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|--|---|---|
| <input type="checkbox"/> Vegetables                    | <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Pepper, Tabasco                      |
| <input type="checkbox"/> Aloe Vera                     | <input type="checkbox"/> Dandelion Root   | <input type="checkbox"/> Prickly Pear                         |
| <input type="checkbox"/> Arugula                       | <input type="checkbox"/> Eggplant         | <input type="checkbox"/> Radicchio                            |
| <input type="checkbox"/> Avocado                       | <input type="checkbox"/> Endive           | <input type="checkbox"/> Rainbow Chard                        |
| <input type="checkbox"/> Bamboo Shoot                  | <input type="checkbox"/> Fennel           | <input type="checkbox"/> Red Pepper Flake                     |
| <input type="checkbox"/> Bean Sprout                   | <input type="checkbox"/> Ginger           | <input type="checkbox"/> Rutabaga                             |
| <input type="checkbox"/> Beet Greens                   | <input type="checkbox"/> Hearts of Palm   | <input type="checkbox"/> Scallions                            |
| <input type="checkbox"/> Bell Pepper                   | <input type="checkbox"/> Horseradish      | <input type="checkbox"/> Swede                                |
| <input type="checkbox"/> Bell Pepper, Green            | <input type="checkbox"/> Jicama           | <input type="checkbox"/> Swiss Chard                          |
| <input type="checkbox"/> Bell Pepper, Orange           | <input type="checkbox"/> Kohlrabi         | <input type="checkbox"/> Tabasco Sauce                        |
| <input type="checkbox"/> Bell Pepper, Red              | <input type="checkbox"/> Leeks            | <input type="checkbox"/> Tomatillo                            |
| <input type="checkbox"/> Bell Pepper, Yellow           | <input type="checkbox"/> Mustard Greens   | <input type="checkbox"/> Tomato                               |
| <input type="checkbox"/> Bitter Melon                  | <input type="checkbox"/> Onion, Green     | <input type="checkbox"/> Tomato, Cherry                       |
| <input type="checkbox"/> Burdock                       | <input type="checkbox"/> Paprika          | <input type="checkbox"/> Tomato, Heirloom                     |
| <input type="checkbox"/> Cactus (Nopales)              | <input type="checkbox"/> Parsley          | <input type="checkbox"/> Tomato, Orange                       |
| <input type="checkbox"/> Capers                        | <input type="checkbox"/> Pepper, Anaheim  | <input type="checkbox"/> Tomato, Red                          |
| <input type="checkbox"/> Capsicum                      | <input type="checkbox"/> Pepper, Cayenne  | <input type="checkbox"/> Tomato, Roma                         |
| <input type="checkbox"/> Chard                         | <input type="checkbox"/> Pepper, Chili    | <input type="checkbox"/> Tomato, Sun-dried                    |
| <input type="checkbox"/> Chives                        | <input type="checkbox"/> Pepper, Green    | <input type="checkbox"/> Tomato, Yellow                       |
| <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Tomatoes, Big Beef                   |
| <input type="checkbox"/> Coconut Concentrate           | <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |
| <input type="checkbox"/> Collard Greens                | <input type="checkbox"/> Pepper, Poblano  | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <input type="checkbox"/> Comfrey                       | <input type="checkbox"/> Pepper, Red      | <input type="checkbox"/> Truffle                              |
| <input type="checkbox"/> Daikon Radish                 | <input type="checkbox"/> Pepper, Serrano  | <input type="checkbox"/> Turnip Greens                        |

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| <input type="checkbox"/> Wasabi Root           | <input type="checkbox"/> Grapefruit        | <input type="checkbox"/> Persimmons                            |
| <input type="checkbox"/> Water Chestnut        | <input type="checkbox"/> Guava             | <input type="checkbox"/> Plum                                  |
| <input type="checkbox"/> Watercress            | <input type="checkbox"/> Huckleberry       | <input type="checkbox"/> Pomegranate                           |
| <input type="checkbox"/> Yams, Garnett         | <input type="checkbox"/> Kiwi              | <input type="checkbox"/> Pomelo                                |
| <input type="checkbox"/> Yams, Japanese        | <input type="checkbox"/> Kumquat           | <input type="checkbox"/> Prune                                 |
| <input type="checkbox"/> <b>Fruits</b>         | <input type="checkbox"/> Lemon             | <input type="checkbox"/> Rambutan                              |
| <input type="checkbox"/> Acai                  | <input type="checkbox"/> Lemon Juice       | <input type="checkbox"/> Raspberry                             |
| <input type="checkbox"/> Apple (all types)     | <input type="checkbox"/> Lemon Rind/Peel   | <input type="checkbox"/> Star Fruit                            |
| <input type="checkbox"/> Apricot               | <input type="checkbox"/> Lime              | <input type="checkbox"/> Tangerine                             |
