All ingredients must be organic

Nanny Mai

Beverages & Protein Powders	Tea, Green		Tabasco Sauce
Almond Milk, unsweetened (no tapioca)	Tea, Oolong		Dressing, Primal Kitchen Greek Avocado Ol
Coconut Kefir (No Tapioca, Carageenan)	Tea, Ramon		BodyPro Almond Mayo Grade B Maple Syru
Coconut Milk(Native Forest or Natural Value)	Tea, Roobios		BodyPro Almond Mayo with Yacon Syrup
Coconut Water (low sugar)	Tea, unflavored/caffeine-free only		BodyPro Avocado Oil Mayonnaise
Coffee	Tea, White		
Collagen Protein (Powder)	Water		Corn-Derived Foods
Echinacea Tea	Yerba Matte Tea (Organic/Pure)		Barbsque Sauce, GF Annis'sÁ© Swast & S
Green Tea	Coffee Bean, Organic		Swerve® Xylitol
Hemp Protein (Powder)			
Komboucha Tea	Condiments		Fish & Shellfish
Lemon Juice	Apple Cider Vinegar (Bragg's®)		Anchovy
Lemon Juice Licorice Tea	Barbeque Sauce, GF Annie's ® Sweet & Sp	icy [Anchovy Catfish
		icy [*
Licorice Tea	Barbeque Sauce, GF-Annie/sÁ® Sweet & Sp		Catfish
Licorice Tea Lime Juice	Barbeque Sauce, GF Annie's A© Sweet & Sp Carob		Catfish Chilean Sea Bass
Licorice Tea Lime Juice Milk, Soy (Organic) Mineral Water Pea Protein	Bartbeque Sauce, GF-Annie SA® Sweet & Sp Carob Coconut Vinegar (Coconut Secret) Earth Balance® Coconut Spread Earth Balance® Avocado Oil Butter Spread		Catfish Chilean Sea Bass Clam
Licorice Tea Lime Juice Milk, Soy (Organic) Mineral Water Pea Protein Soy Milk/Soy Cheese (Organic)	Carob Coconut Vinegar (Coconut Secret) Earth Balance® Coconut Spread		Catfish Chilean Sea Bass Clam Cod/ Cod Liver Oil
Licorice Tea Lime Juice Milk, Soy (Organic) Mineral Water Pea Protein	Carob Coconut Vinegar (Coconut Secret) Earth Balance® Coconut Spread Earth Balance® Avocado Oil Butter Spread		Catfish Chilean Sea Bass Clam Cod/ Cod Liver Oil Corvina
Licorice Tea Lime Juice Milk, Soy (Organic) Mineral Water Pea Protein Soy Milk/Soy Cheese (Organic)	Carob Coconut Vinegar (Coconut Secret) Earth Balance® Coconut Spread Earth Balance® Avocado Oil Butter Spread Hummus		Catfish Chilean Sea Bass Clam Cod/ Cod Liver Oil Corvina Crab
Licorice Tea Lime Juice Milk, Soy (Organic) Mineral Water Pea Protein Soy Milk/Soy Cheese (Organic) Soy Protein (Organic)	Carob Coconut Vinegar (Coconut Secret) Earth Balance® Coconut Spread Earth Balance® Avocado Oil Butter Spread Hummus Ketchup (Organicville)		Catfish Chilean Sea Bass Clam Cod/ Cod Liver Oil Corvina Crab Crayfish

	Mussei	Fruits	Litchi (aka Lychee)
	Orange Roughy	Acai	Loganberry
	Oyster	Apple (all types)	Loquat
	Perch	Bilberry	Mangosteen
	Red Snapper	Blackberry	Maqui
	Salmon, wild (fresh)	Blueberry	Monk Fruit
	Sardines	Boysenberry	Mulberry
	Scallop	Clementine	Nectarines
	Shrimp	Date(s)	Noni
	Sole	Elderberry	Passion Fruit
	Squid	Golden Berry	Peach
-			
	Swai	Gooseberry	Pear
	Swai Swordfish	Gooseberry	Pear Pear, Asian
	Swordfish	Grapefruit	Pear, Asian
	Swordfish Tilapia (Non-farmed)	Grapefruit Guava	Pear, Asian Persimmons
	Swordfish Tilapia (Non-farmed) Trout	Grapefruit Guava Huckleberry	Pear, Asian Persimmons Plum
	Swordfish Tilapia (Non-farmed) Trout Tuna	Grapefruit Guava Huckleberry Kiwi	Pear, Asian Persimmons Plum Pomegranate
	Swordfish Tilapia (Non-farmed) Trout Tuna Walleye Pike	Grapefruit Guava Huckleberry Kiwi Kumquat	Pear, Asian Persimmons Plum Pomegranate Pomelo
	Swordfish Tilapia (Non-farmed) Trout Tuna Walleye Pike Whitefish/Turbot	Grapefruit Guava Huckleberry Kiwi Kumquat Lemon	Pear, Asian Persimmons Plum Pomegranate Pomelo Prune
	Swordfish Tilapia (Non-farmed) Trout Tuna Walleye Pike Whitefish/Turbot	Grapefruit Guava Huckleberry Kiwi Kumquat Lemon Lemon Juice	Pear, Asian Persimmons Plum Pomegranate Pomelo Prune Raspberry

