	Brussels Sprout	Collard Greens
Aloe Vera	Burdock	Corn (Gluten-free & Non-GMO)
Artichoke (not pickled)	Cabbage, Chinese (see also Bok Chov)	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
Beet Greens Bell Pepper	Carrot, White Carrot, Yellow	Garlic Hearts of Palm
	Carrot, Yellow Cassava (see Tapioca and	
Bell Pepper	Carrot, Yellow	Hearts of Palm
Bell Pepper Bell Pepper, Green	Carrot, Yellow Cassava (see Tapioca and Yucca)	Hearts of Palm Horseradish
Bell Pepper, Green Bell Pepper, Orange	Carrot, Yellow Cassava (see Tapioca and Yucca) Cauliflower	Hearts of Palm Horseradish Jicama
Bell Pepper Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red	Carrot, Yellow Cassava (see Tapioca and Yucca) Cauliflower Cauliflower, Purple	Hearts of Palm Horseradish Jicama Kale, all types
Bell Pepper Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow	Carrot, Yellow Cassava (see Tapioca and Yucca) Cauliflower Cauliflower, Purple Celery	Hearts of Palm Horseradish Jicama Kale, all types Kelp/Dulse
Bell Pepper Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Bok Choy	Carrot, Yellow Cassava (see Tapioca and Yucca) Cauliflower Cauliflower, Purple Celery Chard	Hearts of Palm Horseradish Jicama Kale, all types Kelp/Dulse Kohlrabi
Bell Pepper Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Bok Choy Broccoli	Carrot, Yellow Cassava (see Tapioca and Yucca) Cauliflower Cauliflower, Purple Celery Chard Chayote	Hearts of Palm Horseradish Jicama Kale, all types Kelp/Dulse Kohlrabi Kombu

Mushrooms, Button	Pepper, Chili	Rainbow Chard
Mushrooms, Cremeni/Crimini	Pepper, Green	Rhubarb
Mushrooms, Maitake	Pepper, Habanero	Rutabaga
Mushrooms, Shiitake	Pepper, Jalapeño	Sauerkraut (Bubbies®
Mustard Greens	Pepper, Poblano	Brand only) Scallions
Nori	Pepper, Red	Sea Vegetables
Okra	Pepper, Serrano	Seaweed
Olives (without vinegar)	Pickles, Bubbies® brand only	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
Pea, Split	Pumpkin Powder	Sweet Potato, Red
Pea Protein	Radicchio	Sweet Potatoes, White
Pepper, Anaheim	Radish	Swiss Chard

Tomatillo	Carrot	Cranberry Juice
Tomato Paste (gluten & Vinegar-free)	Green Bean	Currant
Tomato Sauce (gluten &	Olive, Green	Date(s)
Vinegar-free) Tomato	Potato	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	Banana	Grape, Red
Turnips	Bilberry	Grape, White
Water Chestnut	Blackberry	Grapefruit
Watercress	Blueberry	Grapefruit Juice
Yams, Garnett	Boysenberry	Guava
Yams, Japanese	Cantaloupe	Huckleberry
Yucca	Cherry	Jack fruit
Zucchini	Clementine	Kiwi

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

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

Fava Bean Flour	Clam	Sole
Garbanzo Bean	Cod/ Cod Liver Oil	Squid
Garbanzo Flour	Corvina	Swai
Lentil(s)	Crab	Swordfish
Miso	Crayfish	Tilapia (Non-farmed)
Pea, Snap	Flounder	Trout
Pea, Snow	Haddock	Tuna
Pea, Split	Hake	Walleye Pike
Peanut (Organic,	Halibut	Whitefish/Turbot
Valencia) Peanut Butter (Organic,	Herring	Codfish
Maranatha®) Peanut Oil (Organic)	Lobster	Crab, Immitation
Red Bean Paste	Mackerel	Meat & Poultry
Soy Beans (must be	Mahi Mahi	Applegate® organic bad
organic) Soy Beans Oil (must be organic)	Mussel	Applegate® organic bla
Vanilla Bean	Orange Roughy	forest ham Applegate® organic
Vanilla Powder	Oyster	chicken Applegate® organic har
White Beans	Perch	Applegate® organic her -roasted turkev
Fish & Shellfish	Red Snapper	Applegate® organic hot
Anchovy	Salmon, wild (fresh)	doas Applegate® organic roa
Bass	Sardines	Applegate® organic
Catfish	Scallop	andouille sausage Applegate® organic
		 chicken/apple sausage Applegate® organic red

