Vegetables		Broccoli Rabe	Chives
Alfalfa Grass		Broccoli Sprouts	Coconut (raw and unsweetened)
Alfalfa Sprouts		Broccolini	Coconut Concentrate
Aloe Vera		Brussels Sprout	Collard Greens
Artichoke (not pickled)		Burdock	Cucumber
Artichoke, Jerusalem (not pickled)		Cabbage, Chinese (see also Bok Choy)	Daikon Radish
Arugula		Cabbage, Green	Dandelion Greens
Asparagus		Cabbage, Purple	Dandelion Root
Avocado		Cactus (Nopales)	Eggplant
Avocado Oil		Capers	Endive
Bamboo Shoot		Capsicum	Fennel
Bean Sprout		Carrot Juice	Garlic
Bean, Green		Carrot, Orange	Hearts of Palm
Beet		Carrot, Purple	Horseradish
Beet Greens		Carrot, Purple Carrot, White	Horseradish
		·	
Beet Greens		Carrot, White	Jicama
Beet Greens Bell Pepper		Carrot, White Carrot, Yellow Cassava (see Tapioca and	Jicama Kale, all types
Beet Greens Bell Pepper Bell Pepper, Green		Carrot, White Carrot, Yellow Cassava (see Tapioca and Yucca)	Jicama Kale, all types Kelp/Dulse
Beet Greens Bell Pepper Bell Pepper, Green Bell Pepper, Orange		Carrot, White Carrot, Yellow Cassava (see Tapioca and Yucca) Cauliflower	Jicama Kale, all types Kelp/Dulse Kohlrabi
Beet Greens Bell Pepper Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red] —] —	Carrot, White Carrot, Yellow Cassava (see Tapioca and Yucca) Cauliflower Cauliflower, Purple	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® Brand only)
Mustard Greens	Pepper, Poblano	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 Protein	Potato, Yukon Gold	Squash, Summer
Pea, Black-Eyed	Prickly Pear	Squash, Winter
Pea, Green	Psyllium Husk	Squash, Yellow
Pea, Snap	Pumpkin	Sugar Beet
Pea, Snow	Pumpkin Powder	Sweet Potato, Red
Pea, Split	Radicchio	Sweet Potatoes, White
Pepper, Anaheim	Radish	Swiss Chard

All ingredients must be organic

Nanny Mai

Tomatillo	Fruits	Goji Berry
Tomato	Acai	Golden Berry
Tomato Paste (gluten & Vinegar-free)	Apple (all types)	Gooseberry
Tomato Sauce (gluten & Vinegar-free)	Apple Cider	Grape
Tomato, Cherry	Apple Juice	Grape, Green
Tomato, Heirloom	Apple Sauce	Grape, Purple
Tomato, Orange	Apricot	Grape, Red
Tomato, Red	Banana	Grape, White
Tomato, Roma	Bilberry	Grapefruit
Tomato, Sun-dried	Blackberry	Grapefruit Juice
Tomato, Yellow	Blueberry	Guava
Tomatoes, Big Beef	Boysenberry	Huckleberry
Tomatoes, Big Beef Truffle	Boysenberry Cantaloupe	Huckleberry Jack fruit
Truffle	Cantaloupe	Jack fruit
Truffle Turnip Greens	Cantaloupe	Jack fruit Kiwi
Truffle Turnip Greens Turnips	Cantaloupe Cherry Clementine	Jack fruit Kiwi Kumquat
Truffle Turnip Greens Turnips Water Chestnut	Cantaloupe Cherry Clementine Cranberry	Jack fruit Kiwi Kumquat Lemon
Truffle Turnip Greens Turnips Water Chestnut Watercress	Cantaloupe Cherry Clementine Cranberry Cranberry Juice	Jack fruit Kiwi Kumquat Lemon Lemon Juice
Truffle Turnip Greens Turnips Water Chestnut Watercress Yams, Garnett	Cantaloupe Cherry Clementine Cranberry Cranberry Juice Currant	Jack fruit Kiwi Kumquat Lemon Lemon Juice Lemon Rind/Peel
Truffle Turnip Greens Turnips Water Chestnut Watercress Yams, Garnett Yams, Japanese	Cantaloupe Cherry Clementine Cranberry Cranberry Urrant Crangon Fruit (Pitaya)	Jack fruit Kiwi Kumquat Lemon Lemon Juice Lemon Rind/Peel Lime

