

☐ 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)
- ☐ Komboucha Tea
- ☐ Lemon Juice
- ☐ Licorice Tea
- ☐ Lime Juice
- ☐ Milk, Cow
- ☐ Milk, Goat
- ☐ Milk, Sheep

☐ Mineral Water

- ☐ Orange Juice
- ☐ Pea Protein
- ☐ Rice Protein Powder (gluten free)
- ☐ Sparkling Water, unflavored
- ☐ Tea, Black
- ☐ Tea, Chamomile
- ☐ Tea, Green
- ☐ Tea, Hibiscus
- ☐ Tea, Oolong
- ☐ Tea, Ramon
- ☐ Tea, Roobios
- ☐ Tea, unflavored/caffeine-free only
- ☐ Tea, White
- ☐ Water
- ☐ Wine, White (Champagne)
- ☐ Yerba Matte Tea (Organic/Pure)
- ☐ Zevia Drinks

☐ Condiments

- ☐ Apple Cider Vinegar (Bragg's®)
- ☐ Balsamic Vinegar (with Red Wine Vinegar)
- ☐ Balsamic Vinegar MiaBella NoCaramel/WineVinegar)
- ☐ 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 Greek Avocado Oil
- ☐ Dressing, Primal Kitchen Honey Mustard
- ☐ Earth Balance® Avocado Oil Butter Spread
- ☐ Earth Balance® Coconut Spread
- ☐ Harissa
- ☐ Horseradish Sauce, Gluten-free (Annie's®)
- ☐ Ketchup (Organicville)
- ☐ Mayonnaise, Primal Kitchen Avocado Oil
- ☐ Mayonnaise, Primal Kitchen Chipotle Avocado Oil
- ☐ Mustard, Brown (Eden® gf mustard)
- ☐ Sauerkraut (Bubbies® Brand only)
- ☐ Tabasco Sauce
- ☐ Ume Plum Vinegar

☐ Veganaise Soy-free (Follow Your Heart®)☐ Vinegar, Beet☐ Vinegar, Distilled☐ Vinegar, Red Wine☐ Vinegar, Rice☐ Vinegar, White Wine☐ Corn-Derived Foods☐ 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☐ Octopus☐ Orange Roughy☐ Oyster☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Scallop☐ Shrimp☐ Sole☐ Squid☐ Swai☐ Swordfish☐ Tilapia (Non-farmed)☐ Trout☐ Tuna☐ Walleye Pike☐ Whitefish/Turbot☐ Fruits☐ Acai☐ Apple Cider☐ Apple Juice☐ Apple Sauce☐ Apricot☐ Banana☐ Bilberry☐ Blackberry☐ Blueberry☐ Boysenberry☐ Cantaloupe☐ Cherry☐ Clementine☐ Cranberry☐ Cranberry Juice☐ Currant☐ Date(s)☐ Dragon Fruit (Pitaya)

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| <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Elderberry | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Fig | <input type="checkbox"/> Loganberry | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Loquat | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mango | <input type="checkbox"/> Pomelo |
| <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen | <input type="checkbox"/> Prune |
| <input type="checkbox"/> Grape | <input type="checkbox"/> Maqui | <input type="checkbox"/> Quince |
| <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Melon, Honeydew | <input type="checkbox"/> Raisin (unsulfured, organic) |
| <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"/> Lemon Juice | <input type="checkbox"/> Pear | |
| <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Pear, Asian | |
| <input type="checkbox"/> Lime | <input type="checkbox"/> Persimmons | |

