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| <input type="checkbox"/> Fruits | <input type="checkbox"/> Loquat | <input type="checkbox"/> Avocado Oil |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Mangosteen | <input type="checkbox"/> Brazil Nut |
| <input type="checkbox"/> alpha | <input type="checkbox"/> Maqui | <input type="checkbox"/> Caraway Seed |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Cashew Butter |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Mulberry | <input type="checkbox"/> Cashew Meal |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Cashews |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Noni | <input type="checkbox"/> Chestnut |
| <input type="checkbox"/> bravo | <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Chia Seed (1/4 cup, max) |
| <input type="checkbox"/> charlie | <input type="checkbox"/> Peach | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) |
| <input type="checkbox"/> dummy food | <input type="checkbox"/> Pear | <input type="checkbox"/> Coconut Butter |
| <input type="checkbox"/> Elderberry | <input type="checkbox"/> Persimmons | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Pomelo | <input type="checkbox"/> Cola Nut (aka Kola Nut) |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Tamarind | <input type="checkbox"/> Cottonseed/Cottonseed Oil |
| <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Flax Meal |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Youngberry | <input type="checkbox"/> Flax Oil |
| <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Flax Seed |
| <input type="checkbox"/> Kumquat | <input type="checkbox"/> Almond | <input type="checkbox"/> Hazelnut/Filbert |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Hemp Meal |
| <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Hemp Protein (Powder) |
| <input type="checkbox"/> Lime | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Hemp Seed |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Macadamia Nut Oil |
| <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Macadamia Nuts |
| <input type="checkbox"/> Loganberry | | <input type="checkbox"/> Palm Kernel Oil |

Nanny Mai

10/11/2017

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| <input type="checkbox"/> Pili Nuts | <input type="checkbox"/> Fish & Shellfish | <input type="checkbox"/> Chayote |
| <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Chilean Sea Bass | <input type="checkbox"/> Coconut (raw and unsweetened) |
| <input type="checkbox"/> Pistachios | <input type="checkbox"/> Corvina | <input type="checkbox"/> Coconut Concentrate |
| <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Hake | <input type="checkbox"/> Collard Greens |
| <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Mahi Mahi | <input type="checkbox"/> Daikon Radish |
| <input type="checkbox"/> Sacha Inchi Seeds | <input type="checkbox"/> Octopus | <input type="checkbox"/> Dandelion Greens |
| <input type="checkbox"/> Safflower/Safflower Seed Oil | <input type="checkbox"/> Sardines | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Swai | <input type="checkbox"/> Endive |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Tilapia (Wild, Non-farmed) | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Hearts of Palm |
| <input type="checkbox"/> Sunflower Seed Butter | <input type="checkbox"/> Vegetables | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Sunflower Seed Lecithin | <input type="checkbox"/> Alfalfa Grass | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Sunflower Seed Oil | <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Tahini | <input type="checkbox"/> Arugula | <input type="checkbox"/> Mustard Greens |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Avocado | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Truffle Oil | <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Pea, Black-Eyed |
| <input type="checkbox"/> Truffle Oil, Black | <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Pepper, Anaheim |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Burdock | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Pepper, Chili |
| <input type="checkbox"/> Walnuts | <input type="checkbox"/> Capers | <input type="checkbox"/> Pepper, Habanero |
| <input type="checkbox"/> Walnuts, Black | <input type="checkbox"/> Chard | <input type="checkbox"/> Pepper, Jalapeño |
| | | <input type="checkbox"/> Pepper, Poblano |

☐ Pepper, Serrano☐ Pimento☐ Prickly Pear☐ Radicchio☐ Rainbow Chard☐ Red Pepper Flake☐ Rhubarb☐ Rutabaga☐ Swiss Chard☐ Truffle☐ Turnip Greens☐ Water Chestnut☐ Watercress☐ Yams, Japanese☐ Zucchini☐ **Meat & Poultry**☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Goat, Grass-fed only (organic)☐ Ostrich☐ Pheasant☐ Quail☐ Rabbit☐ **Non-Dairy & Eggs**☐ Almond Milk, unsweetened (no tapioca)☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk(Native Forest or Natural Value)☐ Egg, Whites, Pasture-raised☐ **Condiments, Spreads & Sauces**☐ Apple Cider Vinegar (Bragg's®)☐ Carob☐ Cocoa Butter☐ Coconut Aminos®☐ Coconut Cream☐ Earth Balance® Coconut Spread☐ Hummus☐ Liquid Smoke gluten free (natural)☐ Mustard, Brown (Eden® gf mustard)☐ Red Bean Paste☐ Vegetable Shortening (Spectrum®)☐ Vinegar, Distilled☐ White/Distilled Vinegar☐ **Sweeteners**☐ Just Like Sugar®☐ Monk Fruit (Pure)☐ Monk Fruit Extract☐ Rebiana Leaf (Stevia)☐ Sweetleaf® Stevia☐ Xyla (Birchwood Xylitol)☐ **Herbs & Spices**☐ Allspice☐ Almond Flavor (natural, gluten free)☐ Anise☐ Ashwaganda☐ Astragalus☐ Basil☐ Bay Leaf☐ Black Cohosh☐ Caraway Seed☐ Cardamom☐ Chicory Root☐ Cilantro/Coriander☐ Cinnamon☐ Cinnamon, Ceylon☐ Cloves

