

<input type="checkbox"/> <b>Fruits</b>	<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Mulberry
<input type="checkbox"/> Acai	<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Nectarines
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Noni
<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, White	<input type="checkbox"/> Orange
<input type="checkbox"/> Banana	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Orange Peel/Rind
<input type="checkbox"/> Blackberry	<input type="checkbox"/> Guava	<input type="checkbox"/> Orange, Blood
<input type="checkbox"/> Blueberry	<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Papaya
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Passion Fruit
<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Peach
<input type="checkbox"/> Cherry	<input type="checkbox"/> Kumquat	<input type="checkbox"/> Pear
<input type="checkbox"/> Clementine	<input type="checkbox"/> Lemon	<input type="checkbox"/> Pear, Asian
<input type="checkbox"/> Cranberry	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Persimmons
<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Pineapple
<input type="checkbox"/> Currant	<input type="checkbox"/> Lime	<input type="checkbox"/> Plantain
<input type="checkbox"/> Dates	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Plum
<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Pomegranate
<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Loganberry	<input type="checkbox"/> Pomelo
<input type="checkbox"/> Elderberry	<input type="checkbox"/> Loquat	<input type="checkbox"/> Prune
<input type="checkbox"/> Fig	<input type="checkbox"/> Mango	<input type="checkbox"/> Quince
<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Raisin (unsulfured, organic)
<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Maqui	<input type="checkbox"/> Raspberry
<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Star Fruit
<input type="checkbox"/> Grape	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Strawberry

<input type="checkbox"/> Tamarind	<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pili Nuts
<input type="checkbox"/> Tangelo	<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> Tangerine	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Pistachios
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Poppy seeds
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Pumpkin Oil
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Pumpkin Seed Oil
<input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b>	<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Seeds
<input type="checkbox"/> Almond	<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Ramon Seeds
<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Rice Bran Oil
<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Sacha Inchi Seeds
<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Safflower/Safflower Seed Oil
<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sunflower Seed Butter
<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sunflower Seed Lecithin
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sunflower Seed Oil
<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sunflower Seeds
<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Tahini
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Tiger Nuts
<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Truffle Oil
<input type="checkbox"/> Cashews	<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Truffle Oil, Black
<input type="checkbox"/> Chestnut	<input type="checkbox"/> Pecans	<input type="checkbox"/> Vegetable Oil
	<input type="checkbox"/> Pepitas	<input type="checkbox"/> Vegetable Shortening (Spectrum®)

Nanny Mai

10/02/2017

<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Oyster	<input type="checkbox"/> Arugula
<input type="checkbox"/> Walnuts	<input type="checkbox"/> Perch	<input type="checkbox"/> Asparagus
<input type="checkbox"/> Walnuts, Black	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Avocado
<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Bamboo Shoot
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Sardines	<input type="checkbox"/> Barley Grass (can have gluten)
<input type="checkbox"/> Bass	<input type="checkbox"/> Scallop	<input type="checkbox"/> Barley Greens (may contain gluten)
<input type="checkbox"/> Catfish	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Bean Sprout
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Sole	<input type="checkbox"/> Beet
<input type="checkbox"/> Clam	<input type="checkbox"/> Squid	<input type="checkbox"/> Beet Greens
<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Swai	<input type="checkbox"/> Bell Pepper
<input type="checkbox"/> Corvina	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Bell Pepper, Green
<input type="checkbox"/> Crab	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Bell Pepper, Orange
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Trout	<input type="checkbox"/> Bell Pepper, Red
<input type="checkbox"/> Crayfish	<input type="checkbox"/> Tuna	<input type="checkbox"/> Bell Pepper, Yellow
<input type="checkbox"/> Flounder	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Bok Choy
<input type="checkbox"/> Haddock	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Broccoli
<input type="checkbox"/> Hake	<input type="checkbox"/> <b>Vegetables</b>	<input type="checkbox"/> Broccoli Rabe
<input type="checkbox"/> Halibut	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Broccoli Sprouts
<input type="checkbox"/> Herring	<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Broccolini
<input type="checkbox"/> Mackerel	<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Brussels Sprout
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Burdock
<input type="checkbox"/> Octopus	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Cabbage, Green
		<input type="checkbox"/> Cabbage, Purple

<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Capers	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Endive	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Fennel	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Garlic	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Paprika
<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Jicama	<input type="checkbox"/> Parsnip
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Pea, Green
<input type="checkbox"/> Celery	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Chard	<input type="checkbox"/> Kombu	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Chayote	<input type="checkbox"/> Leeks	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Chives	<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pepper, Anaheim
<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Cayenne
<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Chili
<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Green
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Habanero
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pepper, Jalapeño
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pepper, Poblano
<input type="checkbox"/> Cucumber	<input type="checkbox"/> Nori	<input type="checkbox"/> Pepper, Red
<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Pepper, Serrano
<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra	<input type="checkbox"/> Pickles, Bubbies® brand only

<input type="checkbox"/> Pimento	<input type="checkbox"/> Spirulina	<input type="checkbox"/> Tomatoes, Big Beef
<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Squash	<input type="checkbox"/> Truffle
<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Turnips
<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Water Chestnut
<input type="checkbox"/> Potato, White	<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Watercress
<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)
<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Yams, Garnett
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Yams, Japanese
<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Yucca
<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Radicchio	<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> <b>Meat &amp; Poultry</b>
<input type="checkbox"/> Radish	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Applegate® organic andouille sausage
<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomato	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Scallions	<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Applegate® organic herb roasted turkey
<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Seaweed	<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Applegate® organic smoked chicken breast
<input type="checkbox"/> Shallots	<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Applegate® organic smoked turkey breast
<input type="checkbox"/> Spinach	<input type="checkbox"/> Tomato, Yellow	