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| <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Oats (Certified GF) | <input type="checkbox"/> Sweet Potato Flour (gluten free) |
| | <input type="checkbox"/> Potato Flour (gluten free) | <input type="checkbox"/> Tapioca |
| <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Potato Starch (gluten free) | <input type="checkbox"/> Tapioca Flour (gluten free) |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Quinoa (gluten free) | <input type="checkbox"/> Tapioca Starch (gluten free) |
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Quinoa, Black (gluten free) | <input type="checkbox"/> Teff |
| <input type="checkbox"/> Arrowroot Flour/powder | <input type="checkbox"/> Quinoa, Red (gluten free) | <input type="checkbox"/> Tortilla, Siete Chia & Cassava |
| <input type="checkbox"/> Basmati Rice (gluten free) | <input type="checkbox"/> Rice Bran | |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Rice Flour (gluten free) | <input type="checkbox"/> Herbs & Spices |
| <input type="checkbox"/> Buckwheat Flour | <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Allspice |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Rice, Basmati (gluten free) | <input type="checkbox"/> Almond Flavor natural, gluten free) |
| <input type="checkbox"/> Coconut Flour (gluten free) | <input type="checkbox"/> Rice, Black (gluten free) | <input type="checkbox"/> Anise |
| <input type="checkbox"/> Coconut Meal (gluten free) | <input type="checkbox"/> Rice, Brown (gluten free) | <input type="checkbox"/> Ashwaganda |
| <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread | <input type="checkbox"/> Rice, Japonica (gluten free) | <input type="checkbox"/> Astragalus |
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Rice, Purple (gluten free) | <input type="checkbox"/> Basil |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Rice, Red (gluten free) | <input type="checkbox"/> Bay Leaf |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Rice, White (gluten free) | <input type="checkbox"/> Black Cohosh |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Caraway Seed |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker | <input type="checkbox"/> Cardamom |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers | <input type="checkbox"/> Celery Powder |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Millet | <input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers | <input type="checkbox"/> Chili Powder |
| <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Sorghum | <input type="checkbox"/> Chipotle Seasoning |

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| <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Mint |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Mustard (as a Powder) |
| <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard Seeds (gluten free) |
| <input type="checkbox"/> Cloves | <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Guarana | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Onion Powder |
| <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Hickory | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Orange Salt |
| <input type="checkbox"/> Curcumin | <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lavender | <input type="checkbox"/> Paprika (smoked) |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Pepper, Sichuan |
| <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper, Szechuan |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Pepper/Peppercorns |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Mesquite | <input type="checkbox"/> Pine Bark Extract |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Red Pepper Flake |

<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Chicken Broth (ImagineÂ® gf/low sodium)
<input type="checkbox"/> Saffron		<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Sage	<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> ApplegateÂ® organic andouille sausage	<input type="checkbox"/> Duck
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> ApplegateÂ® organic bacon	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> ApplegateÂ® organic black forest ham	<input type="checkbox"/> Lamb (organic)
<input type="checkbox"/> Shallots	<input type="checkbox"/> ApplegateÂ® organic chicken	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Spearmint	<input type="checkbox"/> ApplegateÂ® organic chicken/apple sausage	<input type="checkbox"/> Ostrich
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> ApplegateÂ® organic ham	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Sumac	<input type="checkbox"/> ApplegateÂ® organic herb roasted turkey	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> ApplegateÂ® organic hot dogs	<input type="checkbox"/> Quail
<input type="checkbox"/> Tarragon	<input type="checkbox"/> ApplegateÂ® organic red pepper sausage	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Thyme	<input type="checkbox"/> ApplegateÂ® organic roast beef	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> ApplegateÂ® organic sausage sweet italian	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Turmeric	<input type="checkbox"/> ApplegateÂ® organic smoked chicken breast	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> ApplegateÂ® organic smoked turkey breast	
<input type="checkbox"/> Valerian	<input type="checkbox"/> ApplegateÂ® organic spinach & feta sausage	
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> ApplegateÂ® organic turkey	
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> ApplegateÂ® organic turkey bacon	
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Beef, Grass-fed only (organic)	
	<input type="checkbox"/> Bison (see also Buffalo)	

<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Raw and Pasture-raised	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Romano	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Antimony
<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)
<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Bone Broth, Beef
<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Chewing Gum, Xylichew®
<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Cocoa Butter
<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Cheese, Mascapone	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)
<input type="checkbox"/> Cheese, Provolone		<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)