Loquat	Pomegranate	Annatto Seed
Mango	Pomelo	Brazil Nut
Mangosteen	Prune	Canola/Rapeseed Oil
Maqui	Quince	Caraway Seed
Melon, Honeydew	Raisin (unsulfured, organic)	Cashew Butter
Monk Fruit (Pure)	Raspberry	Cashew Meal
Mulberry	Star Fruit	Cashews
Nectarines	Strawberry	Chestnut
Noni	Tamarind	Coconut Butter
Orange	Tangelo	Coconut Oil
Orange Juice	Tangerine	Coconut, shredded (raw, unsweetened)
Orange Peel/Rind	Watermelon	Cola Nut (aka Kola Nut)
Orange, Blood	Wolfberry	Grapeseed Oil, Organic
Papaya	Youngberry	Hazelnut Flour
Passion Fruit		Hazelnut/Filbert
Peach	Nuts, Seeds, Drupes & Oils	Hydrogenated Oils
Pear	Almond	Olive Leaf Extract
Pear, Asian	Almond Butter (Artisana®)	Olive Oil, Virgin
Persimmons	Almond Flavor (natural, gluten free)	Palm Kernel Oil
Pineapple	Almond Flour (gluten free)	Pepitas
Plantain	Almond Meal (gluten free)	Pili Nuts
Plum	Almond, Marcona	Pine Nut

	Pistachios		Crab		Walleye Pike
	Poppy seeds		Crayfish		Whitefish/Turbot
	Psyllium Husk		Hake		
	Pumpkin Oil		Lobster		Meat & Poultry
	Pumpkin Seed Oil		Mahi Mahi		Applegate® organic andouille sausage
	Pumpkin Seeds		Mussel		Applegate® organic bacon
	Ramon Seeds		Octopus		Applegate® organic black forest ham
	Rice, Wild (Lundberg® - not the blend)		Orange Roughy		ApplegateÅ® organic chicken
	Sacha Inchi Seeds		Oyster		Applegateî organic chicken/apple sausage
	Sesame Seed Oil		Perch		Applegate® organic herb roasted turkey
	Sesame Seeds		Red Snapper		ApplegateÁ® organic hot dogs
	Sesame Seeds, Black		Salmon, wild (fresh)		Applegate® organic red pepper
ш	•	ш		ш	sausage
	Tea, Ramon		Sardines		sausage Applegate® organic sausage sweet italian
	· · · · · · · · · · · · · · · · · · ·				Applegate® organic sausage
	Tea, Ramon		Sardines		Applegate® organic sausage sweet italian
	Tea, Ramon		Sardines Scallop		Applegate® organic sausage sweet italian Applegate® organic smoked chicken breast Applegate® organic smoked
	Tea, Ramon Tiger Nuts		Sardines Scallop Shrimp		Applegate® organic sausage sweet italian Applegate® organic smoked chicken breast Applegate® organic smoked turkey breast
	Tea, Ramon Tiger Nuts Fish & Shellfish		Sardines Scallop Shrimp Sole		Applegate® organic sausage sweet italian Applegate® organic smoked thicken breast Applegate® organic smoked turkey breast Applegate® organic turkey Applegate® organic turkey
	Tea, Ramon Tiger Nuts Fish & Shellfish Anchovy		Sardines Scallop Shrimp Sole Squid		Applegate® organic sausage sweet italian Applegate® organic smoked chicken breast Applegate® organic smoked turkey breast Applegate® organic turkey Applegate® organic turkey bacon
	Tea, Ramon Tiger Nuts Fish & Shellfish Anchovy Catfish		Sardines Scallop Shrimp Sole Squid Swai		Applegate® organic sausage sweet italian Applegate® organic smoked shicken breast Applegate® organic smoked turkey breast Applegate® organic turkey Applegate® organic turkey Bison (see also Buffalo) Chicken Broth (Imagine® gf/low
	Tea, Ramon Tiger Nuts Fish & Shellfish Anchovy Catfish Chilean Sea Bass		Sardines Scallop Shrimp Sole Squid Swai Swordfish		Applegate® organic sausage sweet italian Applegate® organic smoked chicken breast Applegate® organic smoked turkey breast Applegate® organic turkey Applegate® organic turkey Bison (see also Buffalo) Chicken Broth (Imagine® gl/low soddum)

