Vegetables	Cabbage, Chinese (see also Bok Choy)	Hearts of Palm
Aloe Vera	Cabbage, Green	Horseradish
Artichoke (not pickled)	Cabbage, Purple	Jicama
Artichoke, Jerusalem (not pickled)	Cactus (Nopales)	Kale, all types
Arugula	Capers	Kohlrabi
Asparagus	Capsicum	Leeks
Avocado	Cauliflower	Lettuce, all types
Bamboo Shoot	Cauliflower, Purple	Mushrooms
Bean Sprout	Celery	Mushrooms, Button
Beet Greens	Chard	Mushrooms, Cremeni/Crimini
Bell Pepper	Chives	Mushrooms, Maitake
Bell Pepper, Green	Coconut (raw and	Mushrooms, Shiitake
Bell Pepper, Orange	unsweetened) Coconut Concentrate	Mustard Greens
Bell Pepper, Orange Bell Pepper, Red		Mustard Greens
Bell Pepper, Orange	Coconut Concentrate	
Bell Pepper, Orange Bell Pepper, Red	Coconut Concentrate Collard Greens	Mustard Greens Olives (without vinegar)
Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow	Coconut Concentrate Collard Greens Comfrey	Mustard Greens Olives (without vinegar) Onion, Green
Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Bitter Melon	Coconut Concentrate Collard Greens Comfrey Daikon Radish	Mustard Greens Olives (without vinegar) Onion, Green Onion, Maui
Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Bitter Melon Bok Choy	Coconut Concentrate Collard Greens Comfrey Daikon Radish Dandelion Greens	Mustard Greens Olives (without vinegar) Onion, Green Onion, Maui Onion, Red Onion, Sweet
Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Bitter Melon Bok Choy Broccoli	Coconut Concentrate Collard Greens Comfrey Daikon Radish Dandelion Greens Dandelion Root Eggplant	Mustard Greens Olives (without vinegar) Onion, Green Onion, Maui Onion, Red Onion, Sweet Onion, Yellow
Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Bitter Melon Bok Choy Broccoli Broccolini	Coconut Concentrate Collard Greens Comfrey Daikon Radish Dandelion Greens Dandelion Root Eggplant Endive	Mustard Greens Olives (without vinegar) Onion, Green Onion, Maui Onion, Red Onion, Sweet Onion, Yellow Paprika
Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Bitter Melon Bok Choy Broccoli Broccoliri Broccoli Rabe	Coconut Concentrate Collard Greens Comfrey Daikon Radish Dandelion Greens Dandelion Root Eggplant Endive Fennel	Mustard Greens Olives (without vinegar) Onion, Green Onion, Maui Onion, Red Onion, Sweet Onion, Yellow Paprika Parsley
Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Bitter Melon Bok Choy Broccoli Broccolini Broccoli Rabe Broccoli Sprouts	Coconut Concentrate Collard Greens Comfrey Daikon Radish Dandelion Greens Dandelion Root Eggplant Endive	Mustard Greens Olives (without vinegar) Onion, Green Onion, Maui Onion, Red Onion, Sweet Onion, Yellow Paprika

Nanny Mai 11/20/2017

	Pepper, Chili	Tomato, Cherry	} [Blueberry
	Pepper, Green	Tomato, Heirloom	֟ ֓֞֞֞֞֞֞֞֩֞֞֩֞֞֞֞֞֩֞֞֞֞֩֞֞֞֩֞֞֞֩֞֞֝		Boysenberry
	Pepper, Habanero	Tomato, Orange	[bravo
	Pepper, Jalapeño	Tomato, Red	<u></u>		Carambola
	Pepper, Poblano	Tomato, Roma			charlie
	Pepper, Red	Tomato, Sun-dried			Cherry
	Pepper, Serrano	Tomato, Yellow			Clementine
	Pepper, Tabasco	Tomatoes, Big Beef	Ε		Dates
	Prickly Pear	Tomato Paste (gluten & Vinegar-free)			Dragon Fruit (Pitaya)
	Radicchio	Tomato Sauce (gluten & Vinegar-free)		⊒	Durian Fruit
	Radish	Truffle		⊒[Elderberry
			i _	_	
Ш	Rainbow Chard	Turnip Greens	L		food name
	Rainbow Chard Red Pepper Flake	Turnip Greens Wasabi Root		」 □	food name Goji Berry
				」 □[□[
	Red Pepper Flake	Wasabi Root			Goji Berry
	Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand	Wasabi Root Water Chestnut		_; □[□[Goji Berry Golden Berry
	Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only)	Wasabi Root Water Chestnut Watercress]]]]	Goji Berry Golden Berry Gooseberries
	Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only) Scallions	Wasabi Root Water Chestnut Watercress Yams, Garnett]]]]	Goji Berry Golden Berry Gooseberries Grapefruit
	Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brandonly) Scallions Shallots	Wasabi Root Water Chestnut Watercress Yams, Garnett Yams, Japanese]]]]	Goji Berry Golden Berry Gooseberries Grapefruit Guava Huckleberry Kiwi
	Red Pepper Flake Rutabaga Sauerkraut (Bubbles® Brand only) Scallions Shallots Spinach	Wasabi Root Water Chestnut Watercress Yams, Garnett Yams, Japanese Fruits]]]]	Goji Berry Golden Berry Gooseberries Grapefruit Guava Huckleberry
	Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only) Scallions Shallots Spinach Swede	Wasabi Root Water Chestnut Watercress Yams, Garnett Yams, Japanese Fruits Acai]]]]	Goji Berry Golden Berry Gooseberries Grapefruit Guava Huckleberry Kiwi
	Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only) Scallions Shallots Spinach Swede Swiss Chard	Wasabi Root Water Chestnut Watercress Yams, Garnett Yams, Japanese Fruits Acai alpha]]]]	Goji Berry Golden Berry Gooseberries Grapefruit Guava Huckleberry Kiwi Kumquat

