

☐ Beverages & Protein Powders

- ☐ Almond Milk, unsweetened (no tapioca)
- ☐ Apple Juice
- ☐ Carrot Juice
- ☐ Coconut Kefir (No Tapioca, Carageenan)
- ☐ Coconut Milk(Native Forest or Natural Value)
- ☐ Coconut Water (low sugar)
- ☐ Coffee
- ☐ Collagen Protein (Powder)
- ☐ Echinacea Tea
- ☐ Hemp Protein (Powder)
- ☐ Lemon Juice
- ☐ Mineral Water
- ☐ Orange Juice
- ☐ Pea Protein
- ☐ Sparkling Water, unflavored
- ☐ Tea, Black
- ☐ Tea, Chamomile
- ☐ Tea, Oolong
- ☐ Tea, Ramon
- ☐ Tea, Roobios
- ☐ Tea, unflavored/caffeine-free only

☐ Tea, White

- ☐ Water
- ☐ Yerba Matte Tea (Organic/Pure)
- ☐ Coffee Bean, Organic

☐ Condiments

- ☐ Apple Cider Vinegar (Bragg's®)
- ☐ Carob
- ☐ Coconut Vinegar (Coconut Secret)
- ☐ Earth Balance® Coconut Spread
- ☐ Earth Balance® Avocado Oil Butter Spread
- ☐ Horseradish Sauce, Gluten-free (Annie's®)
- ☐ Mustard, Brown (Eden® gf mustard)
- ☐ Sauerkraut (Bubbies® Brand only)
- ☐ Dressing, Primal Kitchen Honey Mustard
- ☐ Mayonnaise, Primal Kitchen Avocado Oil
- ☐ BodyPro Almond Mayo Grade B Maple Syrup
- ☐ BodyPro Almond Mayo with Yacon Syrup

☐ Corn-Derived Foods

- ☐ Swerve® Xylitol

☐ Fish & Shellfish

- ☐ Anchovy
- ☐ Bass
- ☐ Catfish
- ☐ Chilean Sea Bass
- ☐ Clam
- ☐ Cod/ Cod Liver Oil
- ☐ Corvina
- ☐ Crab
- ☐ Crayfish
- ☐ Flounder
- ☐ Haddock
- ☐ Hake
- ☐ Halibut
- ☐ Herring
- ☐ Lobster
- ☐ Mackerel
- ☐ Mahi Mahi
- ☐ Mussel

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|---|--|--|
| <input type="checkbox"/> Orange Roughy        | <input type="checkbox"/> Bilberry              | <input type="checkbox"/> Huckleberry         |
| <input type="checkbox"/> Oyster               | <input type="checkbox"/> Blackberry            | <input type="checkbox"/> Jack fruit          |
| <input type="checkbox"/> Perch                | <input type="checkbox"/> Blueberry             | <input type="checkbox"/> Kumquat             |
| <input type="checkbox"/> Red Snapper          | <input type="checkbox"/> Boysenberry           | <input type="checkbox"/> Lemon               |
| <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Cantaloupe            | <input type="checkbox"/> Lemon Juice         |
| <input type="checkbox"/> Sardines             | <input type="checkbox"/> Clementine            | <input type="checkbox"/> Lemon Rind/Peel     |
| <input type="checkbox"/> Scallop              | <input type="checkbox"/> Cranberry             | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Shrimp               | <input type="checkbox"/> Cranberry Juice       | <input type="checkbox"/> Loganberry          |
| <input type="checkbox"/> Sole                 | <input type="checkbox"/> Currant               | <input type="checkbox"/> Loquat              |
| <input type="checkbox"/> Swai                 | <input type="checkbox"/> Date(s)               | <input type="checkbox"/> Mangosteen          |
| <input type="checkbox"/> Swordfish            | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Maqui               |
| <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Dried Fruit           | <input type="checkbox"/> Melon, Honeydew     |
| <input type="checkbox"/> Trout                | <input type="checkbox"/> Elderberry            | <input type="checkbox"/> Monk Fruit          |
| <input type="checkbox"/> Tuna                 | <input type="checkbox"/> Fig                   | <input type="checkbox"/> Mulberry            |
| <input type="checkbox"/> Walleye Pike         | <input type="checkbox"/> Golden Berry          | <input type="checkbox"/> Nectarines          |
| <input type="checkbox"/> Whitefish/Turbot     | <input type="checkbox"/> Gooseberry            | <input type="checkbox"/> Noni                |
|   | <input type="checkbox"/> Grape                 | <input type="checkbox"/> Orange              |
| <input type="checkbox"/> <b>Fruits</b>        | <input type="checkbox"/> Grape, Green          | <input type="checkbox"/> Orange, Blood       |
| <input type="checkbox"/> Acai                 | <input type="checkbox"/> Grape, Purple         | <input type="checkbox"/> Orange Juice        |
| <input type="checkbox"/> Apple (all types)    | <input type="checkbox"/> Grape, Red            | <input type="checkbox"/> Orange Peel/Rind    |
| <input type="checkbox"/> Apple Cider          | <input type="checkbox"/> Grape, White          | <input type="checkbox"/> Papaya              |
| <input type="checkbox"/> Apple Juice          | <input type="checkbox"/> Guava                 | <input type="checkbox"/> Passion Fruit       |