Quail	BodyPro Avocado Oil Mayonnaise	Sweeteners
Rabbit	Carob	Agave Nectar
	Coconut Vinegar (Coconut Secret)	Aspartame
Non-Dairy & Eggs	Dressing, Primal Kitchen Greek Avocado Oil	BodyPro Almond Mayo Grade A Maple Syrup
Almond Milk, unsweetened (no tapioca)	Dressing, Primal Kitchen Honey Mustard	Cane Syrup
Almond Yogurt, unsweetened	Harissa	Chocolate, Dark
BodyPro Avocado Oil Mayonnaise	Horseradish Sauce, Gluten-free (Annie's®)	Coconut Palm Sugar
Coconut Kefir (No Tapioca, Carageenan)	Hummus	Coconut Sugar
Coconut Milk(Native Forest or Natural Value)	Ketchup (Organicville)	Date Sugar
Egg, Pasture-raised (from a farmer)	Liquid Smoke gluten free (natural)	Fruit Pectin
Egg, Vital Farms® or Pasture Verde®	Mayonnaise	Honey, (Organic)
Egg, Whites, Pasture-raised	Mayonnaise, Primal Kitchen Avocado Oil	Honey, Manuka
Egg, Yolks Pasture-raised	Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Honey, Wildflower from Mahava®
Milk, Soy (Organic)	Mustard, Brown (Eden® gf mustard)	Jerusalem Artichoke Syrup
	Sauerkraut (Bubbies® Brand only)	Just Like Sugar®
Condiments	Tabasco Sauce	Lo Han
Apple Cider Vinegar (Bragg's®)	Ume Plum Vinegar	Maltodextrin (Tapioca-based)
Balsamic Vinegar (with Red Wine Vinegar)	Vinegar, Beet	Maple Sugar
Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Vinegar, Distilled	Maple Syrup (Grade A Dark Amber Organic)
Barbeque Sauce, GF Annie's® Sweet & Spicy	Vinegar, Red Wine	Molasses
BodyPro Almond Mayo Grade A Maple Syrup	Vinegar, White Wine	Monk Fruit (Pure)
BodyPro Almond Mayo with Yacon Syrup	Worcestershire Sauce (The Wizard's® GF)	Monk Fruit Extract

Nutrasweet®	Caraway Seed	Garlic
Rebiana Leaf (Stevia)	Cardamom	Garlic Pepper
Sorbitol	Celery Powder	Garlic Powder
Splenda	Chicory Root	Garlic Salt
Sucanat	Chili Powder	Ginger
Sucralose	Chipotle Seasoning	Ginkgo Biloba
Sugar Beet	Cilantro/Coriander	Ginseng (All Types)
Sugar Cane	Cinnamon	Goldenseal
Sweetleaf® Stevia	Cinnamon, Ceylon	Grapefruit Seed Extract
Tapioca Dextrose	Cloves	Grapeseed Extract
Xyla (Birchwood Xylitol)	Cloves, Madagascar	Guarana
Yacon Syrup	Cloves, Penang	Gymnema Silvestre
	Cramp Bark Extract	Herbs De Provence
Herbs & Spices	Cream of Tartar	Hickory
Allspice	Cumin	Himalayan Salt
Almond Flavor (natural, gluten free)	Curcumin	Jamaican Jerk
Anise	Curry (must be GF)	Juniper Berry
Ashwaganda	Dandelion Root	Lavender
Astragalus	Dill	Lemon Balm (Melissa Officinalis)
Basil	Dong Quai	Lemon Pepper
Bay Leaf	Echinacea	Lemongrass
Black Cohosh	Fennel	Licorice Root

Maca Root	Pepper, Szechuan	Turmeric
Mace Spice	Pepper/Peppercorns	Uva Ursi
Marjoram	Peppermint	Valerian
Mesquite	Pine Bark Extract	Vanilla (gluten and corn-free)
Milk Thistle	Red Chili Paste Thai Kitchen® (gluten free)	Vanilla Bean
Mint	Red Pepper Flake	Vanilla Powder
Mustard (as a Powder)	Rose Hips	White Willow Bark Extract
Mustard Seeds (gluten free)	Rosemary	Wintergreen
Nutmeg	Saffron	Wormwood
Olive Leaf Extract	Sage	
Onion	Saw Plametto	Milk-Containing Foods
Onion Powder	Sesame Seeds	
Orange Peel/Rind	Sesame Seeds, Black	Legumes & Pulses
Orange Salt	Shallots	Bean, Azuki
Oregano	Spearmint	Bean, Black
Paprika	St. John's Wort	Bean, Butter
Paprika (smoked)	Sumac	Bean, Cannellini
Parsley	Taco Seasoning	Bean, Chana Dahl
Pepper, Black (see Garlic/Lemon Pepper)	Tamari (Wheat Free)	Bean, Chili
Pepper, Cayenne	Tarragon	Bean, Green
Pepper, Red	Thyme	Bean, Italian
Pepper, Sichuan	Tomatillo	Bean, Kidney