<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils
<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> Almond
<input type="checkbox"/> Hops	<input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)	<input type="checkbox"/> Almond Butter (Artisana®)
<input type="checkbox"/> Inulin	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Yeast, Baker's	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Yeast, Brewer's	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Latex	<input type="checkbox"/> Yeast, Nutritional	<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Locust Bean Gum		<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Lycopene	<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Modified Food Starch (Tapioca-based)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Cashews
<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Rice Starch (if certified gluten free)	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Sherry Vinegar	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Cola Nut (aka Kola Nut)
<input type="checkbox"/> Silver	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Cottonseed/Cottonseed Oil
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Paleo Cheese (Julianbakery.com or	<input type="checkbox"/> Flax Meal

sundas malik

09/08/2017

<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Snacks
<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Apple Sauce
<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Date(s)
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Simple Mills Chocolate Chip Cookies
<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Sweeteners
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Agave Nectar
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Aspartame/Nutrasweet
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Cane Syrup
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Chocolate, Dark
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Coconut Palm Sugar
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tahini	<input type="checkbox"/> Coconut Sugar
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Date Sugar
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Fruit Pectin
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Honey, (Organic)
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Honey, Manuka
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Honey, Wildflower from Mahava®
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Jerusalem Artichoke Syrup
<input type="checkbox"/> Psyllium Husk		<input type="checkbox"/> Just Like Sugar®

<input type="checkbox"/> Lo Han	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Broccolini
<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Brussels Sprout
<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Burdock
<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)
<input type="checkbox"/> Molasses	<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Cabbage, Green
<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Purple
<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cactus (Nopales)
<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Avocado	<input type="checkbox"/> Capers
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Splenda	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot, Orange
<input type="checkbox"/> Sucanat	<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple
<input type="checkbox"/> Sucralose	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow
<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)
<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Tapioca Dextrose	<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple
<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)	<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery
<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard
	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote
	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Chives
	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)

<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Serrano
<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pickles, Bubbies® brand only
<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pimento
<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Nori	<input type="checkbox"/> Potato, Fingerling
<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra	<input type="checkbox"/> Potato, Purple
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Potato, Red
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Potato, Russet
<input type="checkbox"/> Endive	<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Potato, Sweet
<input type="checkbox"/> Fennel	<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Potato, White
<input type="checkbox"/> Garlic	<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Potato, Yukon Gold
<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Horseradish	<input type="checkbox"/> Parsley	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Jicama	<input type="checkbox"/> Parsnip	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Radish
<input type="checkbox"/> Kombu	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Leeks	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rhubarb
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Scallions
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Sea Vegetables

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|---|---|
| <input type="checkbox"/> Seaweed | <input type="checkbox"/> Tomato, Orange |
| <input type="checkbox"/> Shallots | <input type="checkbox"/> Tomato, Red |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Tomato, Roma |
| <input type="checkbox"/> Spirulina | <input type="checkbox"/> Tomato, Sun-dried |
| <input type="checkbox"/> Squash | <input type="checkbox"/> Tomato, Yellow |
| <input type="checkbox"/> Squash, Acorn | <input type="checkbox"/> Tomatoes, Big Beef |
| <input type="checkbox"/> Squash, Butternut | <input type="checkbox"/> Truffle |
| <input type="checkbox"/> Squash, Green | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Squash, Spaghetti | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Squash, Summer | <input type="checkbox"/> Water Chestnut |
| <input type="checkbox"/> Squash, Winter | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Squash, Yellow | <input type="checkbox"/> Yams, Garnett |
| <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Yams, Japanese |
| <input type="checkbox"/> Sweet Potato, Red | <input type="checkbox"/> Yucca |
| <input type="checkbox"/> Sweet Potatoes, White | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Swiss Chard | |
| <input type="checkbox"/> Tomatillo | |
| <input type="checkbox"/> Tomato | |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | |
| <input type="checkbox"/> Tomato, Cherry | |
| <input type="checkbox"/> Tomato, Heirloom | |