

☐ **Beverages & Protein Powders**☐ Almond Milk, unsweetened (no tapioca)☐ Apple Juice☐ Bone Broth Protein, Beef☐ Carrot Juice☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk (Native Forest or Natural Value)☐ Coconut Water (low sugar)☐ Coffee☐ Coffee Bean, Organic☐ Collagen Protein (Powder)☐ Echinacea Tea☐ Grapefruit Juice☐ Green Tea☐ Hemp Protein (Powder)☐ Lemon Juice☐ Licorice Tea☐ Lime Juice☐ Milk, Soy (Organic)☐ Mineral Water☐ Orange Juice☐ Pea Protein☐ Soy Milk/Soy Cheese (Organic)☐ Soy Protein (Organic)☐ Sparkling Water, unflavored☐ Tea, Black☐ Tea, Chamomile☐ Tea, Green☐ Tea, Hibiscus☐ Tea, Oolong☐ Tea, Ramon☐ Tea, Roobios☐ Tea, unflavored/cafeine-free only☐ Tea, White☐ Water☐ Yerba Matte Tea (Organic/Pure)☐ Zevia Drinks☐ **Condiments**☐ Apple Cider Vinegar (Bragg's®)☐ BodyPro Almond Mayo Grade B Maple Syrup☐ BodyPro Almond Mayo with Yacon Syrup☐ BodyPro Avocado Oil Mayonnaise☐ Carob☐ Coconut Vinegar (Coconut Secret)☐ Dressing, Primal Kitchen Honey Mustard☐ Earth Balance® Avocado Oil Butter Spread☐ Earth Balance® Coconut Spread☐ Harissa☐ Horseradish Sauce, Gluten-free (Annie's®)☐ Hummus☐ Mayonnaise, Primal Kitchen Avocado Oil☐ Mayonnaise, Primal Kitchen Chipotle Avocado Oil☐ Mustard, Brown (Eden® gf mustard)☐ Sauerkraut (Bubbies® Brand only)☐ Vinegar, Beet☐ **Corn-Derived Foods**☐ GemWraps®, Sandwich Wrap (Carrot)☐ Swerve® Xylitol

<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Perch	<input type="checkbox"/> Apricot
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Banana
<input type="checkbox"/> Bass	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Bilberry
<input type="checkbox"/> Catfish	<input type="checkbox"/> Sardines	<input type="checkbox"/> Blackberry
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Scallop	<input type="checkbox"/> Blueberry
<input type="checkbox"/> Clam	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Boysenberry
<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Sole	<input type="checkbox"/> Cantaloupe
<input type="checkbox"/> Corvina	<input type="checkbox"/> Squid	<input type="checkbox"/> Cherry
<input type="checkbox"/> Crab	<input type="checkbox"/> Swai	<input type="checkbox"/> Clementine
<input type="checkbox"/> Crayfish	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Cranberry
<input type="checkbox"/> Flounder	<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Cranberry Juice
<input type="checkbox"/> Haddock	<input type="checkbox"/> Trout	<input type="checkbox"/> Currant
<input type="checkbox"/> Hake	<input type="checkbox"/> Tuna	<input type="checkbox"/> Date(s)
<input type="checkbox"/> Halibut	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Dragon Fruit (Pitaya)
<input type="checkbox"/> Herring	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Dried Fruit
<input type="checkbox"/> Lobster		<input type="checkbox"/> Elderberry
<input type="checkbox"/> Mackerel	<input type="checkbox"/> Fruits	<input type="checkbox"/> Fig
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Acai	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Mussel	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Octopus	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grape
<input type="checkbox"/> Oyster	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Grape, Green