<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,...)	<input type="checkbox"/> Harissa
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Ketchup (Organicville)
<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil
<input type="checkbox"/> Duck	<input type="checkbox"/> Paleo Cheese (Julianbakery.com or	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> <b>Condiments, Spreads &amp; Sauces</b>	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> Lamb	<input type="checkbox"/> Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Soy Sauce
<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free
<input type="checkbox"/> Quail	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/> Tabasco Sauce
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Carob	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Ume Plum Vinegar
		<input type="checkbox"/> Vegetable Shortening (Spectrum®)

<input type="checkbox"/> Vinegar	<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Swerve® Sweetener
<input type="checkbox"/> Vinegar, Beet	<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Tapioca Dextrose
<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Xyla (Birchwood Xylitol)
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Xylitol
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Yacon Syrup
<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Lo Han	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Maltitol	<input type="checkbox"/> Allspice
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Almond Flavor (natural, gluten free)
<input type="checkbox"/> White/Distilled Vinegar	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Anise
<input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)	<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Basil
<input type="checkbox"/> Aspartame	<input type="checkbox"/> Molasses	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Bell Pepper, Red
<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Splenda	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Sucralose	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Fructose	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Chili Powder
<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Chipotle Seasoning
	<input type="checkbox"/> Sweetleaf® Stevia	

<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Orange Peel/Rind
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Guarana	<input type="checkbox"/> Orange Salt
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Oregano
<input type="checkbox"/> Cloves	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Paprika
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Hickory	<input type="checkbox"/> Paprika (smoked)
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Pepper, Cayenne
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Pepper, Red
<input type="checkbox"/> Cumin	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pepper, Sichuan
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Lavender	<input type="checkbox"/> Pepper, Szechuan
<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Dill	<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Maca Root	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Echinacea	<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Fennel	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Garlic	<input type="checkbox"/> Mesquite	<input type="checkbox"/> Saffron
<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Sage
<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Mint	<input type="checkbox"/> Saw Plametto
<input type="checkbox"/> Ginger	<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Shallots
<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Spearmint
<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> St. John's Wort
<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Onion	<input type="checkbox"/> Sumac
<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Taco Seasoning



<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Navy	<input type="checkbox"/> Soy Beans (must be organic)
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Ninja	<input type="checkbox"/> Soybean oil(must be organic)
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Red	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, White	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Beans	<input type="checkbox"/> <b>Corn-Derived Foods</b>
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,...)
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Corn Gluten
<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Kidney Bean	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Miso	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Fructose
<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)
	<input type="checkbox"/> Peanut (Organic, Valencia)	

<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Farro	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Maltitol	<input type="checkbox"/> Gluten	<input type="checkbox"/> Wheat (All Types)
<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)
<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Kamut	<input type="checkbox"/> <b>Gluten-Free Grains</b>
<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Swerve® Sweetener	<input type="checkbox"/> Malt	<input type="checkbox"/> Amaranth
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Maltitol	<input type="checkbox"/> Arrowroot Flour/powder
<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Basmati Rice (gluten free)
<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Buckwheat
<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Buckwheat Flour
<input type="checkbox"/> Barley	<input type="checkbox"/> Oats	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Oats, GF (not Certified) can have gluten	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Orzo	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Barley Juice (may contain gluten)	<input type="checkbox"/> Panko	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Beer	<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Bran	<input type="checkbox"/> Rye	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Spelt	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Teechino	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Couscous	<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Triticale	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Vinegar	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
	<input type="checkbox"/> Vinegar, Malt	

<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers	<input type="checkbox"/> Coconut Water (low sugar)
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Coffee
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Millet	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Echinacea Tea
<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Teff	<input type="checkbox"/> Green Tea
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Kombucha Tea
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Beer	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Soy Protein (Organic)
<input type="checkbox"/> Rice, White (gluten free)		<input type="checkbox"/> Sparkling Water, unflavored

<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Latex
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Bone Broth, Beef	<input type="checkbox"/> Malt
<input type="checkbox"/> Tea, Komboucha	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Maltodextrin (Barley-derived)
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Modified Food Starch
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Chewing Gum, Xylichew®	<input type="checkbox"/> Modified Food Starch (Tapioca-based)
<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Tea, Unflavored	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Tea, White	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Red Food Dye
<input type="checkbox"/> Teechino	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Water	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Rice Starch (if certified gluten free)
<input type="checkbox"/> Wine, Red	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Silver
<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle)	<input type="checkbox"/> Skinny Crisps® (Plain Jane)
<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)	<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Tragacanth Gum
<input type="checkbox"/> <b>Miscellaneous</b>	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)
<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Hops	<input type="checkbox"/> Vinegar, Red Wine
<input type="checkbox"/> Antimony	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Inulin	<input type="checkbox"/> Yeast, Baker's
<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Yeast, Brewer's
	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Yeast, Nutritional

Nanny Mai

10/02/2017

☐

Snacks

☐

Apple Sauce

☐

Dates

☐Simple Mills Chocolate Chip  
Cookies