

☐ **Beverages & Protein Powders**☐ Almond Milk, unsweetened (no tapioca)☐ Apple Juice☐ Carrot Juice☐ Coffee, Instant (has gluten)☐ Collagen Protein (Powder)☐ Echinacea Tea☐ Grapefruit Juice☐ Green Tea☐ Hemp Protein (Powder)☐ Licorice Tea☐ Lime Juice☐ Milk, Cow☐ Milk, Goat☐ Milk, Sheep☐ 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, Oolong☐ Tea, Ramon☐ Tea, Roobios☐ Tea, unflavored/caffeine-free only☐ Tea, White☐ Teechino☐ Water☐ Yerba Matte Tea (Organic/Pure)☐ Coffee Bean, Organic☐ **Condiments**☐ Apple Cider Vinegar (Bragg's®)☐ Balsamic Vinegar MiaBella NoCaramel/WineVinegar☐ Carob☐ Hummus☐ Ketchup (Organicville)☐ Mayonnaise☐ Mustard, Brown (Eden® gf mustard)☐ Sauerkraut (Bubbies® Brand only)☐ Tabasco Sauce☐ Dressing, Primal Kitchen Greek Avocado Oil☐ Dressing, Primal Kitchen Honey Mustard☐ Mayonnaise, Primal Kitchen Avocado Oil☐ Mayonnaise, Primal Kitchen Chipotle Avocado Oil☐ BodyPro Almond Mayo Grade B Maple Syrup☐ BodyPro Almond Mayo with Yacon Syrup☐ **Corn-Derived Foods**☐ **Fish & Shellfish**☐ Anchovy☐ Bass☐ Catfish☐ Chilean Sea Bass☐ Clam☐ Corvina☐ Crab☐ Crayfish☐ Flounder☐ Haddock☐ Hake

<input type="checkbox"/> Halibut	<input type="checkbox"/> Fruits	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Herring	<input type="checkbox"/> Acai	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Mackerel	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Mussel	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Oyster	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Perch	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Cherry	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Sardines	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Scallop	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Lime
<input type="checkbox"/> Sole	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Squid	<input type="checkbox"/> Currant	<input type="checkbox"/> Litchi (aka Lychee)
<input type="checkbox"/> Swai	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Loganberry
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Loquat
<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Mango
<input type="checkbox"/> Trout	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Mangosteen
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Fig	<input type="checkbox"/> Maqui
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Melon, Honeydew
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Monk Fruit
	<input type="checkbox"/> Grape	<input type="checkbox"/> Mulberry

<input type="checkbox"/> Nectarines	<input type="checkbox"/> Tangelo	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Noni	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Rye
<input type="checkbox"/> Orange	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Spelt
<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Teechino
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Triticale
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Banana	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Papaya	<input type="checkbox"/> Apricot	
<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Gluten-Free Grains
<input type="checkbox"/> Pear	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Pear, Asian		<input type="checkbox"/> Amaranth
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Basmati Rice (gluten free)
<input type="checkbox"/> Plantain	<input type="checkbox"/> Barley	<input type="checkbox"/> Buckwheat
<input type="checkbox"/> Plum	<input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive)	<input type="checkbox"/> Buckwheat Flour
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive)	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Prune	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Quince	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Gluten	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Kamut	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Strawberry	<input type="checkbox"/> Malt	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Hemp Seed

<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Curry (must be GF)
<input type="checkbox"/> Millet	<input type="checkbox"/> Allspice	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Dill
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Anise	<input type="checkbox"/> Dong Quai
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Echinacea
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Astragalus	<input type="checkbox"/> Fennel
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Basil	<input type="checkbox"/> Ginkgo Biloba
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Ginseng (All Types)
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Goldenseal
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Grapefruit Seed Extract
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Grapeseed Extract
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Guarana
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Gymnema Silvestre
<input type="checkbox"/> Teff	<input type="checkbox"/> Chipotle Seasoning	<input type="checkbox"/> Herbs De Provence
<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Hickory
<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Cloves	<input type="checkbox"/> Himalayan Salt
<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Jamaican Jerk
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Juniper Berry
	<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Lavender
	<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)
	<input type="checkbox"/> Cumin	<input type="checkbox"/> Lemongrass
	<input type="checkbox"/> Curcumin	<input type="checkbox"/> Licorice Root

