| Soy Protein (Organic) | | Corn-Derived Foods | Oyster |
|--|----------|---|---|
| Sparkling Water, unflavored | | Swerve® Xylitol | Perch |
| Tea, Chamomile | : | | Red Snapper |
| Tea, Ramon | | Fish & Shellfish | Sardines |
| Tea, Roobios | e) 🔲 | Anchovy | Scallop |
| Water | | Bass | Shrimp |
| Yerba Matte Tea (Organic/Pure) | | Catfish | Squid |
| Coffee Bean, Organic | | Chilean Sea Bass | Swai |
| Echinacea Tea | | Clam | Tilapia (Non-farmed) |
| Condiments | | Cod/ Cod Liver Oil | Trout |
| Apple Cider Vinegar (Bragg's®) | | Corvina | Tuna |
| | | | |
| Balsamic Vinegar MiaBella NoCaramel/Wine | eVinegaı | Crab | Walleye Pike |
| Balsamic Vinegar MiaBella NoCaramel/Wine | eVinegal | Crab Crayfish | Walleye Pike Whitefish/Turbot |
| | eVinegal | | |
| Carob | eVinegal | Crayfish | Whitefish/Turbot |
| Carob Coconut Vinegar (Coconut Secret) | vinegal | Crayfish | Whitefish/Turbot |
| Carob Coconut Vinegar (Coconut Secret) Hummus Mustard, Brown (Eden® gf mustard) Dressing, Primal Kitchen Honey Mustard | vinegal | Crayfish Flounder Hake | Whitefish/Turbot Crab, Immitation |
| Carob Coconut Vinegar (Coconut Secret) Hummus Mustard, Brown (Eden® gf mustard) Dressing, Primal Kitchen Honey Mustard Mayonnaise, Primal Kitchen Avocado Oil | | Crayfish Flounder Hake Halibut | Whitefish/Turbot Crab, Immitation Fruits |
| Carob Coconut Vinegar (Coconut Secret) Hummus Mustard, Brown (Eden® gf mustard) Dressing, Primal Kitchen Honey Mustard Mayonnaise, Primal Kitchen Avocado Oil | do Oil | Crayfish Flounder Hake Halibut Herring | Whitefish/Turbot Crab, Immitation Fruits Acai Apple (all types) Apple Cider |
| Carob Coconut Vinegar (Coconut Secret) Hummus Mustard, Brown (Eden® gf mustard) Dressing, Primal Kitchen Honey Mustard Mayonnaise, Primal Kitchen Avocado Oil | do Oil | Crayfish Flounder Hake Halibut Herring Lobster | Whitefish/Turbot Crab, Immitation Fruits Acai Apple (all types) |
| Carob Coconut Vinegar (Coconut Secret) Hummus Mustard, Brown (Eden® gf mustard) Dressing, Primal Kitchen Honey Mustard Mayonnaise, Primal Kitchen Avocado Oil | do Oil | Crayfish Flounder Hake Halibut Herring Lobster Mackerel | Whitefish/Turbot Crab, Immitation Fruits Acai Apple (all types) Apple Cider |

| | St. John's Wort | | Legumes & Pulses | Miso |
|---|--|----|--|---|
| | Taco Seasoning | | Bean, Azuki | Pea, Snap |
| | Tarragon | | Bean, Black | Pea, Snow |
| | Thyme | | Bean, Butter | Pea, Split |
| | Tomatillo | | Bean, Cannellini | Peanut (Organic, Valencia) |
| | Turmeric | | Bean, Chana Dahl | Peanut Butter (Organic, Maranatha®) |
| | Uva Ursi | | Bean, Chili | Peanut Oil (Organic) |
| | Valerian | | Bean, Green | Red Bean Paste |
| | Vanilla (gluten and corn-free) | | Bean, Italian | Soy Beans (must be organic) |
| | Vanilla Bean | | Bean, Kidney | Soy Beans Oil (must be organic) |
| | Vanilla Powder | | Bean, Lima | Vanilla Bean |
| | White Willow Bark Extract | | Bean, Mung | Vanilla Powder |
| _ | | J. | | |
| | Wintergreen | | Bean, Navy/Ninja | White Beans |
