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| <input type="checkbox"/> Fruits | <input type="checkbox"/> Lime | <input type="checkbox"/> Avocado Oil |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Brazil Nut |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Caraway Seed |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Loganberry | <input type="checkbox"/> Cashew Butter |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Loquat | <input type="checkbox"/> Cashew Meal |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Maqui | <input type="checkbox"/> Cashews |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Mulberry | <input type="checkbox"/> Chestnut |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Coconut Butter |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Noni | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Cranberry | <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) |
| <input type="checkbox"/> Currant | <input type="checkbox"/> Peach | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Pear | <input type="checkbox"/> Hazelnut/Filbert |
| <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Pear, Asian | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Golden Berry | | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Almond | <input type="checkbox"/> Pepitas |
| <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Pine Nut |
| <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Poppy seeds |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Pumpkin Oil |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Pumpkin Seed Oil |
| <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Pumpkin Seeds |

<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Swai	<input type="checkbox"/> Broccoli Rabe
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Broccoli Sprouts
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Broccolini
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Trout	<input type="checkbox"/> Brussels Sprout
	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Burdock
<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)
<input type="checkbox"/> Bass		<input type="checkbox"/> Cabbage, Green
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cabbage, Purple
<input type="checkbox"/> Corvina	<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Cactus (Nopales)
<input type="checkbox"/> Flounder	<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Capers
<input type="checkbox"/> Haddock	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Hake	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cauliflower, Purple
<input type="checkbox"/> Halibut	<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Celery
<input type="checkbox"/> Herring	<input type="checkbox"/> Arugula	<input type="checkbox"/> Chard
<input type="checkbox"/> Mackerel	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Chives
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Avocado	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Octopus	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Perch	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Beet	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Sardines	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Sole	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Dandelion Root

<input type="checkbox"/> Endive	<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Fennel	<input type="checkbox"/> Parsley	<input type="checkbox"/> Turnips
<input type="checkbox"/> Garlic	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Water Chestnut
<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Watercress
<input type="checkbox"/> Horseradish	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Jicama	<input type="checkbox"/> Radicchio	
<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Radish	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Leeks	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Scallions	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Shallots	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Spinach	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Squash	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Okra	<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Duck
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Lamb

<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Quail		<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Cloves
<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Lo Han	<input type="checkbox"/> Cloves, Penang
	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Cramp Bark Extract
<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Cream of Tartar
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Cumin
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)		<input type="checkbox"/> Curcumin
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Curry (must be GF)
	<input type="checkbox"/> Allspice	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Condiments, Spreads & Sauces	<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Dill
<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Anise	<input type="checkbox"/> Dong Quai
<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/> Astragalus	<input type="checkbox"/> Echinacea
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Basil	<input type="checkbox"/> Fennel
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Garlic
<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garlic Pepper

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| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Sumac |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Onion | <input type="checkbox"/> Uva Ursi |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Valerian |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Oregano | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Parsley | <input type="checkbox"/> Wintergreen |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Pepper, Black (see
Garlic/Lemon Pepper) | <input type="checkbox"/> Wormwood |
| <input type="checkbox"/> Hickory | <input type="checkbox"/> Pepper/Peppercorns | |
| <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Peppermint | <input type="checkbox"/> Milk-Containing Foods |
| <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Pine Bark Extract | |
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Legumes & Pulses |
| <input type="checkbox"/> Lemon Balm (Melissa
Officinalis) | <input type="checkbox"/> Rosemary | |
| <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Saffron | <input type="checkbox"/> Corn-Derived Foods |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Sage | |
| <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Gluten-Containing Foods |
| <input type="checkbox"/> Maca Root | <input type="checkbox"/> Sesame Seeds | |
| <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Sesame Seeds, Black | |
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Shallots | |
| <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Spearmint | |
| <input type="checkbox"/> Mint | <input type="checkbox"/> St. John's Wort | |

<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Inulin
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Latex
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Silver
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tea, Oolong	
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Tea, Rooibos	<input type="checkbox"/> Snacks
	<input type="checkbox"/> Tea, White	
<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Water	
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	
<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Zevia Drinks	
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)		
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Miscellaneous	
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Bone Broth, Beef	
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Chicory Root	
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Collagen Protein (Powder)	
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Great Lake's® Beef Gelatin	