<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Raspberry
<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Mulberry	<input type="checkbox"/> Star Fruit
<input type="checkbox"/> Grape, White	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Strawberry
<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Noni	<input type="checkbox"/> Tamarind
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Orange	<input type="checkbox"/> Tangelo
<input type="checkbox"/> Guava	<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Tangerine
<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Watermelon
<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Wolfberry
<input type="checkbox"/> Kiwi	<input type="checkbox"/> Papaya	<input type="checkbox"/> Youngberry
<input type="checkbox"/> Kumquat	<input type="checkbox"/> Passion Fruit	
<input type="checkbox"/> Lemon	<input type="checkbox"/> Peach	<input type="checkbox"/> Gluten-Containing Foods
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Pear	
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Gluten-Free Grains
<input type="checkbox"/> Lime	<input type="checkbox"/> Persimmons	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Pineapple	<input type="checkbox"/> Amaranth
<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Plantain	<input type="checkbox"/> Arrowroot Flour/powder
<input type="checkbox"/> Loganberry	<input type="checkbox"/> Plum	<input type="checkbox"/> Buckwheat
<input type="checkbox"/> Loquat	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Buckwheat Flour
<input type="checkbox"/> Mango	<input type="checkbox"/> Pomelo	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Prune	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Maqui	<input type="checkbox"/> Quince	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Fava Bean Flour

<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Teff	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Cloves
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Cloves, Penang
<input type="checkbox"/> Konjac Glucomannon Flour		<input type="checkbox"/> Cramp Bark Extract
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cream of Tartar
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Allspice	<input type="checkbox"/> Cumin
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Curcumin
<input type="checkbox"/> ProGranola (Julian Bakery)	<input type="checkbox"/> Anise	<input type="checkbox"/> Curry (must be GF)
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Astragalus	<input type="checkbox"/> Dill
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Basil	<input type="checkbox"/> Dong Quai
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Echinacea
<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Fennel
<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garlic
<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic Pepper
<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Powder
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Garlic Salt
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Ginger

<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Mint	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Saffron
<input type="checkbox"/> Guarana	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sage
<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Onion	<input type="checkbox"/> Saw Plametto
<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Hickory	<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Shallots
<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Oregano	<input type="checkbox"/> Spearmint
<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Paprika	<input type="checkbox"/> St. John's Wort
<input type="checkbox"/> Lavender	<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Sumac
<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Parsley	<input type="checkbox"/> Taco Seasoning
<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Tarragon
<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Thyme
<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Maca Root	<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Turmeric
<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Uva Ursi
<input type="checkbox"/> Marjoram	<input type="checkbox"/> Peppermint	<input type="checkbox"/> Valerian
<input type="checkbox"/> Mesquite	<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Vanilla (gluten and corn-free)

<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Applegate® organic andouille sausage
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Applegate® organic chicken
	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Miso	<input type="checkbox"/> Applegate® organic herb roasted turkey
<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Applegate® organic red pepper sausage
<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Applegate® organic smoked chicken breast
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Applegate® organic smoked turkey breast
<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Applegate® organic turkey
<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Applegate® organic turkey bacon
<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Bean, Navy/Ninja	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> White Beans	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Bean, Red (see also Bean, Kidney)		<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)		<input type="checkbox"/> Deer (see also Venison)

<input type="checkbox"/> Duck	<input type="checkbox"/> Bone Broth, Beef	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Chewing Gum, Xylitew®	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Latex
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)
<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Quail	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Modified Food Starch (Tapioca-based)
<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Red Food Dye
	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Red Tomato Paste (gluten free)
	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)	<input type="checkbox"/> Silver
<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Skinny Crisps®(Plain Jane)
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Antimony	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Hops	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Inulin	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Tragacanth Gum