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Youngberry	Konjac Glucomannon Flour		Herbs & Spices
Banana	Oats (Bob's Red Mill Gluten Free Version)		Allspice
Apricot	Oat Grass (Not For Gluten Sensitive)		Almond Flavor natural, gluten free)
Goji Berry	Simple Mills Gmd Sea Salt Almond Gracker	-	Anise
	Simple Mills Rosemary & Sea Salt Crackers	. — .	Ashwaganda
Gluten-Containing Foods	Simple Mills Tomato & Basil Almond Cracke		Astragalus
Maltodextrin (Can be Wheat-derived)	Sweet Potato Flour (gluten free)		Basil
Crab, Immitation	Tapioca		Bay Leaf
	Tapioca Flour (gluten free)		Black Cohosh
Gluten-Free Grains	Tapioca Starch (gluten free)		Caraway Seed
Almond Flour (gluten free)	Teff		Cardamom
Amaranth	Tolerant Green Lentil & Pea Pasta		Chicory Root
Chicory Root	Tolerant Red or Green Lentil Pasta		Chili Powder
Coconut Meal (gluten free)	Tortilla, Siete Almond		Chipotle Seasoning
Fava Bean Flour	Tortilla, Siete Cassava & Coconut		Cilantro/Coriander
Flax Meal	Tortilla, Siete Chia & Cassava		Cinnamon
Garbanzo Flour	Simple Mills EverythingSproutedSeedCrack	er	Cinnamon, Ceylon
Glucomannon Flour (konjacfoods.com)	Coconut Flour (gluten free)		Cloves
Hazelnut Flour	Arrowroot Flour/powder		Cloves, Madagascar
Hemp Meal			Cloves, Penang
Hemp Protein (Powder)			Cramp Bark Extract
Hemp Seed			Cream of Tartar

09/07/2017

Nanny Mai

Cumin	Lemon Pepper	Red Pepper Flake
Curcumin	Lemongrass	Rosemary
Curry (must be GF)	Licorice Root	Saffron
Dandelion Root	Liquid Smoke gluten free (natural)	Sage
Dill	Maca Root	Saw Plametto
Dong Quai	Mace Spice	Sesame Seeds
Echinacea	Marjoram	Sesame Seeds, Black
Fennel	Mesquite	Spearmint
Ginger	Milk Thistle	St. John's Wort
Ginkgo Biloba	Mint	Taco Seasoning
Ginseng (All Types)	Mustard (as a Powder)	Tamari (Wheat Free)
Goldenseal	Mustard Seeds (gluten free)	Tarragon
		Thurse
Grapefruit Seed Extract	Nutmeg	Thyme
Grapefruit Seed Extract Guarana	Nutmeg Orange Salt	Tomatillo
Guarana	Orange Salt	Tomatillo
Guarana Gymnema Silvestre	Orange Salt Oregano	Tomatillo Turmeric
Guarana Gymnema Silvestre Herbs De Provence	Orange Salt Oregano Parsley	Tomatillo Turmeric Uva Ursi Valerian Vanilla (gluten and corn-free)
Guarana Gymnema Silvestre Herbs De Provence Hickory	Orange Salt Oregano Parsley Pepper, Black (see Garlic/Lemon Pepper)	Tomatillo Turmeric Uva Ursi Valerian
Guarana Gymnema Silvestre Herbs De Provence Hickory Himalayan Salt	Orange Salt Oregano Parsley Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne	Turmeric Uva Ursi Valerian Vanilla (gluten and corn-free)
Guarana Gymnema Silvestre Herbs De Provence Hickory Himalayan Salt Jamaican Jerk	Orange Salt Oregano Parsley Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper/Peppercorns	Turmeric Uva Ursi Valerian Vanilla (gluten and corn-free) Vanilla Bean

