

<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

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| <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Broccolini | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Hearts of Palm |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Burdock | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Jicama |
| | <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Kale, all types |
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Alfalfa Grass | <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Capers | <input type="checkbox"/> Lettuce, all types |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Mushrooms, Button |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Celery | <input type="checkbox"/> Mushrooms, Cremini/Crimini |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Chard | <input type="checkbox"/> Mushrooms, Maitake |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Chives | <input type="checkbox"/> Mushrooms, Shiitake |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Mustard Greens |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Olives (without vinegar) |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Onion, Green |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Onion, Maui |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Onion, Red |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Onion, Sweet |
| <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Endive | <input type="checkbox"/> Onion, Yellow |
| <input type="checkbox"/> Broccoli Sprouts | <input type="checkbox"/> Fennel | <input type="checkbox"/> Parsley |

<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Watercress	<input type="checkbox"/> Tilapia (Wild, Non-farmed)
<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Trout
<input type="checkbox"/> Radicchio		<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Radish	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Bass	
<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Corvina	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Scallions	<input type="checkbox"/> Flounder	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Shallots	<input type="checkbox"/> Haddock	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Spinach	<input type="checkbox"/> Hake	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Squash	<input type="checkbox"/> Halibut	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Herring	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Octopus	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Perch	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Duck
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Sardines	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Sole	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Turnips	<input type="checkbox"/> Swai	<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"/> Gluten-Free Grains |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Sage | <input type="checkbox"/> Almond Flour (gluten free) |
| <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Maca Root | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Coconut Flour (gluten free) |
| <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Coconut Meal (gluten free) |
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Shallots | <input type="checkbox"/> Glucomannon Flour
(konjacfoods.com) |
| <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Spearmint | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Mint | <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Konjac Glucomannon Flour |

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| <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Lycopene |
| | <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Palm Wax |
| <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Tea, Hibiscus | <input type="checkbox"/> Silver |
| | <input type="checkbox"/> Tea, Oolong | |
| <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Tea, Roobios | <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 | |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Inulin | |
| <input type="checkbox"/> Mineral Water | <input type="checkbox"/> Konjac Glucomannon Flour | |
| <input type="checkbox"/> Sparkling Water, unflavored | <input type="checkbox"/> Lard (pork) | |
| <input type="checkbox"/> Tea, Black | <input type="checkbox"/> Latex | |