

Nanny Mai

11/13/2017

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|---|---|---|
| <input type="checkbox"/> Vegetables                         | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Leeks                            |
| <input type="checkbox"/> Alfalfa Grass                      | <input type="checkbox"/> Cabbage, Green                       | <input type="checkbox"/> Mustard Greens                   |
| <input type="checkbox"/> Alfalfa Sprouts                    | <input type="checkbox"/> Cabbage, Purple                      | <input type="checkbox"/> Onion, Green                     |
| <input type="checkbox"/> Aloe Vera                          | <input type="checkbox"/> Cactus (Nopales)                     | <input type="checkbox"/> Paprika                          |
| <input type="checkbox"/> Artichoke (not pickled)            | <input type="checkbox"/> Capers                               | <input type="checkbox"/> Parsley                          |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Capsicum                             | <input type="checkbox"/> Pepper, Anaheim                  |
| <input type="checkbox"/> Arugula                            | <input type="checkbox"/> Cauliflower                          | <input type="checkbox"/> Pepper, Cayenne                  |
| <input type="checkbox"/> Asparagus                          | <input type="checkbox"/> Cauliflower, Purple                  | <input type="checkbox"/> Pepper, Chili                    |
| <input type="checkbox"/> Bamboo Shoot                       | <input type="checkbox"/> Celery                               | <input type="checkbox"/> Pepper, Green                    |
| <input type="checkbox"/> Bean Sprout                        | <input type="checkbox"/> Chard                                | <input type="checkbox"/> Pepper, Habanero                 |
| <input type="checkbox"/> Beet Greens                        | <input type="checkbox"/> Chives                               | <input type="checkbox"/> Pepper, Jalapeño                 |
| <input type="checkbox"/> Bell Pepper                        | <input type="checkbox"/> Collard Greens                       | <input type="checkbox"/> Pepper, Poblano                  |
| <input type="checkbox"/> Bell Pepper, Green                 | <input type="checkbox"/> Comfrey                              | <input type="checkbox"/> Pepper, Red                      |
| <input type="checkbox"/> Bell Pepper, Orange                | <input type="checkbox"/> Daikon Radish                        | <input type="checkbox"/> Pepper, Serrano                  |
| <input type="checkbox"/> Bell Pepper, Red                   | <input type="checkbox"/> Dandelion Greens                     | <input type="checkbox"/> Pepper, Tabasco                  |
| <input type="checkbox"/> Bell Pepper, Yellow                | <input type="checkbox"/> Dandelion Root                       | <input type="checkbox"/> Prickly Pear                     |
| <input type="checkbox"/> Bitter Melon                       | <input type="checkbox"/> Eggplant                             | <input type="checkbox"/> Radicchio                        |
| <input type="checkbox"/> Bok Choy                           | <input type="checkbox"/> Endive                               | <input type="checkbox"/> Radish                           |
| <input type="checkbox"/> Broccoli                           | <input type="checkbox"/> Fennel                               | <input type="checkbox"/> Rainbow Chard                    |
| <input type="checkbox"/> Broccolini                         | <input type="checkbox"/> Garlic                               | <input type="checkbox"/> Red Pepper Flake                 |
| <input type="checkbox"/> Broccoli Rabe                      | <input type="checkbox"/> Hearts of Palm                       | <input type="checkbox"/> Rutabaga                         |
| <input type="checkbox"/> Broccoli Sprouts                   | <input type="checkbox"/> Horseradish                          | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Brussels Sprout                    | <input type="checkbox"/> Jicama                               | <input type="checkbox"/> Scallions                        |
| <input type="checkbox"/> Burdock                            | <input type="checkbox"/> Kohlrabi                             | <input type="checkbox"/> Swede                            |

<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> <b>Fruits</b>	<input type="checkbox"/> Loquat
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Acai	<input type="checkbox"/> Lychee
<input type="checkbox"/> Tomato	<input type="checkbox"/> Apricot	<input type="checkbox"/> Mangosteen
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Maqui
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Monk Fruit (Pure)
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Mulberry
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Carambola	<input type="checkbox"/> Nectarines
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Cherry	<input type="checkbox"/> Noni
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Clementine	<input type="checkbox"/> Passion Fruit
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Dates	<input type="checkbox"/> Persimmons
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Plum
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Durian Fruit	<input type="checkbox"/> Pomegranate
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Pomelo
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Prune
<input type="checkbox"/> Wasabi Root	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Rambutan
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Gooseberries	<input type="checkbox"/> Raspberry
<input type="checkbox"/> Watercress	<input type="checkbox"/> Guava	<input type="checkbox"/> Star Fruit
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Tangerine
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Wolfberry
	<input type="checkbox"/> Kumquat	<input type="checkbox"/> Youngberry
	<input type="checkbox"/> Lime	
	<input type="checkbox"/> Lime Juice	
	<input type="checkbox"/> Loganberry	
	<input type="checkbox"/> Longan Fruit	