Lime	Star Fruit	Chia Seed (1/4 cup, max)
Lime Juice	Tangerine	Coconut, shredded (raw, unsweetened)
Loganberry	Wolfberry	Coconut Butter
Longan Fruit	Youngberry	Coconut Oil
Loquat	Legumes, Pods, & Pulses	Cottonseed/Cottonseed Oil
Lychee	Vanilla Bean	Duck Fat
Mangosteen	Nuts, Seeds, Drupes & Oils	Flax Meal
Maqui	Almond	Flax Oil
Monk Fruit (Pure)	Almond, Marcona	Flax Seed
Mulberry	Almond Butter (Artisana®)	Hazelnut/Filbert
Nectarines	Almond Flavor (natural, gluten free)	Hazelnut Flour
Noni	Almond Flour (gluten free)	Hemp Meal
Passion Fruit	Almond Meal (gluten free)	Hemp Protein (Powder)
Peach	Almond Oil	Hemp Seed
Pear	Annatto Seed	Lard/Tallow (pork)
Pear, Asian	Avocado Oil	Macadamia Nut Oil
Persimmons	Brazil Nut	Macadamia Nuts
Plum	Canola Oil, Non-GMO	MCT Oil
Pomegranate	Caraway Seed	Olive Leaf Extract
Pomelo	Cashew Butter	Olive Oil, Virgin
Prune	Cashew Meal	Palm Kernel Oil
Rambutan	Cashews	Pine Nut
Raspberry	Chestnut	Pistachios

Poppy seeds	Celery Powder		Garlic
Sunflower Seed Butter	Celery Seed		Garlic Pepper
Sunflower Seed Flour	Chaparral		Garlic Powder
Sunflower Seed Lecithin	Chervil		Garlic Salt
Sunflower Seed Oil	Chili Powder		Ginger Powder
Sunflower Seeds	Cilantro/Coriander		Ginkgo Biloba
Tahini	Cinnamon		Ginseng (All Types)
Truffle Oil	Cinnamon, Ceylon		Goldenseal
Truffle Oil, Black	Clove Powder		Grapefruit Seed Extract
Vegetable Shortening (Spectrum®)	Cloves, Madagascar		Guarana
Herbs & Spices	Cloves, Penang		Gymnema Silvestre
	Comfray		Herbs De Provence
Allspice	Comfrey	Ш	Tielbs De l'iovelice
Allspice Almond Flavor (natural, gluten free)	Cramp Bark Extract		Hickory
Almond Flavor (natural, gluten			
Almond Flavor (natural, gluten free)	Cramp Bark Extract		Hickory
Almond Flavor (natural, gluten free) Anise	Cramp Bark Extract Cream of Tartar		Hickory Himalayan Salt
Almond Flavor (natural, gluten free) Anise Astragalus Basil Bay Leaf	Cramp Bark Extract Cream of Tartar Cumin		Hickory Himalayan Salt Juniper Berry
Almond Flavor (natural, gluten free) Anise Astragalus Basil	Cramp Bark Extract Cream of Tartar Cumin Curcumin		Hickory Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa
Almond Flavor (natural, gluten free) Anise Astragalus Basil Bay Leaf Bell Pepper, Red Black Cohosh	Cramp Bark Extract Cream of Tartar Cumin Curcumin Curry (must be GF)		Hickory Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa Officinalis)
Almond Flavor (natural, gluten free) Anise Astragalus Basil Bay Leaf Bell Pepper, Red	Cramp Bark Extract Cream of Tartar Cumin Curcumin Curry (must be GF) Dandelion Root		Hickory Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa Officinalis) Lemongrass
Almond Flavor (natural, gluten free) Anise Astragalus Basil Bay Leaf Bell Pepper, Red Black Cohosh	Cramp Bark Extract Cream of Tartar Cumin Curcumin Curry (must be GF) Dandelion Root Dill		Hickory Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa Officinalis) Lemongrass Lemon Pepper
Almond Flavor (natural, gluten free) Anise Astragalus Basil Bay Leaf Bell Pepper, Red Black Cohosh Capsicum	Cramp Bark Extract Cream of Tartar Cumin Curcumin Curry (must be GF) Dandelion Root Dill Dong Quai		Hickory Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa Officinalis) Lemongrass Lemon Pepper Maca Root