<input type="checkbox"/> Peach	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Potato Starch (gluten free)
<input type="checkbox"/> Pear	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Pear, Asian		<input type="checkbox"/> Sorghum
<input type="checkbox"/> Persimmons	<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Sweet Potato Flour (gluten free)
<input type="checkbox"/> Pineapple		<input type="checkbox"/> Tapioca
<input type="checkbox"/> Plantain	<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Plum	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Teff
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Prune	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Quince	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Arrowroot Flour/powder
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Fava Bean Flour	
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> <b>Herbs &amp; Spices</b>
<input type="checkbox"/> Strawberry	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Allspice
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Tangelo	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Anise
<input type="checkbox"/> Tangerine	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Basil
<input type="checkbox"/> Banana	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Apricot	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Black Cohosh

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|---|---|--|
| <input type="checkbox"/> Caraway Seed       | <input type="checkbox"/> Ginkgo Biloba                      | <input type="checkbox"/> Mustard (as a Powder)                   |
| <input type="checkbox"/> Cardamom           | <input type="checkbox"/> Ginseng (All Types)                | <input type="checkbox"/> Mustard Seeds (gluten free)             |
| <input type="checkbox"/> Celery Powder      | <input type="checkbox"/> Goldenseal                         | <input type="checkbox"/> Nutmeg                                  |
| <input type="checkbox"/> Chicory Root       | <input type="checkbox"/> Grapeseed Extract                  | <input type="checkbox"/> Olive Leaf Extract                      |
| <input type="checkbox"/> Chili Powder       | <input type="checkbox"/> Guarana                            | <input type="checkbox"/> Orange Peel/Rind                        |
| <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Gymnema Silvestre                  | <input type="checkbox"/> Orange Salt                             |
| <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Herbs De Provence                  | <input type="checkbox"/> Oregano                                 |
| <input type="checkbox"/> Cinnamon           | <input type="checkbox"/> Hickory                            | <input type="checkbox"/> Parsley                                 |
| <input type="checkbox"/> Cinnamon, Ceylon   | <input type="checkbox"/> Himalayan Salt                     | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) |
| <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Jamaican Jerk                      | <input type="checkbox"/> Pepper, Cayenne                         |
| <input type="checkbox"/> Cream of Tartar    | <input type="checkbox"/> Juniper Berry                      | <input type="checkbox"/> Pepper/Peppercorns                      |
| <input type="checkbox"/> Cumin              | <input type="checkbox"/> Lavender                           | <input type="checkbox"/> Pepper, Red                             |
| <input type="checkbox"/> Curcumin           | <input type="checkbox"/> Lemon Balm (Melissa Officinalis)   | <input type="checkbox"/> Peppermint                              |
| <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Lemon Pepper                       | <input type="checkbox"/> Pine Bark Extract                       |
| <input type="checkbox"/> Dandelion Root     | <input type="checkbox"/> Lemongrass                         | <input type="checkbox"/> Red Pepper Flake                        |
| <input type="checkbox"/> Dong Quai          | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Rosemary                                |
| <input type="checkbox"/> Echinacea          | <input type="checkbox"/> Maca Root                          | <input type="checkbox"/> Saffron                                 |
| <input type="checkbox"/> Fennel             | <input type="checkbox"/> Mace Spice                         | <input type="checkbox"/> Sage                                    |
| <input type="checkbox"/> Garlic             | <input type="checkbox"/> Marjoram                           | <input type="checkbox"/> Saw Plametto                            |
| <input type="checkbox"/> Garlic Pepper      | <input type="checkbox"/> Mesquite                           | <input type="checkbox"/> Spearmint                               |
| <input type="checkbox"/> Garlic Powder      | <input type="checkbox"/> Milk Thistle                       | <input type="checkbox"/> St. John's Wort                         |
| <input type="checkbox"/> Garlic Salt        | <input type="checkbox"/> Mint                               | <input type="checkbox"/> Taco Seasoning                          |

