Vegetables	Broccoli Rabe	Chives
Aloe Vera	Broccoli Sprouts	Coconut (raw and
	Broccolini	Coconut Concentrate
Artichoke (not	Brussels Sprout	Collard Greens
	Burdock	Corn (Gluten-free &
	Cabbage, Chinese (see	Corn, Blue
Asparadus	Cabbage, Green	Corn, White
	Cabbage, Purple	Cucumber
	Cactus (Nopales)	Daikon Radish
Avocado OII	Capers	Dandelion Greens
	Capsicum	Dandelion Root
Bamboo Shoot	Carrot Juice	Eggplant
	Carrot, Orange	Endive
	Carrot, Purple	Fennel
Bean Sprout	Carrot, White	Garlic
Беег	Carrot, Yellow	Hearts of Palm
beet Greens	Cassava (see Tapioca	Horseradish
beli Pedder	Cauliflower	Jicama
Bell Pepper. Green	Cauliflower, Purple	Kale, all types
Bell Pepper, Orange	Celery	Kelp/Dulse
Bell Pepper, Red	Chard	Kohlrabi
Bell Pepper, Yellow	Chayote	Kombu
Bok Choy		
Broccoli		

Leeks	Pea, Split	Pumpkin Powder
Lettuce, all types	Pea Protein	Radicchio
Mushrooms	Pepper, Anaheim	Radish
Mushrooms, Button	Pepper, Chili	Rainbow Chard
Mushrooms,	Pepper, Green	Rhubarb
Mushrooms, Maitake	Pepper, Habanero	Rutabaga
Mushrooms, Shiitake	Pepper, Jalapeño	Sauerkraut (Bubbies®
Mustard Greens	Pepper, Poblano	Scallions
Nori	Pepper, Red	Sea Vegetables
Okra	Pepper, Serrano	Seaweed
Olives (without vinegar)	Pickles, Bubbies®	Shallots
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

Sweet Potato, Red	Yucca	Cherry
Sweet Potatoes, White	Zucchini	Clementine
Swiss Chard		Cranberry
Tomatillo		Cranberry Juice
Tomato Paste (gluten &		Currant
Tomato Sauce (gluten &		Date(s)
Tomato		Dragon Fruit (Pitaya)
Tomatoes, Big Beef	Alfalfa Sprouts	Dried Fruit
Tomato, Cherry	Fruits	Elderberry
Tomato, Heirloom	Acai	Fig
Tomato, Orange	Agar Gum	Goji Berry
Tomato, Red	Apple (all types)	Golden Berry
Tomato, Roma	Apple Cider	Gooseberry
Tomato, Sun-dried	Apple Juice	Grape
Tomato, Yellow	Apple Sauce	Grape, Green
Truffle	Apricot	Grape, Purple
Turnip Greens	трисо	Grape, Red
Turnips		Grape, White
Water Chestnut		Grapefruit
Watercress		Grapefruit Juice
Yams, Garnett		Guava
Yams, Japanese		Huckleberry
	Cantaloupe	

25/08/2017

Nanny Mai

Jack fruit	Orange Peel/Rind	Wolfberry
Kiwi	Papaya	Youngberry
Kumquat	Passion Fruit	Nuts, Seeds, & Oils
Lemon	Peach	Almond Butter
Lemon Juice	Pear	Almond Flavor natural,
Lemon Rind/Peel	Pear, Asian	Almond Flour (gluten
Lime	Persimmons	Almond Meal (gluten
Lime Juice	Pineapple	Almond, Marcona
Litchi (aka Lychee)	Plantain	Annatto Seed
Loganberry	Plum	
Loquat	Pomegranate	
Mango	Pomelo	rioui/powdei
Mangosteen		
Maqui	Prune	
Melon, Honeydew	Quince	
Monk Fruit	Raisin (unsulfured.	
Mulberry	Raspberry	
Nectarines	Star Fruit	
Noni	Strawberry	
Orange	Tamarind	
Orange, Blood	Tangelo	
Orange Juice	Tangerine	
	Watermelon	Cola Nut (aka Kola Nut)