Mint	Saffro	n		Fish & Shellfish
Mustard (as a Powder)	Sage			Bass
Mustard Seeds (gluten free	e) Sassa	fras		Chilean Sea Bass
Nutmeg	Savor	y		Corvina
Olive Leaf Extract	Saw F	Plametto		Flounder
Onion	Shallo	ts		Haddock
Onion Powder	Spear	mint		Hake
Oregano	St. Jol	hn's Wort		Halibut
Paprika	Suma	.		Herring
Paprika (smoked)	······································	co Sauce		Lox
Parsley	Tarrag			Mackerel
		, -	_	
Pau D'arco	Thyme	3		Mahi Mahi
Pau D'arco Pepper, Black (see	Thymo			Mahi Mahi Octopus
Pepper, Black (see Garlic/Lemon Pepper)	Tomai	tillo		
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne	Tomai	tillo e <mark>ric</mark>		Octopus
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red	Tomat Turme Uva U	rillo Pric Irsi		Octopus Perch
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan	Tomat Turme Uva U Valeria	rsi an		Octopus Perch Red Snapper
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan	Tomat Turme Uva U Valeria Vanilla	rsi an		Octopus Perch Red Snapper Salmon, wild (fresh)
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns	Tomat Turme Uva U Valeria Vanilla	ric rsi an Bean		Octopus Perch Red Snapper Salmon, wild (fresh) Sardines Sole
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan	Tomat Turme Uva U Valeria Vanilla	rsi an		Octopus Perch Red Snapper Salmon, wild (fresh) Sardines Sole Swai
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns	Tomat Turme Uva U Valeria Vanilla White	ric rsi an Bean		Octopus Perch Red Snapper Salmon, wild (fresh) Sardines Sole Swai Swordfish
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns Peppermint	Tomat Turme Uva U Valeria Vanilla White	rsi an Bean Powder Willow Bark Extract		Octopus Perch Red Snapper Salmon, wild (fresh) Sardines Sole Swai Swordfish Tilapia (Wild, Non-farmed)
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns Peppermint Pine Bark Extract Red Pepper Flake	Tomat Turme Uva U Valeria Vanilla White	rsi an Bean Powder Willow Bark Extract		Octopus Perch Red Snapper Salmon, wild (fresh) Sardines Sole Swai Swordfish

				Gluten-Containing Foods
	Whitefish/Turbot		Venison (see also Deer)	Gluteri-Containing Foods
	Meat & Poultry		Milk-Containing Foods	No foods in this Category
	Applegate® organic black forest ham		No foods in this Category	Corn-Derived Foods
	Applegate® organic ham		Non-Dairy & Eggs	No foods in this Category
	Applegate® organic hot dogs		Almond Milk, unsweetened (no tapioca)	Condiments, Spreads & Sauces
	Applegate® organic roast beef		Coconut Kefir (No Tapioca, Carageenan)	Apple Cider Vinegar (Bragg's®)
	Beef, Grass-fed only (organic)		Coconut Milk (Native Forest or Natural Value)	BodyPro Almond Mayo Grade A Maple Syrup
	Bison (see also Buffalo)		Egg Whites, Pasture-raised	BodyPro Almond Mayo with Yacon Syrup
	Buffalo (see also Bison)		Gluten-Free Grains	Coconut Aminos®
	Chicken, free range (organic)		Almond Flour (gluten free)	Coconut Cream
	Collagen Protein (Powder)		Amaranth	Coconut Vinegar (Coconut Secret)
	Deer (see also Venison)		Coconut Flour (gluten free)	Distilled White Vinegar
	Duck		Coconut Meal (gluten free)	Earth Balance® Coconut Spread
	Goat, Grass-fed only (organic)		Flax Meal	Harissa
	Great Lake's® Beef Gelatin		Glucomannon Flour	Horseradish Mustard, Gluten-free (Annie's®)
	Lamb		(konjacfoods.com) Hazelnut Flour	Ketchup (Organicville)
	Ostrich		Hemp Meal	Liquid Smoke gluten free (natural)
	Pheasant		Hemp Protein (Powder)	Mustard, Brown (Eden® gf mustard)
				Olives (without vinegar)
Ш	Pork, (organic)	Ш	Hemp Seed	
	Quail		Konjac Glucomannon Flour	Red Tomato Paste (gluten free)
	Rabbit		Sunflower Seed Flour	Sauerkraut (Bubbies® Brand only)
	Turkey (organic)			Tabasco Sauce
	Veal (organic)			Tomato Paste (gluten & Vinegar-free)