| | Wintergreen Rose Hips | | Bean, Navy/Ninja Bean, Pinto/Frijole | White Beans Coffee Bean, Organic |
| | Wintergreen Rose Hips Pepper, Sichuan | | | |
| | Wintergreen Rose Hips Pepper, Sichuan Onlion Powder | | Bean, Pinto/Frijole Bean, Red (see also Bean, Kidney) Chickpea (see also Garbanzo Bean) | Coffee Bean, Organic Meat & Poultry |
| | Wintergreen Rose Hips Pepper, Sichuan Onion Powder Onion | | Bean, Pinto/Frijole Bean, Red (see also Bean, Kidney) | Coffee Bean, Organic |
| | Wintergreen Rose Hips Pepper, Sichuan Onion Powder Onion Shallots | | Bean, Pinto/Frijole Bean, Red (see also Bean, Kidney) Chickpea (see also Garbanzo Bean) | Coffee Bean, Organic Meat & Poultry Applegate® organic bacon Applegate® organic black forest ham |
| | Wintergreen Rose Hips Pepper, Sichuan Onton Powder Onion Shallots Paprika (smoked) | | Bean, Pinto/Frijole Bean, Red (see also Bean, Kidney) Chickpea (see also Garbanzo Bean) Edamame (must be organic) | Coffee Bean, Organic Meat & Poultry Applegate® organic bacon |
| | Wintergreen Rose Hips Pepper, Sichuan Onion Powder Onion Shallots Paprika (smoked) | | Bean, Pinto/Frijole Bean, Red (see also Bean, Kidney) Chickpea (see also Garbanzo Bean) Edamame (must be organic) Fava Bean | Coffee Bean, Organic Meat & Poultry Applegate® organic bacon Applegate® organic black forest ham |
| | Wintergreen Rose Hips Pepper, Sichuan Onion Powder Onion Shallots Paprika (smoked) | | Bean, Pinto/Frijole Bean, Red (see also Bean, Kidney) Chickpea (see also Garbanzo Bean) Edamame (must be organic) Fava Bean Fava Bean Flour | Coffee Bean, Organic Meat & Poultry Applegate® organic bacon Applegate® organic black forest ham Applegate® organic chicken |

| ApplegateÅ® organic chicken/apple sausage | | Milk-Containing Foods | | Cheese, Romano |
|---|-----|--|------|-----------------------------------|
| Applegate® organic red pepper sausage | | Applegate® organic spinach & feta sausag | је 🔲 | Cheese, Provolone |
| Applegate® organic spinach & feta sausag | e 🔲 | Butter, Raw and Pasture-raised | | Cheese, Sheep |
| Applegate® organic sausage sweet italian | | Buttermilk | | Cheese, String (Mozzarella) |
| ApplegateÁ@organie:smoked chisken breas | t 🔲 | Casein | | Cheese, Swiss |
| Applegate® organic smoked turkey breasi | | Cheese, American | | Chocolate, Milk |
| Applegate® organic turkey | | Cheese, Asiago | | Chocolate, White |
| Applegate® organic turkey bacon | | Cheese, Brie | | Cream, Raw and Unpasteurized |
| Bison (see also Buffalo) | | Cheese, Cheddar (Raw) | | Ghee (Pasture-Raised, Organic) |
| Buffalo (see also Bison) | | Cheese, Cottage | | Goat Cheese |
| Chicken Broth (Imagine® gl/low sodium) | | Cheese, Goat | | Goat Kefir |
| Deer (see also Venison) | | Cheese, Gorgonzola | | Lactoalbumin |
| Duck | | Cheese, Gouda | | Milk Chocolate |
| Goat, Grass-fed only (organic) | | Cheese, Havarti | | Milk, Cow |
| Ostrich | | Cheese, Machego | | Milk, Goat |
| Pheasant | | Cheese, Marscapone | | Milk, Sheep |
| Quail | | Cheese, Mozzarella (Raw) | | Mozzarella Cheese |