<input type="checkbox"/> Tarragon	<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> White Beans
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Chana Dahl	
<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> <b>Meat &amp; Poultry</b>
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Applegate® organic herb roasted turkey
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Applegate® organic smoked chicken breast
<input type="checkbox"/> Onion	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Applegate® organic smoked turkey breast
<input type="checkbox"/> Shallots	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Applegate® organic turkey
<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Applegate® organic turkey bacon
	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Beef, Grass-fed only (organic)
	<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Bison (see also Buffalo)
	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Buffalo (see also Bison)
	<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)

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|---|---|---|
| <input type="checkbox"/> Chicken, free range (organic)  | <input type="checkbox"/> Chewing Gum, Xylitew®                  | <input type="checkbox"/> Vegetable Shortening (Spectrum®)             |
| <input type="checkbox"/> Deer (see also Venison)        | <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium) | <input type="checkbox"/> Latex  |
| <input type="checkbox"/> Duck                           | <input type="checkbox"/> Chicory Root                           | <input type="checkbox"/> Formaldehyde                                 |
| <input type="checkbox"/> Goat, Grass-fed only (organic) | <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened) | <input type="checkbox"/> Acacia Gum                                   |
| <input type="checkbox"/> Lamb (organic)                 | <input type="checkbox"/> Coconut Aminos®                        | <input type="checkbox"/> Tragacanth Gum                               |
| <input type="checkbox"/> Lard (pork)                    | <input type="checkbox"/> Coconut Cream                          | <input type="checkbox"/> Blue Food Dye                                |
| <input type="checkbox"/> Ostrich                        | <input type="checkbox"/> Collagen Protein (Powder)              | <input type="checkbox"/> Red Food Dye                                 |
| <input type="checkbox"/> Pheasant                       | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com)    | <input type="checkbox"/> Cocoa Butter                                 |
| <input type="checkbox"/> Pork, (organic)                | <input type="checkbox"/> Great Lake's® Beef Gelatin             | <input type="checkbox"/> Agar Gum                                     |
| <input type="checkbox"/> Quail                          | <input type="checkbox"/> Guar Gum                               |   |
| <input type="checkbox"/> Rabbit                         | <input type="checkbox"/> Hops                                   | <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>                  |
| <input type="checkbox"/> Turkey (organic)               | <input type="checkbox"/> Konjac Glucomannon Flour               | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)        |
| <input type="checkbox"/> Veal (organic)                 | <input type="checkbox"/> Lard (pork)                            | <input type="checkbox"/> Almond Yogurt, unsweetened                   |
| <input type="checkbox"/> Venison (see also Deer)        | <input type="checkbox"/> Locust Bean Gum                        | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)       |
|   | <input type="checkbox"/> Lycopene                               | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) |
| <input type="checkbox"/> <b>Milk-Containing Foods</b>   | <input type="checkbox"/> Palm Wax                               |   |
|   | <input type="checkbox"/> Pycnogenol                             | <input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b>        |
| <input type="checkbox"/> <b>Miscellaneous</b>           | <input type="checkbox"/> Red Tomato Paste (gluten free)         | <input type="checkbox"/> Almond                                       |
| <input type="checkbox"/> Antimony                       | <input type="checkbox"/> Resveratrol                            | <input type="checkbox"/> Almond Butter (Artisana®)                    |
| <input type="checkbox"/> Arabic Gum                     | <input type="checkbox"/> Silver                                 | <input type="checkbox"/> Almond Flavor natural, gluten free)          |
| <input type="checkbox"/> Baking Soda (Arm & Hammer®)    | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)   | <input type="checkbox"/> Almond Flour (gluten free)                   |
| <input type="checkbox"/> Carrageenan Gum                | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)   | <input type="checkbox"/> Almond Meal (gluten free)                    |