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| <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Lavender | <input type="checkbox"/> Pine Bark Extract |
| <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Red Pepper Flake |
| <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Rose Hips |
| <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Curcumin | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Saw Plametto |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Mesquite | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Mint | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Sumac |
| <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Oregano | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Paprika | <input type="checkbox"/> Uva Ursi |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Valerian |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Parsley | <input type="checkbox"/> Vanilla (gluten and corn-free) |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> Vanilla Bean |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Vanilla Powder |
| <input type="checkbox"/> Hickory | <input type="checkbox"/> Pepper, Sichuan | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Pepper, Szechuan | <input type="checkbox"/> Wintergreen |
| <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Pepper/Peppercorns | <input type="checkbox"/> Wormwood |
| <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Peppermint | |

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|--|--|---|
| <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Garbanzo Bean | <input type="checkbox"/> Hemp Seed |
| <input type="checkbox"/> No foods in this Category | <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Konjac Glucomannon Flour |
| <input type="checkbox"/> Legumes & Pulses | <input type="checkbox"/> Kidney Bean | <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) |
| <input type="checkbox"/> Bean, Azuki | <input type="checkbox"/> Lentil(s) | <input type="checkbox"/> Oats (Certified GF) |
| <input type="checkbox"/> Bean, Black | <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta |
| <input type="checkbox"/> Bean, Butter | <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Tolerant Red or Green Lentil Pasta |
| <input type="checkbox"/> Bean, Cannellini | <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Beverages & Protein Powders |
| <input type="checkbox"/> Bean, Chana Dahl | <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) |
| <input type="checkbox"/> Bean, Chili | <input type="checkbox"/> No foods in this Category | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) |
| <input type="checkbox"/> Bean, Italian | <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) |
| <input type="checkbox"/> Bean, Kidney | <input type="checkbox"/> No foods in this Category | <input type="checkbox"/> Coconut Water (low sugar) |
| <input type="checkbox"/> Bean, Lima | <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Coffee |
| <input type="checkbox"/> Bean, Mung | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Coffee Bean, Organic |
| <input type="checkbox"/> Bean, Navy | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Echinacea Tea |
| <input type="checkbox"/> Bean, Ninja | <input type="checkbox"/> Coconut Flour (gluten free) | <input type="checkbox"/> Green Tea |
| <input type="checkbox"/> Bean, Pinto/Frijole | <input type="checkbox"/> Coconut Meal (gluten free) | <input type="checkbox"/> Hemp Protein (Powder) |
| <input type="checkbox"/> Bean, Red | <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Bean, White | <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Licorice Tea |
| <input type="checkbox"/> Beans | <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Lime Juice |
| <input type="checkbox"/> Chickpea (see also Garbanzo Bean) | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Mineral Water |
| <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Sparkling Water, unflavored |
| <input type="checkbox"/> Fava Bean | <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Tea, Black |
| <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Tea, Chamomile |

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| <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Silver |
| <input type="checkbox"/> Tea, Hibiscus | <input type="checkbox"/> Tragacanth Gum |
| <input type="checkbox"/> Tea, Oolong | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Tea, Roobios | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Tea, White | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Water | No foods in this Category |
| <input type="checkbox"/> Yerba Matte Tea (Organic/Pure) | <input type="checkbox"/> AB |
| <input type="checkbox"/> Zevia Drinks | <input type="checkbox"/> Flax Meal |
| <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Flax Oil |
| <input type="checkbox"/> Acacia Gum | <input type="checkbox"/> Flax Seed |
| <input type="checkbox"/> Arabic Gum | <input type="checkbox"/> qwerty |
| <input type="checkbox"/> Baking Soda (Arm & Hammer®) | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Chewing Gum, Xylicew® | |
| <input type="checkbox"/> Chicory Root | |
| <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened) | |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | |
| <input type="checkbox"/> Guar Gum | |
| <input type="checkbox"/> Konjac Glucomannon Flour | |
| <input type="checkbox"/> Latex | |
| <input type="checkbox"/> Locust Bean Gum | |
| <input type="checkbox"/> Lycopene | |
| <input type="checkbox"/> Palm Wax | |