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	Applegate® organic spinach & feta sausage		Veal (organic)		Balsamic Vinegar
	Applegate® organic		Venison (see also Deer)		Barbeque Sauce, GF
	sausage sweet italian Applegate® organic		Beef		- Annie's® Sweet & Spicy BodyPro Almond Mayo
	smoked chicken breast			_ [Grade B Maple Syrup
	Applegate® organicsmoked turkey-breast	_ 🗆 🛚	Non-Dairy & Eggs		BodyPro Almond Mayo - with-Yacon Syrup
	Applegate® organic turk	кеу	Almond Milk,		BodyPro Avocado Oil
		<u> </u>	unsweetened (no tapioca)		- Mavonnaise
	Applegate® organic turk	(ey	Almond Yogurt,		Carob
	-baconBeef, Grass-fed only		unsweetenedBodyPro Avocado Oil		Coconut Vinegar (Coconu
	(organic)				- Secret)
	Bison (see also Buffalo)		Cheese, Daiya (Coconut,T		Dressing, Primal Kitchen
	,	<u>, — L</u> .	-apioca.veast.Â		Greek-Avocade-Oil
	Buffalo (see also Bison)		Cheese, Soy (Organic) (see Sov)		Dressing, Primal Kitchen Honey Mustard
	Chicken Broth (ImagineÂ	®□	Coconut Kefir (No		Earth Balance® Coconu
	af/low sodium)	<u> </u>	Tapioca. Carageenan)		Spread
	Chicken, free range		Coconut Milk(Native		Earth Balance® Avocad
	(organic)		Forest or Natural Value)		- Oil-Butter-Spread
	Deer (see also Venison)		Egg, Pasture-raised (from		Horseradish Sauce, Gluten-free (Annie's®)
	Duck		a farmer) Egg, Vital Farms® or		Hummus
Ш	Duck	Ш	Pasture Verde®		Hallinas
	Goat, Grass-fed only		Egg, Whites,		Ketchup (Organicville)
	(organic)	<u> </u>	Pasture-raised		,
	Lamb (organic)		Egg, Yolks Pasture-raised		Mayonnaise
	Lard (pork)		Milk, Soy (Organic)		Mayonnaise, Primal
	0.444				- Kitchen Avocado Oil
	Ostrich		Sriracha Sauce Organicville gluten-free		Mayonnaise, Primal - Kitchen Chipotle Avecado
	Pheasant		Egg		Mustard, Brown (Eden®
Ш	riododin	Ш_			mustard)
	Pork, (organic)		Condiments		Sauerkraut (Bubbies®
				_	Brand only)
	Quail		Apple Cider Vinegar		Sriracha Sauce
	Dobbit		- (Bragg's®)		Organicville aluten-free
	Rabbit		Balsamic Vinegar MiaBella -NeGaramel/WineVinegary		Ume Plum Vinegar
	Turkey (organic)		Balsamic Vinegar (with		Veganaise Soy-free
			Red-Wine Vinegar)		(Follow Your Heart®)

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

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	Paprika (smoked)
Dong Quai	Officinalis) Lemon Pepper	Parsley
Echinacea	Lemongrass	Pepper, Black (see
Fennel	Licorice Root	Garlic/Lemon Pepper) Pepper, Cayenne
Garlic	Liquid Smoke (can have	Pepper/Peppercorns
Garlic Pepper	aluten) Liquid Smoke gluten free	Pepper/Peppercorns,
Garlic Powder	(natural) Maca Root	Szechuan Pepper, Red
Garlic Salt	Mace Spice	Peppermint
Ginger	Marjoram	Pine Bark Extract
Ginkgo Biloba	Mesquite	Red Chili Paste Thai
Ginseng (All Types)	Milk Thistle	Kitchen® (aluten free) Red Pepper Flake
Goldenseal	Mint	Rosemary
Grapefruit Seed Extract	Mustard (as a Powder)	Saffron
Grapeseed Extract	Mustard Seeds (gluten	Sage
Guarana	free) Nutmeg	Saw Plametto
Gymnema Silvestre	Olive Leaf Extract	Sesame Seeds