Corn Oil	Pistachios	Walnut (few)
Cottonseed/Cottonseed	Poppy seeds	Walnut Oil
Flax Meal	Psyllium Husk	Walnut, Black (few)
Flax Oil	Pumpkin Oil	
Flax Seed	Pumpkin Seed Oil	
Grapeseed Oil, Organic	Pumpkin Seeds	Almond
Hazelnut Flour	Ramon Seeds	Legumes & Pulses
Hazelnut/Filbert	Rice, Wild (Lundberg® -	Bean,-Azuki
Hemp Meal	Safflower/Safflower	Death,
Hemp Protein (Powder)	Sacha Inchi Seeds	Bean. Black
Hemp Seed	Sesame Seed Oil	Bean:-Butter
Hydrogenated Oils	Sesame Seeds	- Death Dutter
Macadamia Nut Oil	Sesame Seeds, Black	
Macadamia Nuts	Sunflower Seed Butter	Carmenini
Olive Leaf Extract	Sunflower Seed	
Olive Oil, Virgin	Sunflower Seed Oil	uanı
Palm Kernel Oil	Sunflower Seeds	bean. Uniii
Pecan	Tahini	Bean, Green
Pecan Flour	Tea, Ramon	Beall, Gleen
Pepitas	Tiger Nuts	Bean, Italian
Pili Nuts	Vegetable Oil	Bean, Kidney
Pine Nut	Vegetable Shortening	bean, Muney
		Bean Lima

25/08/2017

7-			
	-Bean, -Mung	Soy Beans (must be	Mahi Mahi
		Soy Beans Oil (must be	Mussel
		Vanilla Bean	Orange Roughy
	- Dear.	Vanilla Powder	Oyster
		White Beans	Perch
		Fish & Shellfish	Red Snapper
		Anchovy	Salmon, wild (fresh)
		Bass	Sardines
	aisu deaii.		Scallop
		Catfish Chilean Sea Bass	Shrimp
			Sole
		Clam	Squid
		Cod/ Cod Liver Oil	Swai
		Corvina	Swordfish
		Crab	Tilapia (Non-farmed)
		Cravfish	Trout
		Flounder	Tuna
		Haddock	Walleye Pike
	Pea, Split	Hake	Whitefish/Turbot
		Halibut	
	Peanut Butter (Organic,	Herrina	Crab, Immitation
	Peanut Oil (Organic)	Lobster	
	(- 3)	Mackerel	

Red Bean Paste

25/08/2017

Meat & Poultry	Buffalo (see also Bison)		Cheese, Soy (Organic)
Applegate® organic	Chicken Broth		Coconut Kefir (No
Applegate® organic	Chicken, free range		Coconut Milk(Native
Applegate® organic	Deer (see also Venison)		Egg, Pasture-raised
Applegate® organic	Duck		Egg, Vital Farms® or
	Goat, Grass-fed only		Egg, Whites,
	Lamb (organic)		Egg, Yolks
ADDIECTOR	Lard (pork)		Milk, Soy (Organic)
AppledateAcordanic not	Ostrich		Sriracha Sauce
AppledateA® ordanic	Pheasant		Egg
AppledateA® ordanic	Pork, (organic)		Condiments
AppledateA® ordanic	Quail		Apple Cider Vinegar
AppledateA® ordanic red	Rabbit		
AppledateA® ordanic	Turkey (organic)		
AppledateA® ordanic	Veal (organic)		
- жрріедатежь-огданіс	Venison (see also Deer)		-Balsami∈
Appledate®-ordanic		Ĺ	- 1411aD <del>UIIa</del> 140 <del>Ua</del> I
	Non-Dairy & Eggs		yaı,
	Almond Milk,		Baisamic Vinegar (with
	Almond Yogurt,		Red Wine Vinegar)
Applegate®			
organic turkey BeefnGrass-fed only			Balsamic Vinegar
Bison (see also Buffalo)	 - BodyPro Avocado Oil		(Caramel/Red W. Vinegar)
,			

Cheese, Daiya
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Barbeque Sauce, GF Annie's® Sweet & Spicy

Shopping L	ist Page 8
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All ingredients must be organic

Nanny Mai 25/08/2017

	BodyPro Almond Mayo	Mustard, Brown (Eden®		Chocolate, White
	BodyPro Almond Mayo	Sauerkraut (Bubbies®		Coconut Palm Sugar
		Sriracha Sauce		Date Sugar
		Ume Plum Vinegar		Erythritol (non-GMO)
	BOUVETO	Veganaise Soy-free		Fructose
	- малоринануе			Fruit Pectin
	- Goconut-Vinegar	Vinegar		Honey, (Organic)
		Vinegar,-Distilled		Honey, Manuka
		1		Honey, Wildflower from
	Dressina			Just Like Sugar®
				Lo Han
	Pilmai Kilchen			
		Worcestershire Sauce		INISITOGEXTLIU
				<b>Manodex</b> (IMEQ)
i	Avocado OII	Agave Nectar		Madie Sudar
	Horseradish Sauce.			Madie Paind (Plade A
	Hummus			- ฟเผสรร <del>ยร</del>
	Ketchup (Organicville)	asweet	; 	
	Mayonnaise			
	Mayonnaise,	Chocolate, Dark		Sorbitol
	Primal Kitchen Avocado Oil	Chocolate, Milk		Splenda

