet	Simple Mills Tomato & Basil Almond
	Arrowroot Flour/powder		Oats	Sorghum
	Basmati Rice (gluten free)		Oats (Bob's Red Mill Gluten Free	Sweet Potato Flour (gluten free)
	Buckwheat		Oat Grass (Not For Gluten	Tapioca
	Buckwheat Flour		Potato Flour (gluten free)	Tapioca Flour (gluten free)
	Chicory Root		Potato Starch (gluten free)	Tapioca Starch (gluten free)
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	Coconut Flour (gluten free)		Quinoa (gluten free)	Teff
	Coconut Flour (gluten free) Coconut Meal (gluten free)		Quinoa (gluten free) Quinoa, Black (gluten free)	Tolerant Green Lentil & Pea Pasta
	Coconut Meal (gluten free)		Quinoa, Black (gluten free)	Tolerant Green Lentil & Pea Pasta
	Coconut Meal (gluten free) Corn (Gluten-free & Non-GMO)		Quinoa, Black (gluten free) Quinoa, Red (gluten free)	Tolerant Green Lentil & Pea Pasta Tolerant Red or Green Lentil Pasta
	Coconut Meal (gluten free) Corn (Gluten-free & Non-GMO) Corn, Blue		Quinoa, Black (gluten free) Quinoa, Red (gluten free) Rice, Basmati (gluten free)	Tolerant Green Lentil & Pea Pasta Tolerant Red or Green Lentil Pasta Tortilla, Siete Almond
	Coconut Meal (gluten free) Corn (Gluten-free & Non-GMO) Corn, Blue Corn, White		Quinoa, Black (gluten free) Quinoa, Red (gluten free) Rice, Basmati (gluten free) Rice, Black (gluten free)	Tolerant Green Lentil & Pea Pasta Tolerant Red or Green Lentil Pasta Tortilla, Siete Almond Tortilla, Siete Cassava & Coconut
	Coconut Meal (gluten free) Corn (Gluten-free & Non-GMO) Corn, Blue Corn, White Corn Starch (gluten free)		Quinoa, Black (gluten free) Quinoa, Red (gluten free) Rice, Basmati (gluten free) Rice, Black (gluten free) Rice, Brown (gluten free)	Tolerant Green Lentil & Pea Pasta Tolerant Red or Green Lentil Pasta Tortilla, Siete Almond Tortilla, Siete Cassava & Coconut Tortilla, Siete Chia & Cassava
	Coconut Meal (gluten free) Corn (Gluten-free & Non-GMO) Corn, Blue Corn, White Corn Starch (gluten free) Ener-G Brown Rice Yeast-Free		Quinoa, Black (gluten free) Quinoa, Red (gluten free) Rice, Basmati (gluten free) Rice, Black (gluten free) Rice, Brown (gluten free) Rice, Japonica (gluten free)	Tolerant Green Lentil & Pea Pasta Tolerant Red or Green Lentil Pasta Tortilla, Siete Almond Tortilla, Siete Cassava & Coconut Tortilla, Siete Chia & Cassava Simple Mills
	Coconut Meal (gluten free) Corn (Gluten-free & Non-GMO) Corn, Blue Corn, White Corn Starch (gluten free) Ener-G Brown Rice Yeast-Free Fava Bean Flour		Quinoa, Black (gluten free) Quinoa, Red (gluten free) Rice, Basmati (gluten free) Rice, Black (gluten free) Rice, Brown (gluten free) Rice, Japonica (gluten free) Rice, Purple (gluten free)	Tolerant Green Lentil & Pea Pasta Tolerant Red or Green Lentil Pasta Tortilla, Siete Almond Tortilla, Siete Cassava & Coconut Tortilla, Siete Chia & Cassava Simple Mills

Gluten-Containing Foods		Orzo	Cheese, Daiya
Barley		Panko	Cheese, Soy (Organic) (see Soy)
Barley Greens (Not for		Polish Wheat	Chewing Gum (has gluten and corn)
Barley Juice (Not for		Rye	Corn (Gluten-free & Non-GMO)
Beer		Semolina	Corn, Blue
Bran		Soy Sauce	Corn, White
Bread		Spelt	Corn Gluten
Brown Rice Syrup (contains		Teechino	Corn Meal (gluten free)
Caramel Coloring		Teriyaki Sauce	Corn Oil
Cheese, Bleu		Triticale	Corn Starch (gluten free)
Chewing Gum (has gluten and corn)		Vinegar	Erythritol (non-GMO)
Coffee, Instant (has gluten)		Vinegar, Malt	Fructose
Couscous		Vinegar, White	GemWraps®, Sandwich Wrap
Durum Wheat		Wheat (All Types)	Maltodextrin (Corn-based,
Farro		Wheat Grass (Is	Sriracha Sauce Organicville
Gluten		Crab, Immitation	Swerve® Xylitol
Graham (wheat)			Vegetable Oil
Kamut			Xanthan Gum
Liquid Smoke (can have gluten)			Yogurt (See Xanthan Gum)
Malt	<u></u>	Corn-Derived Foods	
Maltodextrin (Can be			
Oats		Barbeque Sauce, GF Annie's® Cheese, Cream	
	ш	ondese, Oreani	