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|---|---|---|
| <input type="checkbox"/> Almond, Marcona                      | <input type="checkbox"/> Macadamia Nuts                         | <input type="checkbox"/> Walnut (few)                             |
| <input type="checkbox"/> Annatto Seed                         | <input type="checkbox"/> Olive Leaf Extract                     | <input type="checkbox"/> Walnut Oil                               |
| <input type="checkbox"/> Brazil Nut                           | <input type="checkbox"/> Olive Oil, Virgin                      | <input type="checkbox"/> Walnut, Black (few)                      |
| <input type="checkbox"/> Canola/Rapeseed Oil                  | <input type="checkbox"/> Palm Kernel Oil                        |   |
| <input type="checkbox"/> Caraway Seed                         | <input type="checkbox"/> Pecan                                  | <input type="checkbox"/> <b>Snacks</b>                            |
| <input type="checkbox"/> Cashews                              | <input type="checkbox"/> Pecan Flour                            | <input type="checkbox"/> Date(s)                                  |
| <input type="checkbox"/> Cashew Butter                        | <input type="checkbox"/> Pepitas                                | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies      |
| <input type="checkbox"/> Cashew Meal                          | <input type="checkbox"/> Pili Nuts                              | <input type="checkbox"/> Apple Sauce                              |
| <input type="checkbox"/> Chestnut                             | <input type="checkbox"/> Pine Nut                               |   |
| <input type="checkbox"/> Coconut Butter                       | <input type="checkbox"/> Pistachios                             | <input type="checkbox"/> <b>Sweeteners</b>                        |
| <input type="checkbox"/> Coconut Oil                          | <input type="checkbox"/> Psyllium Husk                          | <input type="checkbox"/> Aspartame/Nutrasweet                     |
| <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Ramon Seeds                            | <input type="checkbox"/> Chocolate, Dark                          |
| <input type="checkbox"/> Cola Nut (aka Kola Nut)              | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Coconut Palm Sugar                       |
| <input type="checkbox"/> Cottonseed/Cottonseed Oil            | <input type="checkbox"/> Sacha Inchi Seeds                      | <input type="checkbox"/> Date Sugar                               |
| <input type="checkbox"/> Grapeseed Oil, Organic               | <input type="checkbox"/> Sunflower Seed Butter                  | <input type="checkbox"/> Fruit Pectin                             |
| <input type="checkbox"/> Hazelnut Flour                       | <input type="checkbox"/> Sunflower Seed Lecithin                | <input type="checkbox"/> Honey, (Organic)                         |
| <input type="checkbox"/> Hazelnut/Filbert                     | <input type="checkbox"/> Sunflower Seed Oil                     | <input type="checkbox"/> Honey, Manuka                            |
| <input type="checkbox"/> Hemp Meal                            | <input type="checkbox"/> Sunflower Seeds                        | <input type="checkbox"/> Honey, Wildflower from Mahava®           |
| <input type="checkbox"/> Hemp Protein (Powder)                | <input type="checkbox"/> Tahini                                 | <input type="checkbox"/> Just Like Sugar®                         |
| <input type="checkbox"/> Hemp Seed                            | <input type="checkbox"/> Tea, Ramon                             | <input type="checkbox"/> Lo Han                                   |
| <input type="checkbox"/> Hydrogenated Oils                    | <input type="checkbox"/> Tiger Nuts                             | <input type="checkbox"/> Maple Sugar                              |
| <input type="checkbox"/> Macadamia Nut Oil                    | <input type="checkbox"/> Vegetable Shortening (Spectrum®)       | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) |

<input type="checkbox"/> Molasses	<input type="checkbox"/> <b>Vegetables</b>	<input type="checkbox"/> Cabbage, Purple
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cactus (Nopales)
<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Capers
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Arugula	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Splenda	<input type="checkbox"/> Avocado	<input type="checkbox"/> Carrot, Orange
<input type="checkbox"/> Sucanat	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Carrot, Purple
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Carrot, White
<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot, Yellow
<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Beet	<input type="checkbox"/> Cassava (see Tapioca and Yucca)
<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)	<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cauliflower, Purple
<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Celery
<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard
<input type="checkbox"/> Sucralose	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut Concentrate
	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Collard Greens
	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Cucumber
	<input type="checkbox"/> Burdock	<input type="checkbox"/> Daikon Radish
	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Dandelion Greens
	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Dandelion Root