Rose Hips		Bean, Pinto/Frijole	Meat & Poultry
Pepper, Sichuan		Bean, Red (see also Bean, Kidney)	Applegate® organic black forest ham
Pepper, Szechuan		Chickpea (see also Garbanzo Bean)	Applegate® organic herb roasted turkey
Onion Powder		Edamame (must be organic)	ApplegateÅ® organic hor dogs
Onion		Fava Bean	Applegate® organic roast beef
Shallots		Fava Bean Flour	Applegate® organic chicken/apple sausag
Paprika (smoked)		Garbanzo Bean	Applegate® organic red pepper sausage
Paprika		Garbanzo Flour	ApplegateÅ® organic sausage sweet italian
 		Lentil(s)	Applegate® organic smoked turkey breast
Legumes & Pulses		Miso	Applegate® organic turkey
Bean, Azuki		Peanut (Organic, Valencia)	Beef, Grass-fed only (organic)
Bean, Black		Peanut Butter (Organic, Maranatha®)	Bison (see also Buffalo)
Bean, Butter		Peanut Oil (Organic)	Chicken Broth (Imagine® gf/low sodium)
Bean, Cannellini		Red Bean Paste	Goat, Grass-fed only (organic)
Bean, Chana Dahl		Soy Beans (must be organic)	Ostrich
Bean, Chili		Soy Beans Oil (must be organic)	Pheasant
Bean, Green		Vanilla Bean	Quail
Bean, Italian		Vanilla Powder	Rabbit
Bean, Kidney		White Beans	Veal (organic)
Bean, Lima		Coffee Bean, Organic	
Bean, Mung	, '		
Bean, Navy/Ninja			

Milk-Containing Foods	Konjac Glucomannon Flour	Blue Food Dye
	Liquid Aminos (Braggs®)(has Soy)	Skinny Crisps®(Plain Jane)
Miscellaneous	Locust Bean Gum	Red Food Dye
Antimony	Lycopene	Cocoa Butter
Arabic Gum	Maltodextrin (Can be Wheat-derived)	Agar Gum
Baking Soda (Arm & Hammer®)	Palm Wax	
Beef broth (Imagine® low sodium/GF)	Pycnogenol	Non-Dairy & Eggs
Carrageenan Gum	Red Tomato Paste (gluten free)	Almond Milk, unsweetened (no tapioca)
Chewing Gum, Xylichew®	Silver	Almond Yogurt, unsweetened
Chicken Broth (Imagine® gf/low sodium)	Tamari (Wheat Free)	Coconut Kefir (No Tapioca, Carageenan)
Chicory Root	Tofu (Organic)	Coconut Milk(Native Forest or Natural Value)
Cocoa/Cacao (raw, pure, & unsweetened)	Tomato Paste (gluten & Vinegar-free)	Egg, Pasture-raised (from a farmer)
Coconut Aminos®	Tomato Sauce (gluten & Vinegar-free)	Egg, Vital Farms® or Pasture Verde®
Coconut Cream	Vegetable broth (Imagine® Low Sodium)	Egg, Whites, Pasture-raised
Collagen Protein (Powder)	Vegetable Shortening (Spectrum®)	Egg, Yolks Pasture-raised
Garam Masala	Yeast, Baker's	Milk, Soy (Organic)
Glucomannon Flour (konjacfoods.com)	Yeast, Brewer's	BodyPro Avocado Oil Mayonnaise
Great Lake's® Beef Gelatin	Yeast, Nutritional	
Guar Gum	Latex	
Julian Bakery Paleo Wraps	Formaldehyde	
Julian Bakery Almond Bread	Acacia Gum	
Julian Bakery Coconut Bread	Tragacanth Gum	