Sucanat	Chili Powder	Ginger
Sugar Beet	Chipotle Seasoning	Ginkgo Biloba
Sugar Cane	Cilantro/Coriander	Ginseng (All Types)
Sweetleaf® Stevia	Cinnamon	Goldenseal
Swerve® Xylitol	Cinnamon, Ceylon	Grapefruit Seed Extrac
Xyla (Birchwood	Cloves	Grapeseed Extract
Yacon Syrup	Cloves, Madagascar	Guarana
Herbs & Spices	Cloves, Penang	Gymnema Silvestre
Allspice	Cramp Bark Extract	Herbs De Provence
Almond Flavor natural,	Cream of Tartar	Hickory
Anise	Cumin	Himalayan Salt
Achiverende	Curcumin	Jamaican Jerk
- Ashwaganda	Curry (must be GF)	Juniper Berry
Astragalus	Dandelion Root	Lavender
	Dill	Lemon Balm (Melissa
	Dong Quai	Lemon Pepper
	Echinacea	Lemongrass
	Fennel	Licorice Root
	Garlic	Liquid Smoke (can
	Garlic Pepper	Liquid Smoke gluten
	Garlic Powder	Maca Root
Celery Powder	Garlic Salt	Mace Spice
Chicory Root		

Marjoram	Pine Bark Extract	Vanilla Powder
Mesquite	Red Chili Paste Thai	White Willow Bark
Milk Thistle	Red Pepper Flake	Wintergreen
Mint	Rosemary	Rose Hips
Mustard (as a Powder)	Saffron	Milk-Containing Foods
Mustard Seeds (gluten	Sage	Applegate® organic
Nutmeg	Saw Plametto	Butter, Raw and
Olive Leaf Extract	Sesame Seeds	Buttermilk
Onion	Sesame Seeds, Black	Casein
Onion Powder	Shallots	Cheese, American
Orange Peel/Rind	Spearmint	Cheese, Asiago
Orange Salt	St. John's Wort	Cheese, Bleu
Oregano	Taco Seasoning	Cheese, Brie
Paprika	Tamari (Wheat Free)	Cheese, Cheddar
Paprika (smoked)	Tarragon	Cheese, Cottage
Parsley	Thyme	Cheese, Cream
Pepper, Black (see	Tomatillo	Cheese, Goat
Pepper, Cayenne	Turmeric	Cheese, Gorgonzola
Pepper/Peppercorns	Uva Ursi	Cheese, Gouda
Pepper/Peppercorns,	Valerian	Cheese, Havarti
Pepper, Red	Vanilla (gluten and	Cheese, Machego
Peppermint	Vanilla Bean	Cheese, Marscapone

Cheese, Mozzarella	Milk, Sheep	Fava Bean Flour
Cheese, Muenster	Mozzarella Cheese	Flax Meal
Cheese, Parmesan	Sour Cream, Raw and	Garbanzo Flour
Cheese, Pecorino	Whey	Glucomannon Flour
Cheese, Raw and	Yogurt (See Xanthan	Hazelnut Flour
Cheese, Ricotta	Cheese, Feta	Hemp Meal
Cheese, Romano	Gluten-Free Grains	Hemp Protein (Powder)
Cheese, Provolone	Almond Flour (gluten	Hemp Seed
Cheese, Sheep	Amaranth	Konjac Glucomannon
Cheese, String		Millet
Cheese, Swiss	Arrowroot	Oats
Chocolate, Milk	- <del>F</del> lour/powder	Oats (Bob's Red Mill
Chocolate, White		Oat Grass (Not For
Cream, Raw and	(diuten free)	Potato Flour (gluten
Ghee (Pasture-Raised,		Potato Starch (gluten
Goat Cheese		Quinoa (gluten free)
Goat Kefir		Quinoa, Black (gluten
Kefir, Raw		Quinoa, Red (gluten
Lactoalbumin		Rice, Basmati (gluten
Milk Chocolate		Rice, Black (gluten free)
Milk, Cow		Rice, Brown (gluten
Milk, Goat	Corn Starch (gluten	Rice, Japonica (gluten
	Ener-G Brown Rice	