Sesame Seeds, Black		Casein	Cheese, Sheep
Shallots		Cheese, American	Cheese, String (Mozzarella)
Spearmint		Cheese, Asiago	Cheese, Swiss
St. John's Wort		Cheese, Bleu	Chocolate, Milk
Taco Seasoning		Cheese, Brie	Chocolate, White
Tamari (Wheat Free)		Cheese, Cheddar (Raw)	Cream, Raw and
Tarragon		Cheese, Cottage	Unpasteurized Ghee (Pasture-Raised
Thyme		Cheese, Cream	Organic) Goat Cheese
Tomatillo		Cheese, Goat	Goat Kefir
Turmeric		Cheese, Gorgonzola	Kefir, Raw
Uva Ursi		Cheese, Gouda	Lactoalbumin
Valerian		Cheese, Havarti	Milk Chocolate
Vanilla (gluten and		Cheese, Machego	Milk, Cow
corn-free) Vanilla Bean		Cheese, Marscapone	Milk, Goat
Vanilla Powder		Cheese, Mozzarella (Raw)	Milk, Sheep
White Willow Bark Extract	t 🔲	Cheese, Muenster	Mozzarella Cheese
Wintergreen		Cheese, Parmesan	Sour Cream, Raw and
Rose Hips		Cheese, Pecorino	Unpasteurized Whey
Milk-Containing Foods		Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)
Applegate® organic spinach & feta sausage		Cheese, Ricotta	Cheese, Feta
Butter, Raw and Pasture-raised		Cheese, Romano	
Buttermilk	П	Cheese, Provolone	

		Hemp Seed	Simple Mills Grnd Sea Salt Almond Crackers
Almond Flour (gluten free) 🗆	Konjac Glucomannon	Simple Mills Rosemary &
Amaranth		Flour Millet	Sea-Salt Crackers Simple Mills Tomato &
Arrowroot Flour/powder		Oats	Basil-Almond Grackers Sorghum
Basmati Rice (gluten free		Oats (Bob's Red Mill	Sweet Potato Flour (glute
Buckwheat		Gluten Free Version) Oat Grass (Not For Gluten Sensitive)	free) Tapioca
Buckwheat Flour		Potato Flour (gluten free)	Tapioca Flour (gluten free
Chicory Root		Potato Starch (gluten free)	Tapioca Starch (gluten free)
Coconut Flour (gluten free)		Quinoa (gluten free)	Teff
Coconut Meal (gluten free	e)	Quinoa, Black (gluten free)	Tolerant Green Lentil & Pea Pasta
Corn (Gluten-free & Non-GMO)		Quinoa, Red (gluten free)	Tolerant Red or Green Lentil Pasta
Corn, Blue		Rice, Basmati (gluten free)	Tortilla, Siete Almond
Corn, White		Rice, Black (gluten free)	Tortilla, Siete Cassava &
Corn Starch (gluten free)		Rice, Brown (gluten free)	- Coconut Tortilla, Siete Chia & - Cassava
Ener-G Brown Rice		Rice, Japonica (gluten	Simple Mills EverythingSp
Yeast-Free Bread Fava Bean Flour		free) Rice, Purple (gluten free)	outedSeedCracker Corn Meal (gluten free)
Flax Meal		Rice, Red (gluten free)	Rice
Garbanzo Flour		Rice, White (gluten free)	
Glucomannon Flour (koniacfoods.com)		Rice, Wild (Lundberg® - not the blend)	
Hazelnut Flour		Rice Bran	
Hemp Meal		Rice Flour (gluten free)	
Hemp Protein (Powder)		Rice Protein Powder (gluten free)	