<input type="checkbox"/> Legumes, Pods, & Pulses	<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Ginseng (All Types)
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Celery Seed	<input type="checkbox"/> Goldenseal
<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Chaparral	<input type="checkbox"/> Guarana
<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Chervil	<input type="checkbox"/> Gymnema Silvestre
<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Herbs De Provence
<input type="checkbox"/> Canola Oil, Non-GMO	<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Hickory
<input type="checkbox"/> Chestnut	<input type="checkbox"/> Clove Powder	<input type="checkbox"/> Himalayan Salt
<input type="checkbox"/> Duck Fat	<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Juniper Berry
<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Lavender
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Comfrey	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Lemongrass
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Cumin	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Curcumin	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Allspice	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Mint
<input type="checkbox"/> Anise	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Astragalus	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Fennel	<input type="checkbox"/> Paprika
<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Fennel Seed	<input type="checkbox"/> Paprika (smoked)
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Garlic	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Pau D'arco
<input type="checkbox"/> Catnip	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Pepper, Cayenne
	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Pepper, Red

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| <input type="checkbox"/> Pepper, Sichuan           | <input type="checkbox"/> Wintergreen                |
| <input type="checkbox"/> Pepper, Szechuan          | <input type="checkbox"/> Wormwood                   |
| <input type="checkbox"/> Peppermint                | <input type="checkbox"/> Fish & Shellfish           |
| <input type="checkbox"/> Pine Bark Extract         | <input type="checkbox"/> Bass                       |
| <input type="checkbox"/> Red Pepper Flake          | <input type="checkbox"/> Chilean Sea Bass           |
| <input type="checkbox"/> Rose Hips                 | <input type="checkbox"/> Corvina                    |
| <input type="checkbox"/> Rosemary                  | <input type="checkbox"/> Flounder                   |
| <input type="checkbox"/> Saffron                   | <input type="checkbox"/> Hake                       |
| <input type="checkbox"/> Sage                      | <input type="checkbox"/> Halibut                    |
| <input type="checkbox"/> Sassafras                 | <input type="checkbox"/> Herring                    |
| <input type="checkbox"/> Savory                    | <input type="checkbox"/> Mackerel                   |
| <input type="checkbox"/> Saw Plametto              | <input type="checkbox"/> Mahi Mahi                  |
| <input type="checkbox"/> Spearmint                 | <input type="checkbox"/> Octopus                    |
| <input type="checkbox"/> St. John's Wort           | <input type="checkbox"/> Perch                      |
| <input type="checkbox"/> Sumac                     | <input type="checkbox"/> Red Snapper                |
| <input type="checkbox"/> Tarragon                  | <input type="checkbox"/> Sardines                   |
| <input type="checkbox"/> Thyme                     | <input type="checkbox"/> Swai                       |
| <input type="checkbox"/> Tomatillo                 | <input type="checkbox"/> Tilapia (Wild, Non-farmed) |
| <input type="checkbox"/> Turmeric                  | <input type="checkbox"/> Trout                      |
| <input type="checkbox"/> Uva Ursi                  | <input type="checkbox"/> Walleye Pike               |
| <input type="checkbox"/> Valerian                  | <input type="checkbox"/> Whitefish/Turbot           |
| <input type="checkbox"/> Vanilla Bean              |   |
| <input type="checkbox"/> Vanilla Powder            |   |
| <input type="checkbox"/> White Willow Bark Extract |   |

☐ Meat & Poultry☐ Applegate® organic hot dogs☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Deer (see also Venison)☐ Duck☐ Goat, Grass-fed only (organic)☐ Ostrich☐ Pheasant☐ Quail☐ Rabbit☐ Venison (see also Deer)☐ Milk-Containing Foods

No foods in this Category

☐ Non-Dairy & Eggs

No foods in this Category

☐ Gluten-Free Grains☐ Glucomannon Flour  
(konjacfoods.com)☐ Hazelnut Flour☐ Konjac Glucomannon Flour

<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> <b>Miscellaneous</b>
<input type="checkbox"/> No foods in this Category	<input type="checkbox"/> Lo Han	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> <b>Corn-Derived Foods</b>	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Latex
<input type="checkbox"/> No foods in this Category	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Lycopene
<input type="checkbox"/> <b>Condiments, Spreads &amp; Sauces</b>	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Silver
<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Tobacco
<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> <b>Snacks</b>
<input type="checkbox"/> Distilled White Vinegar	<input type="checkbox"/> Xyla (Birchwood Xylitol)	<input type="checkbox"/> Dates
<input type="checkbox"/> Harissa	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> <b>Food Additives</b>
<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Annatto Coloring
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Inulin
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> <b>Sweeteners</b>	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Tricalcium Phosphate
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Tea, Chicory Root	<input type="checkbox"/> Vegan Enzyme
<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Vegan Natural Flavors (no MSG)
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Tea, Roobios	
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Water	
<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	
<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Zevia Drinks	
<input type="checkbox"/> Honey, Wildflower from Mahava®		