<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Pepper, Szechuan
<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Rosemary	<input type="checkbox"/> Shallots
<input type="checkbox"/> Maca Root	<input type="checkbox"/> Saffron	<input type="checkbox"/> Paprika (smoked)
<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Sage	<input type="checkbox"/> Paprika
<input type="checkbox"/> Marjoram	<input type="checkbox"/> Saw Plametto	
<input type="checkbox"/> Mesquite	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Azuki
<input type="checkbox"/> Mint	<input type="checkbox"/> Spearmint	<input type="checkbox"/> Bean, Black
<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Bean, Butter
<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Oregano	<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Parsley	<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Edamame (must be organic)

<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Goat
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cheese, Gorgonzola
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Duck	<input type="checkbox"/> Cheese, Gouda
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Havarti
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Cheese, Machego
<input type="checkbox"/> Miso	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Mascapone
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Muenster
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Quail	<input type="checkbox"/> Cheese, Parmesan
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Soy Beans Oil (must be organic)		<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> White Beans	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Swiss
	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Lactoalbumin

<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Hops	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Skinny Crisps®(Plain Jane)
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Red Food Dye
<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Liquid Aminos (Briggs®)(has Soy)	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Locust Bean Gum	
<input type="checkbox"/> Whey	<input type="checkbox"/> Lycopene	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Malt	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Almond Yogurt, unsweetened
<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Egg, Yolks Pasture-raised
<input type="checkbox"/> Antimony	<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Red Tomato Paste (gluten free)	
<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils
<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Silver	<input type="checkbox"/> Almond
<input type="checkbox"/> Chewing Gum, Xylite®	<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Almond Butter (Artisan®)
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Tofu (Organic)	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)	<input type="checkbox"/> Latex	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> Caraway Seed

<input type="checkbox"/> Chestnut	<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Snacks
<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Pistachios	<input type="checkbox"/> Date(s)
<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Apple Sauce
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Psyllium Husk	
<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Sweeteners
<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Aspartame/Nutrasweet
<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Date Sugar
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Fruit Pectin
<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Honey, (Organic)
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Honey, Manuka
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Honey, Wildflower from Mahava®
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Just Like Sugar®
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Lo Han
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Maple Sugar
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Molasses
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Monk Fruit
<input type="checkbox"/> Pecan	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Nutrasweet®
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Rebiana Leaf (Stevia)
<input type="checkbox"/> Pepitas		<input type="checkbox"/> Sorbitol
<input type="checkbox"/> Pili Nuts		<input type="checkbox"/> Splenda

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|---|---|---|
| <input type="checkbox"/> Sucanat | <input type="checkbox"/> Broccoli | <input type="checkbox"/> Collard Greens |
| <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Cucumber |
| <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Broccoli Sprouts | <input type="checkbox"/> Daikon Radish |
| <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Broccolini | <input type="checkbox"/> Dandelion Greens |
| <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source) | <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Burdock | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Endive |
| <input type="checkbox"/> Sucralose | <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Hearts of Palm |
| <input type="checkbox"/> Coconut Sugar | <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Horseradish |
| | <input type="checkbox"/> Capers | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Capsicum | <input type="checkbox"/> Kale, all types |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Carrot, Orange | <input type="checkbox"/> Kombu |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Carrot, Purple | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Carrot, White | <input type="checkbox"/> Lettuce, all types |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Carrot, Yellow | <input type="checkbox"/> Mustard Greens |
| <input type="checkbox"/> Bean, Green | <input type="checkbox"/> Cassava (see Tapioca and Yucca) | <input type="checkbox"/> Nori |
| <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Olives (without vinegar) |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Chard | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Chayote | <input type="checkbox"/> Parsnip |

<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Tomato
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Tomatoes, Big Beef
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radish	<input type="checkbox"/> Tomato, Cherry
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomato, Heirloom
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato, Orange
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomato, Red
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tomato, Roma
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Scallions	<input type="checkbox"/> Tomato, Sun-dried
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Spirulina	<input type="checkbox"/> Tomato, Yellow
<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Squash	<input type="checkbox"/> Truffle
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Turnips
<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Water Chestnut
<input type="checkbox"/> Pimento	<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Watercress
<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Yams, Garnett
<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Yams, Japanese
<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Yucca
<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Potato, White	<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Alfalfa Sprouts
<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Psyllium Husk

- ☐ Onion, Green
- ☐ Onion, Maui
- ☐ Onion, Red
- ☐ Onion, Sweet
- ☐ Onion, Yellow
- ☐ Chives
- ☐ Shallots