		٦_	
Tomato Sauce (gluten & Vinegar-free)	Beverages & Protein Powders]	Water
Ume Plum Vinegar	Almond Milk, unsweetened (no tapioca)]	Yerba Matte Tea (Organic/Pure)
Vegetable Shortening (Spectrum®)	Bone Broth Protein, Beef		Zevia Drinks
Vinegar, Distilled	Coconut Kefir (No Tapioca, Carageenan)		Miscellaneous
Sweeteners	Coconut Milk (Native Forest or Natural Value)]	Baking Soda (Arm & Hammer®)
Agave Nectar	Coconut Water (low sugar)		Bone Broth, Beef
BodyPro Almond Mayo Grade A Maple Syrup	Collagen Protein (Powder)	<u>.</u>	Cacao (Raw, Pure, & Unsweetened)
Coconut Palm Sugar	Echinacea Tea	<u>.</u>	Collagen Protein (Powder)
Coconut Sugar	Great Lake's® Beef Gelatin	<u>.</u>	Great Lake's® Beef Gelatin
Honey, (Organic)	Green Tea]	Latex
Honey, Manuka	Hemp Protein (Powder)		Lycopene
	Lemon Juice	7	
Honey, Wildflower from Mahava®	Lemon Juice]	Red Tomato Paste (gluten free)
Honey, Wildflower from Mahava® Jerusalem Artichoke Syrup	Lime Juice]] [Red Tomato Paste (gluten free) Silver
Mahava®][
Mahava® Jerusalem Artichoke Syrup	Lime Juice		Silver
Mahava® Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark	Lime Juice Mineral Water		Silver
Mahava® Jerusalem Artichoke Syrup Lo Han Maple Sugar	Lime Juice Mineral Water Sparkling Water, unflavored		Silver Tobacco Yeast, Baker's
Mahava® Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic)	Lime Juice Mineral Water Sparkling Water, unflavored Tea, Black		Silver Tobacco Yeast, Baker's Yeast, Brewer's
Mahava® Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Monk Fruit (Pure)	Lime Juice Mineral Water Sparkling Water, unflavored Tea, Black Tea, Chamomile		Silver Tobacco Yeast, Baker's Yeast, Brewer's Yeast, Nutritional
Mahava® Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Monk Fruit (Pure) Monk Fruit Extract	Lime Juice Mineral Water Sparkling Water, unflavored Tea, Black Tea, Chamomile Tea, Chicory Root		Silver Tobacco Yeast, Baker's Yeast, Brewer's Yeast, Nutritional Snacks
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Monk Fruit (Pure) Monk Fruit Extract Rebiana Leaf (Stevia)	Lime Juice Mineral Water Sparkling Water, unflavored Tea, Black Tea, Chamomile Tea, Chicory Root Tea, Green		Silver Tobacco Yeast, Baker's Yeast, Brewer's Yeast, Nutritional Snacks
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Monk Fruit (Pure) Monk Fruit Extract Rebiana Leaf (Stevia) Sweetleaf® Stevia	Lime Juice Mineral Water Sparkling Water, unflavored Tea, Black Tea, Chamomile Tea, Chicory Root Tea, Green Tea, Hibiscus		Silver Tobacco Yeast, Baker's Yeast, Brewer's Yeast, Nutritional Snacks

Nanny Mai 11/20/2017

Food Additives
Annatto Coloring
Chicory Root
Inulin
Palm Wax
Tricalcium Phosphate
Vegan Enzyme
Vegan Natural Flavors (no MSG)
new food cat
alpha
bravo
charlie
food name