Sh	opping List Page 12			All ingred	lients must be organic
Na	nny Mai				25/08/2017
			Orzo		Corn (Gluten-free &
	Barley		Panko		Non-GMO) Corn, Blue
	Barley Greens (Not for		Polish Wheat		Corn, White
	- Gluten-Sensitive) Barley Juice (Not for		Rye		Corn Gluten
	- Gluten-Sensitive) Beer		Semolina		Corn Meal (gluten free)
	Bran		Soy Sauce		Corn Oil
	Bread		Spelt		Corn Starch (gluten free)
	Brown Rice Syrup (contains MSG/Gluten)		Teechino		Erythritol (non-GMO)
	Caramel Coloring		Teriyaki Sauce		Fructose
	Cheese, Bleu		Triticale		GemWraps®, Sandwich Wrap (Carrot)
	Chewing Gum (has gluter and corn)	n∐[Vinegar		Maltodextrin (Corn-based, non-GMO)
	Coffee, Instant (has aluten)		Vinegar, Malt		Sriracha Sauce Organicville gluten-free
	Couscous		Vinegar, White		Swerve® Xylitol
	Durum Wheat		Wheat (All Types)		Vegetable Oil
	Farro		Wheat Grass (Is Gluten-contaminated)		Xanthan Gum
	Gluten		Crab, Immitation		Yogurt (See Xanthan Gum)
	Graham (wheat)		Corn-Derived Foods		Beverarages & Protein
	Kamut		Barbeque Sauce, GF -Annie's®-Sweet & Spicy		Almond Milk, unsweetened (no tapioca)
	Liquid Smoke (can have		Cheese, Cream		Apple Juice
	Malt		Cheese, Daiya (Coconut,T		Beer

Cheese, Soy (Organic)

Chewing Gum (has gluten

(see Sov)

and corn)

Carrot Juice

Coconut Kefir (No

Tapioca, Carageenan)

Maltodextrin (Can be

--Wheat-derived)----

Oats

Coconut Milk(Native Forest or Natural Value)		Soy Milk/Soy Cheese (Organic)	Beef broth (Imagine® lov sodium/GF)
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, XylichewÂ
Coffee, Instant (has aluten)		Tea, Chamomile	Chicken Broth (ImagineÂ@
Collagen Protein (Powde	r)	Tea, Green	Chicory Root
Echinacea Tea		Tea, Oolong	Cocoa/Cacao (raw, pure, & unsweetened)
Grapefruit Juice		Tea, Ramon	Coconut Aminos®
Green Tea		Tea, Roobios	Coconut Cream
Hemp Protein (Powder)		Tea, unflavored/caffeine-free	Collagen Protein (Powder
Komboucha Tea		Tea, White	Garam Masala
Lemon Juice		Teechino	GemWraps®, Sandwich Wrap (Carrot)
Licorice Tea		Water	GemWraps®, Sandwich
Lime Juice		Wine, Red	Wrap (Kale-Apple) GemWraps®, Sandwich
Milk, Cow		Wine, White (Champagne)	Wrap (Mango/Chi.) GemWraps®, Sandwich
Milk, Goat		Yerba Matte Tea	Wrap (Tomato) Glucomannon Flour
Milk, Sheep		(Organic/Pure) Miscellaneous	(koniacfoods.com) Great Lake's® Beef
Milk, Soy (Organic)		Agar Gum	Gelatin Guar Gum
Mineral Water		Antimony	Hops
Orange Juice		Arabic Gum	Julian Bakery Paleo
Pea Protein		Baking Powder	- Wraps Julian Bakery Almond
Rice Protein Powder (gluten free)		Baking Soda (Arm & Hammer®)	BreadJulian Bakery Coconut Bread

Nanny Mai 25/08/2017

Konjac Glucomannon Flour		Vegetable Oil			
Lard (pork)		Vegetable Shortening (Spectrum®)			
Liquid Aminos (Braggs®)(has Sov)		Vinegar, Red Wine			
Locust Bean Gum		Vinegar, Rice			
Lycopene		Vinegar, White Wine			
Malt		Xanthan Gum			
Maltodextrin (Can be		Yeast, Baker's			
		Yeast, Brewer's			
Pycnogenol		Yeast, Nutritional			
Red Chili Paste Thai		Latex			
Kitchen® (aluten free) Red Tomato Paste (glute free)	Ispaghula/Psyllium				
Resveratrol		Formaldehyde			
Sherry Vinegar		Acacia Gum			
Silver		Red Dye			
Skinny Crisps®(Plain					
Jane) Tagacanth Gum					
Tamari (Wheat Free)					
Tofu (Organic)					
Tomato Paste (gluten &					
Vinegar-free) Tomato Sauce (gluten &					
Vinegar-free) Tragacanth Gum					
Vegetable broth (Imagine Low Sodium)	e®				