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| <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium) | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Hemp Protein (Powder) |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Hemp Seed |
| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Hydrogenated Oils |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) | <input type="checkbox"/> Canola/Rapeseed Oil | <input type="checkbox"/> Macadamia Nut Oil |
| <input type="checkbox"/> Almond Yogurt, unsweetened | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Macadamia Nuts |
| <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise | <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Cashews | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Egg, Pasture-raised (from a farmer) | <input type="checkbox"/> Chestnut | <input type="checkbox"/> Pecan |
| <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde® | <input type="checkbox"/> Chia Seed (1/4 cup, max) | <input type="checkbox"/> Pecan Flour |
| <input type="checkbox"/> Egg, Whites, Pasture-raised | <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Pepitas |
| <input type="checkbox"/> Egg, Yolks Pasture-raised | <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Pili Nuts |
| <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Pine Nut |
| <input type="checkbox"/> Paleo Cheese (Julianbakery.com or | <input type="checkbox"/> Cola Nut (aka Kola Nut) | <input type="checkbox"/> Pistachios |
| | <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Poppy seeds |
| | <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Pumpkin Oil |
| <input type="checkbox"/> Almond | <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Pumpkin Seed Oil |
| <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Pumpkin Seeds |
| <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Ramon Seeds |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) |
| <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Sacha Inchi Seeds |

<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Nutrasweet®
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Rebiana Leaf (Stevia)
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Sorbitol
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Splenda
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Sucanat
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Sucralose
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Sugar Cane
<input type="checkbox"/> Tahini	<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Sweetleaf® Stevia
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Swerve® Xylitol
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Tapioca Dextrose
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)
<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Yacon Syrup
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Jerusalem Artichoke Syrup	
<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Vegetables
	<input type="checkbox"/> Lo Han	<input type="checkbox"/> Alfalfa Sprouts
<input type="checkbox"/> Snacks	<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Aloe Vera
<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Artichoke (not pickled)
<input type="checkbox"/> Date(s)	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Artichoke, Jerusalem (not pickled)
<input type="checkbox"/> Simple Mills Chocolate Chip Cookies	<input type="checkbox"/> Molasses	<input type="checkbox"/> Arugula
	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Asparagus
	<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Avocado

<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Capers	<input type="checkbox"/> Endive
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Fennel
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Garlic
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Jicama
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kombu
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery	<input type="checkbox"/> Leeks
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Chives	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Burdock	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Nori
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra
<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Onion, Green

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|---|---|---|
| <input type="checkbox"/> Onion, Maui | <input type="checkbox"/> Potato, Fingerling | <input type="checkbox"/> Spirulina |
| <input type="checkbox"/> Onion, Red | <input type="checkbox"/> Potato, Purple | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Onion, Sweet | <input type="checkbox"/> Potato, Red | <input type="checkbox"/> Squash, Acorn |
| <input type="checkbox"/> Onion, Yellow | <input type="checkbox"/> Potato, Russet | <input type="checkbox"/> Squash, Butternut |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Potato, Sweet | <input type="checkbox"/> Squash, Green |
| <input type="checkbox"/> Parsnip | <input type="checkbox"/> Potato, White | <input type="checkbox"/> Squash, Spaghetti |
| <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Squash, Summer |
| <input type="checkbox"/> Pea, Black-Eyed | <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Squash, Winter |
| <input type="checkbox"/> Pea, Green | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Squash, Yellow |
| <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Sweet Potato, Red |
| <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Radicchio | <input type="checkbox"/> Sweet Potatoes, White |
| <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Radish | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |
| <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Scallions | <input type="checkbox"/> Tomato, Cherry |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Sea Vegetables | <input type="checkbox"/> Tomato, Heirloom |
| <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Seaweed | <input type="checkbox"/> Tomato, Orange |
| <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Shallots | <input type="checkbox"/> Tomato, Red |
| <input type="checkbox"/> Pimento | <input type="checkbox"/> Spinach | <input type="checkbox"/> Tomato, Roma |

- ☐ Tomato, Sun-dried
- ☐ Tomato, Yellow
- ☐ Tomatoes, Big Beef
- ☐ Truffle
- ☐ Turnip Greens
- ☐ Turnips
- ☐ Water Chestnut
- ☐ Watercress
- ☐ Yams, Garnett
- ☐ Yams, Japanese
- ☐ Yucca
- ☐ Zucchini