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|---|---|---|
| <input type="checkbox"/> Eggplant                 | <input type="checkbox"/> Pea, Split                   | <input type="checkbox"/> Rhubarb                              |
| <input type="checkbox"/> Endive                   | <input type="checkbox"/> Pea Protein                  | <input type="checkbox"/> Rutabaga                             |
| <input type="checkbox"/> Fennel                   | <input type="checkbox"/> Pepper, Anaheim              | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only)     |
| <input type="checkbox"/> Garlic                   | <input type="checkbox"/> Pepper, Chili                | <input type="checkbox"/> Scallions                            |
| <input type="checkbox"/> Hearts of Palm           | <input type="checkbox"/> Pepper, Green                | <input type="checkbox"/> Sea Vegetables                       |
| <input type="checkbox"/> Horseradish              | <input type="checkbox"/> Pepper, Habanero             | <input type="checkbox"/> Seaweed                              |
| <input type="checkbox"/> Jicama                   | <input type="checkbox"/> Pepper, Jalapeño             | <input type="checkbox"/> Spinach                              |
| <input type="checkbox"/> Kale, all types          | <input type="checkbox"/> Pepper, Poblano              | <input type="checkbox"/> Spirulina                            |
| <input type="checkbox"/> Kelp/Dulse               | <input type="checkbox"/> Pepper, Red                  | <input type="checkbox"/> Squash                               |
| <input type="checkbox"/> Kohlrabi                 | <input type="checkbox"/> Pepper, Serrano              | <input type="checkbox"/> Squash, Acorn                        |
| <input type="checkbox"/> Kombu                    | <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Squash, Butternut                    |
| <input type="checkbox"/> Leeks                    | <input type="checkbox"/> Pimento                      | <input type="checkbox"/> Squash, Green                        |
| <input type="checkbox"/> Mustard Greens           | <input type="checkbox"/> Potato, Fingerling           | <input type="checkbox"/> Squash, Spaghetti                    |
| <input type="checkbox"/> Nori                     | <input type="checkbox"/> Potato, Purple               | <input type="checkbox"/> Squash, Summer                       |
| <input type="checkbox"/> Okra                     | <input type="checkbox"/> Potato, Red                  | <input type="checkbox"/> Squash, Winter                       |
| <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Potato, Russet               | <input type="checkbox"/> Squash, Yellow                       |
| <input type="checkbox"/> Parsley                  | <input type="checkbox"/> Potato, Sweet                | <input type="checkbox"/> Sugar Beet                           |
| <input type="checkbox"/> Parsnip                  | <input type="checkbox"/> Potato, White                | <input type="checkbox"/> Sweet Potato, Red                    |
| <input type="checkbox"/> Pea, Black-Eyed          | <input type="checkbox"/> Potato, Yukon Gold           | <input type="checkbox"/> Sweet Potatoes, White                |
| <input type="checkbox"/> Pea, Green               | <input type="checkbox"/> Prickly Pear                 | <input type="checkbox"/> Swiss Chard                          |
| <input type="checkbox"/> Pea, Snap                | <input type="checkbox"/> Radicchio                    | <input type="checkbox"/> Tomatillo                            |
| <input type="checkbox"/> Pea, Snow                | <input type="checkbox"/> Rainbow Chard                | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |

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|---|--|
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <input type="checkbox"/> Onion, Red          |
| <input type="checkbox"/> Tomato                               | <input type="checkbox"/> Onion, Sweet        |
| <input type="checkbox"/> Tomatoes, Big Beef                   | <input type="checkbox"/> Onion, Yellow       |
| <input type="checkbox"/> Tomato, Cherry                       | <input type="checkbox"/> Chives              |
| <input type="checkbox"/> Tomato, Heirloom                     | <input type="checkbox"/> Shallots            |
| <input type="checkbox"/> Tomato, Orange                       | <input type="checkbox"/> Bell Pepper         |
| <input type="checkbox"/> Tomato, Red                          | <input type="checkbox"/> Bell Pepper, Yellow |
| <input type="checkbox"/> Tomato, Roma                         | <input type="checkbox"/> Bell Pepper, Orange |
| <input type="checkbox"/> Tomato, Sun-dried                    |  |
| <input type="checkbox"/> Tomato, Yellow                       |  |
| <input type="checkbox"/> Truffle                              |  |
| <input type="checkbox"/> Turnip Greens                        |  |
| <input type="checkbox"/> Water Chestnut                       |  |
| <input type="checkbox"/> Watercress                           |  |
| <input type="checkbox"/> Yams, Garnett                        |  |
| <input type="checkbox"/> Yams, Japanese                       |  |
| <input type="checkbox"/> Yucca                                |  |
| <input type="checkbox"/> Zucchini                             |  |
| <input type="checkbox"/> Alfalfa Sprouts                      |  |
| <input type="checkbox"/> Psyllium Husk                        |  |
| <input type="checkbox"/> Onion, Green                         |  |
| <input type="checkbox"/> Onion, Maui                          |  |