| Rabbit | | Cheese, Muenster | | Sour Cream, Raw and Unpasteurized |
| Venison (see also Deer) | | Cheese, Parmesan | | Whey |
| | | Cheese, Pecorino | | Cheese, Feta |
| | | Cheese, Raw and Pasture-raised | | |
| | | Cheese, Ricotta | | |

| Poppy seeds | | Sweeteners | Sugar Beet |
|---|-----|--|--|
| Psyllium Husk | | Aspartame/Nutrasweet | Sugar Cane |
| Pumpkin Oil |) | Chocolate, Dark | Sweetleaf® Stevia |
| Pumpkin Seed Oil | | Chocolate, Milk | Swerve® Xylitol |
| Pumpkin Seeds | | Chocolate, White | Xyla (Birchwood Xylitol/non-corn source) |
| Ramon Seeds | | Coconut Palm Sugar | Yacon Syrup |
| Rice, Wild (Lundberg® - not the blend) | | Date Sugar | BodyPro Almond Mayo Grade B Maple Syru |
| Sacha Inchi Seeds | | Fruit Pectin | Agave Nectar |
| Sesame Seed Oil | | Honey, (Organic) | Coconut Sugar |
| Sesame Seeds | | Honey, Manuka | |
| Sesame Seeds, Black | | Honey, Wildflower from Mahava® | Vegetables |
| | | | |
| Tea, Ramon | | Just Like Sugar® | Aloe Vera |
| Tea, Ramon Tiger Nuts | i.) | Just Like Sugar® | Aloe Vera Artichoke (not pickled) |
| | | | |
| Tiger Nuts | | Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic | Artichoke (not pickled) |
| Tiger Nuts Cola Nut (aka Kola Nut) Snacks Date(s) | | Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic Molasses | Artichoke (not pickled) Arugula |
| Tiger Nuts Cola Nut (aka Kola Nut) Snacks Date(s) Simple Mills Chocolate Chip Cookies | | Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic Molasses Monk Fruit | Artichoke (not pickled) Arugula Avocado |
| Tiger Nuts Cola Nut (aka Kola Nut) Snacks Date(s) | | Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic Molasses | Artichoke (not pickled) Arugula Avocado Avocado Oil |
| Tiger Nuts Cola Nut (aka Kola Nut) Snacks Date(s) Simple Mills Chocolate Chip Cookies | | Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic Molasses Monk Fruit | Artichoke (not pickled) Arugula Avocado Avocado Oil Bamboo Shoot |
| Tiger Nuts Cola Nut (aka Kola Nut) Snacks Date(s) Simple Mills Chocolate Chip Cookies Apple Sauce Palm Kernel Oil | | Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic Molasses Monk Fruit Nutrasweet® Rebiana Leaf (Stevia) | Artichoke (not pickled) Arugula Avocado Avocado Oil Bamboo Shoot Esan, Green |
| Tiger Nuts Cola Nut (aka Kola Nut) Snacks Date(s) Simple Mills Chocolate Chip Cookies Apple Sauce Palm Kernel Oil | | Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic Molasses Monk Fruit Nutrasweet® Rebiana Leaf (Stevia) | Artichoke (not pickled) Arugula Avocado Avocado Oil Bamboo Shoot Bean, Green Bean Sprout |

| Tomato, Yellow |
|---------------------|
| Truffle |
| Turnip Greens |
| Turnips |
| Water Chestnut |
| Watercress |
| Yams, Garnett |
| Yams, Japanese |
| Yucca |
| Zucchini |
| Alfalfa Sprouts |
| Psyllium Husk |
| Onion, Green |
| Onion, Maui |
| Onion, Red |
| Onion, Sweet |
| Onion, Yellow |
| Chives |
| Shallots |
| Bell Pepper |
| Bell Pepper, Yellow |
| Bell Pepper, Orange |