Nuts, Seeds, Drupes & Oils	Flax Oil	Sacha Inchi Seeds
Almond	Flax Seed	Sesame Seed Oil
Almond Butter (Artisana®)	Grapeseed Oil, Organic	Sesame Seeds
Almond Flavor natural, gluten free)	Hazelnut Flour	Sesame Seeds, Black
Almond Flour (gluten free)	Hazelnut/Filbert	Sunflower Seed Butter
Almond Meal (gluten free)	Hemp Meal	Sunflower Seed Lecithin
Almond, Marcona	Hemp Protein (Powder)	Sunflower Seed Oil
Annatto Seed	Hemp Seed	Sunflower Seeds
Brazil Nut	Hydrogenated Oils	Tahini
Canola/Rapeseed Oil	Macadamia Nut Oil	Tea, Ramon
Caraway Seed	Macadamia Nuts	Tiger Nuts
Cashayya	Palm Kernel Oil	Vegetable Shortening (Spectrum®)
Cashews	r aim remores	
Cashew Butter	Pecan	Walnut (few)
	_	Walnut Oil
Cashew Butter	Pecan	
Cashew Butter Cashew Meal	Pecan Pecan Flour	Walnut Oil
Cashew Butter Cashew Meal Chestnut	Pecan Pecan Flour Pepitas	Walnut Oil
Cashew Butter Cashew Meal Chestnut Chia Seed (1/4 cup, max)	Pecan Pecan Flour Pepitas Pili Nuts	Walnut Oil Walnut, Black (few)
Cashew Butter Cashew Meal Chestnut Chia Seed (1/4 cup, max) Coconut Butter	Pecan Pecan Flour Pepitas Pili Nuts Pine Nut	Walnut Oil Walnut, Black (few) Snacks
Cashew Butter Cashew Meal Chestnut Chia Seed (1/4 cup, max) Coconut Butter Coconut Oil Coconut, shredded (raw, unsweetened) Cola Nut (aka Kola Nut)	Pecan Flour Pepitas Pili Nuts Pine Nut Pistachios	Walnut Oil Walnut, Black (few) Snacks
Cashew Butter Cashew Meal Chestnut Chia Seed (1/4 cup, max) Coconut Butter Coconut Oil Coconut, shredded (raw, unsweetened)	Pecan Pecan Flour Pepitas Pili Nuts Pine Nut Pistachios Poppy seeds	Walnut Oil Walnut, Black (few) Snacks

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	Sweeteners		Agave Nectar		Carrot, Yellow
	Aspartame/Nutrasweet		Coconut Sugar		Cassava (see Tapioca and Yucca)
	Coconut Palm Sugar				Chard
	Honey, (Organic)		Vegetables		Chayote
	Honey, Manuka		Aloe Vera		Coconut (raw and unsweetened)
	Honey, Wildflower from Mahava®		Arugula		Coconut Concentrate
	Just Like Sugar®		Avocado		Collard Greens
	Lo Han		Avocado Oil		Daikon Radish
	Maltodextrin (Can be Wheat-derived)		Bamboo Shoot		Dandelion Greens
	Maple Sugar		Bean, Green		Dandelion Root
	Maple Syrup (Grade A Dark Amber Organio)	Bean Sprout		Eggplant
	Monk Fruit		Beet		Endive
	Nutrasweet®		Beet Greens		Fennel
	Rebiana Leaf (Stevia)		Bell Pepper, Green		Hearts of Palm
	Sorbitol		Bell Pepper, Red		Horseradish
	Splenda		Burdock		Jicama
	Sweetleaf® Stevia		Cactus (Nopales)		Kelp/Dulse
	Swerve® Xylitol		Capers		Kohlrabi
	Xyla (Birchwood Xylitol/non-corn source)		Capsicum		Kombu
				!	
Ш	Yacon Syrup		Carrot, Orange		Leeks
	Yacon Syrup BodyPro Almond Mayo Grade B Maple Syru	:	Carrot, Orange Carrot, Purple		Mustard Greens

Parsley	Seaweed	Turnip Greens
Parsnip	Spirulina	Turnips
Pea, Black-Eyed	Squash	Water Chestnut
Pea Protein	Squash, Butternut	Watercress
Pepper, Anaheim	Squash, Summer	Yams, Garnett
Pepper, Chili	Squash, Yellow	Yams, Japanese
Pepper, Green	Sweet Potato, Red	Yucca
Pepper, Habanero	Sweet Potatoes, White	Alfalfa Sprouts
Pepper, Jalapeño	Swiss Chard	Psyllium Husk
Pepper, Poblano	Tomatillo	Onion, Green
Pepper, Red	Tomato Paste (gluten & Vinegar-free)	Onion, Maui
Pepper, Serrano	Tomato Sauce (gluten & Vinegar-free)	Onion, Red
Fickles, BubbiesÁ® brand only	Tomato	Onion, Sweet
Pimento	Tomatoes, Big Beef	Onion, Yellow
Potato, Sweet	Tomato, Cherry	Chives
Prickly Pear	Tomato, Heirloom	Shallots
Radicchio	Tomato, Orange	Bell Pepper
Rainbow Chard	Tomato, Red	Bell Pepper, Yellow
Rhubarb	Tomato, Roma	Bell Pepper, Orange
Rutabaga	Tomato, Sun-dried	
Scallions	Tomato, Yellow	
Sea Vegetables	Truffle	