Bean, Lima	Peanut Oil (Organic)	Tapioca Flour (gluten free)
Bean, Mung	Red Bean Paste	Tapioca Starch (gluten free)
Bean, Navy	Soy Beans (must be organic)	Teff
Bean, Ninja	Soy Beans Oil (must be organic)	Tolerant Green Lentil & Pea Pasta
Bean, Pinto/Frijole	Vanilla Bean	Tolerant Red or Green Lentil Pasta
Bean, Red	Vanilla Powder	Tortilla, Siete Almond
Bean, White		Tortilla, Siete Cassava & Coconut
Chickpea (see also Garbanzo Bean)	Gluten-Free Grains	
Coffee Bean, Organic	Almond Flour (gluten free)	Gluten-Containing Foods
Edamame (must be organic)	Chicory Root	
Fava Bean	Coconut Flour (gluten free)	Corn-Derived Foods
Fava Bean Flour	Coconut Meal (gluten free)	Barbeque Sauce, GF Annie's® Sweet & Spicy
Garbanzo Bean	Fava Bean Flour	
Garbanzo Flour	Garbanzo Flour	Beverages & Protein Powders
Kidney Bean	Glucomannon Flour (konjacfoods.com)	Almond Milk, unsweetened (no tapioca)
Lentil(s)	Hazelnut Flour	Apple Juice
Miso	Konjac Glucomannon Flour	Bone Broth Protein, Beef
Pea, Snap	Potato Flour (gluten free)	Carrot Juice
Pea, Snow	Potato Starch (gluten free)	Coconut Kefir (No Tapioca, Carageenan)
Pea, Split	Rice, Wild (Lundberg® - not the blend)	Coconut Milk(Native Forest or Natural Value)
Peanut (Organic, Valencia)	Sweet Potato Flour (gluten free)	Coconut Water (low sugar)
Peanut Butter (Organic, Maranatha®)	Tapioca	Coffee

Coffee Bean, Organic	Tea, Ramon	Coconut Cream
Collagen Protein (Powder)	Tea, Roobios	Collagen Protein (Powder)
Echinacea Tea	Tea, White	Formaldehyde
Grapefruit Juice	Water	Garam Masala
Green Tea	Wine, White (Champagne)	GemWraps®, Sandwich Wrap (Kale-Apple)
Komboucha Tea	Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Lemon Juice	Zevia Drinks	Glucomannon Flour (konjacfoods.com)
Licorice Tea		Great Lake's® Beef Gelatin
Lime Juice	Miscellaneous	Guar Gum
Milk, Soy (Organic)	Acacia Gum	Hops
Mineral Water	Agar Gum	Inulin
Orange Juice	Antimony	Julian Bakery Almond Bread
Pea Protein	Arabic Gum	Julian Bakery Coconut Bread
Soy Milk/Soy Cheese (Organic)	Baking Soda (Arm & Hammer®)	Konjac Glucomannon Flour
Soy Protein (Organic)	Beef broth (Imagine® low sodium/GF)	Latex
Sparkling Water, unflavored	Blue Food Dye	Liquid Aminos (Braggs®)(has Soy)
Tea, Black	Carrageenan Gum	Locust Bean Gum
Tea, Chamomile	Ohicken Broth (Imaginsî gf/low sodium)	Lycopene
Tea, Green	Chicory Root	Modified Food Starch (Tapioca-based)
Tea, Hibiscus	Cocoa Butter	Palm Wax
Tea, Komboucha	Cocoa/Cacao (raw, pure, & unsweetened)	Pycnogenol

Nanny Mai 09/11/2017

Red Food Dye
Red Tomato Paste (gluten free)
Resveratrol
Sherry Vinegar
Silver
Tamari (Wheat Free)
Tofu (Organic)
Tomato Paste (gluten & Vinegar-free)
Tomato Sauce (gluten & Vinegar-free)
Tragacanth Gum
Vinegar, Red Wine
Vinegar, White Wine
Yeast, Baker's
Yeast, Brewer's
Yeast, Nutritional
Snacks
Apple Sauce
Simple Mills Chocolate Chip Cookies