All ingredients must be organic

Nanny Mai

Beverages & Protein Powders	Milk, Sheep	Miscellaneous
Almond Milk, unsweetened (no	Milk, Soy (Organic)	Agar Gum
Apple Juice	Mineral Water	Antimony
Beer	Orange Juice	Arabic Gum
Carrot Juice	Pea Protein	Baking Powder
Coconut Kefir (No Tapioca,	Rice Protein Powder (gluten free)	Baking Soda (Arm & Hammer®)
Coconut Milk(Native Forest or	Soy Milk/Soy Cheese (Organic)	Beef broth (Imagine® low
Coconut Water (low sugar)	Soy Protein (Organic)	Carrageenan Gum
Coffee Bean, Organic	Sparkling Water, unflavored	Chewing Gum (has gluten and corn)
Coffee	Tea, Black	Chewing Gum, Xylichew®
Coffee, Instant (has gluten)	Tea, Chamomile	Chicken Broth (Imagine® gf/low
Collagen Protein (Powder)	Tea, Green	Chicory Root
Collagen Protein (Powder) Echinacea Tea	Tea, Green Tea, Oolong	Chicory Root Cocoa/Cacao (raw, pure, &
Echinacea Tea	Tea, Oolong	Cocoa/Cacao (raw, pure, &
Echinacea Tea Grapefruit Juice	Tea, Oolong Tea, Ramon	Cocoa/Cacao (raw, pure, & Coconut Aminos®
Echinacea Tea Grapefruit Juice Green Tea	Tea, Colong Tea, Ramon Tea, Roobios	Cocoa/Cacao (raw, pure, & Coconut Aminos® Coconut Cream
Echinacea Tea Grapefruit Juice Green Tea Hemp Protein (Powder)	Tea, Oolong Tea, Ramon Tea, Roobios Tea, unflavored/caffeine-free only	Cocoa/Cacao (raw, pure, & Coconut Aminos® Coconut Cream Collagen Protein (Powder)
Echinacea Tea Grapefruit Juice Green Tea Hemp Protein (Powder) Komboucha Tea	Tea, Oolong Tea, Ramon Tea, Roobios Tea, unflavored/caffeine-free only Tea, White	Cocoa/Cacao (raw, pure, & Coconut Aminos® Coconut Cream Collagen Protein (Powder) Garam Masala
Echinacea Tea Grapefruit Juice Green Tea Hemp Protein (Powder) Komboucha Tea Lemon Juice	Tea, Oolong Tea, Ramon Tea, Roobios Tea, unflavored/caffeine-free only Tea, White Teechino	Cocoa/Cacao (raw, pure, & Coconut Aminos® Coconut Cream Collagen Protein (Powder) Garam Masala GemWraps®, Sandwich Wrap
Echinacea Tea Grapefruit Juice Green Tea Hemp Protein (Powder) Komboucha Tea Lemon Juice Licorice Tea	Tea, Oolong Tea, Ramon Tea, Roobios Tea, unflavored/caffeine-free only Tea, White Teechino Water	Cocoa/Cacao (raw, pure, & Coconut Aminos® Coconut Cream Collagen Protein (Powder) Garam Masala GemWraps®, Sandwich Wrap GemWraps®, Sandwich Wrap

Nanny Mai 08/31/2017

Great Lake's® Beef Gelatin	Tamari (Wheat Free)
Guar Gum	Tofu (Organic)
Hops	Tomato Paste (gluten &
Julian Bakery Paleo Wraps	Tomato Sauce (gluten &
Julian Bakery Almond Bread	Tagacanth Gum
Julian Bakery Coconut Bread	Vegetable broth (Imagine® Low
Konjac Glucomannon Flour	Vegetable Oil
Lard (pork)	Vegetable Shortening (Spectrum®)
Liquid Aminos (Braggs®)(has Soy)	Vinegar, Red Wine
Locust Bean Gum	Vinegar, Rice
Lycopene	Vinegar, White Wine
Malt	Xanthan Gum
Maltodextrin (Can be	Yeast, Baker's
Palm Wax	Yeast, Brewer's
Pycnogenol	Yeast, Nutritional
Red Chili Paste Thai Kitchen®	Latex
Red Tomato Paste (gluten free)	Formaldehyde
Resveratrol	Red Dye
Sherry Vinegar	Ispaghula/Psyllium
Silver	Acacia Gum
Skinny Crisps®(Plain Jane)	
Tagacanth Gum	