Shopping List Page 12	All ingredients must be organic		
Nanny Mai	25/08/2017		

Rice, Purple (gluten		Simple Mills Everything	Graham (wheat)
Rice, Red (gluten free)		Corn Meal (gluten free)	Kamut
Rice, White (gluten			Liquid Smoke (can
Rice, Wild (Lundberg® -		Gluten-Containing Foods	- Malt
Rice Bran		-Barl <del>ey</del>	- 1 <del>VICALE</del>
Rice Flour (gluten free)		- Barley	
Rice Protein Powder			11 - 20 DB
Simple Mills Grnd Sea		Barlev Greens	(Can be
Simple Mills Rosemary			
		palier juice	
		oensilive)	
Tomato & dasii		Conditivo	
Clackels			
Ordonors			Sov Sauce
			LAACDIDO
			F6661HHO
		Couscous	
Tortilla, Siete Almond	 	Durum Wheat	Vinegar, Malt
Tortilla. Siete Cassava		Farro	Vinegar, White
		Gluten	Wheat (All Types)
			villed (/ iii Types)

Tortilla, Siete Chia & Cassava

Sriracha Sauce

Wheat Grass (Is		Swerve® Xylitol		Licorice Tea
Crab, Immitation [		Vegetable Oil		Lime Juice
Corn-Derived Foods		Xanthan Gum		Milk, Cow
]		Yogurt (See Xanthan		Milk, Goat
]		Beverarages & Protein		Milk, Sheep
Barbeque [		Almond Milk,		Milk, Soy (Organic)
		Apple Juice		Mineral Water
]	$\exists [$	Beer		Orange Juice
[		Carrot Juice		Pea Protein
Cheese, Daiva		Coconut Kefir (No		Rice Protein Powder
Gneesel. Sov. (Ordanic)		Coconut Milk(Native		Soy Milk/Soy Cheese
Chewing Gum mas		Coconut Water (low		Soy Protein (Organic)
Com (Giuten-free &		Coffee Bean. Organic		Sparkling Water,
Corn. Blue		Coffee		Tea, Black
Corn. white		Coffee. Instant (has		Tea, Chamomile
Com Gluten		Collagen Protein		Tea, Green
Com wear (diuten free)		Echinacea Tea		Tea, Oolong
Com Oil		Grapefruit Juice		Tea, Ramon
Corn Starch (diuten		Green Tea		Tea, Roobios
Ervininoi (non-GiviO)		Hemp Protein (Powder)		Tea,
GemWraps®, Sandwich		Komboucha Tea		Tea, White
. [				
Maltodextrin		Lemon Juice	ı	Teechino

Garam Masala

	Water		GemWraps®, Sandwich		Red Chili Paste Thai
	Wine, Red		GemWraps®, Sandwich		Red Tomato Paste
	Wine, White		GemWraps®, Sandwich		Resveratrol
	Yerba Matte Tea		GemWraps®, Sandwich		Sherry Vinegar
	Miscellaneous		Glucomannon Flour		Silver
	Agar Gum		Great Lake's® Beef		Skinny Crisps®(Plain
	Antimony		Guar Gum		Tagacanth Gum
	A 1: 0		Hops		Tamari (Wheat Free)
	- Arabic Gum		Julian Bakery Paleo		Tofu (Organic)
	Baking Powder		 		Tomato Paste (gluten &
					Tomato Sauce (gluten &
			Allifolia Dieaa		Tragacanth Gum
	Raking 2003				Vegetable broth
	<b>Been brown</b> amadine Are				Vegetable Oil
	Carrageenan Gum				Vegetable Shortening
	Cnewina Gum mas				Vinegar, Red Wine
	Cnewina Gum.		Lvcopene		Vinegar, Rice
	Chicken Broth				Vinegar, White Wine
	CUICOLA KOOL	—:.	-Malt		Xanthan Gum
	Сосоа/Сасао паw.				Yeast, Baker's
	- Geconut Aminosaw	 	Maltodextrin		Yeast, Brewer's
<u> </u>		1	(Can be <b>PälmaWäx</b> ived)		Yeast, Nutritional
	Collagen Protein		Pycnogenol		. 55.04, . 150.1101
			. , 5, 10 9 5, 101		

Nanny Mai 25/08/2017

Latex
Ispaghula/Psyllium
Formaldehyde
Red Dye
Acacia Gum