| <input type="checkbox"/> Bilberry              | <input type="checkbox"/> Lime Juice        | <input type="checkbox"/> Wolfberry                             |
| <input type="checkbox"/> Blackberry            | <input type="checkbox"/> Loganberry        | <input type="checkbox"/> Youngberry                            |
| <input type="checkbox"/> Blueberry             | <input type="checkbox"/> Longan Fruit      | <input type="checkbox"/> <b>Legumes, Pods, &amp; Pulses</b>    |
| <input type="checkbox"/> Boysenberry           | <input type="checkbox"/> Loquat            | <input type="checkbox"/> Vanilla Bean                          |
| <input type="checkbox"/> Carambola             | <input type="checkbox"/> Lychee            | <input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b> |
| <input type="checkbox"/> Cherry                | <input type="checkbox"/> Mangosteen        | <input type="checkbox"/> Almond                                |
| <input type="checkbox"/> Clementine            | <input type="checkbox"/> Maqui             | <input type="checkbox"/> Almond, Marcona                       |
| <input type="checkbox"/> Dates                 | <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Almond Butter (Artisana®)             |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Mulberry          | <input type="checkbox"/> Almond Flavor (natural, gluten free)  |
| <input type="checkbox"/> Durian Fruit          | <input type="checkbox"/> Nectarines        | <input type="checkbox"/> Almond Flour (gluten free)            |
| <input type="checkbox"/> Elderberry            | <input type="checkbox"/> Noni              | <input type="checkbox"/> Almond Meal (gluten free)             |
| <input type="checkbox"/> Goji Berry            | <input type="checkbox"/> Passion Fruit     | <input type="checkbox"/> Almond Oil                            |
| <input type="checkbox"/> Golden Berry          | <input type="checkbox"/> Peach             | <input type="checkbox"/> Annatto Seed                          |
| <input type="checkbox"/> Gooseberries          | <input type="checkbox"/> Pear              | <input type="checkbox"/> Avocado Oil                           |
|  | <input type="checkbox"/> Pear, Asian       |  |

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| <input type="checkbox"/> Brazil Nut                           | <input type="checkbox"/> Palm Kernel Oil                      | <input type="checkbox"/> Caraway Seed       |
| <input type="checkbox"/> Canola Oil, Non-GMO                  | <input type="checkbox"/> Pine Nut                             | <input type="checkbox"/> Cardamom           |
| <input type="checkbox"/> Caraway Seed                         | <input type="checkbox"/> Pistachios                           | <input type="checkbox"/> Catnip             |
| <input type="checkbox"/> Cashew Butter                        | <input type="checkbox"/> Poppy seeds                          | <input type="checkbox"/> Chaparral          |
| <input type="checkbox"/> Cashew Meal                          | <input type="checkbox"/> Sunflower Seed Butter                | <input type="checkbox"/> Chervil            |
| <input type="checkbox"/> Cashews                              | <input type="checkbox"/> Sunflower Seed Flour                 | <input type="checkbox"/> Chili Powder       |
| <input type="checkbox"/> Chestnut                             | <input type="checkbox"/> Sunflower Seed Lecithin              | <input type="checkbox"/> Cilantro/Coriander |
| <input type="checkbox"/> Chia Seed (1/4 cup, max)             | <input type="checkbox"/> Sunflower Seed Oil                   | <input type="checkbox"/> Cinnamon           |
| <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Sunflower Seeds                      | <input type="checkbox"/> Cinnamon, Ceylon   |
| <input type="checkbox"/> Coconut Butter                       | <input type="checkbox"/> Tahini                               | <input type="checkbox"/> Clove Powder       |
| <input type="checkbox"/> Coconut Oil                          | <input type="checkbox"/> Truffle Oil                          | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Cottonseed/Cottonseed Oil            | <input type="checkbox"/> Truffle Oil, Black                   | <input type="checkbox"/> Cloves, Penang     |
| <input type="checkbox"/> Duck Fat                             | <input type="checkbox"/> Vegetable Shortening (Spectrum®)     | <input type="checkbox"/> Comfrey            |
| <input type="checkbox"/> Flax Meal                            | <input type="checkbox"/> Herbs & Spices                       | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Flax Oil                             | <input type="checkbox"/> Allspice                             | <input type="checkbox"/> Cream of Tartar    |
| <input type="checkbox"/> Flax Seed                            | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Cumin              |
| <input type="checkbox"/> Hazelnut/Filbert                     | <input type="checkbox"/> Anise                                | <input type="checkbox"/> Curcumin           |
| <input type="checkbox"/> Hazelnut Flour                       | <input type="checkbox"/> Astragalus                           | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Hemp Meal                            | <input type="checkbox"/> Basil                                | <input type="checkbox"/> Dandelion Root     |
| <input type="checkbox"/> Hemp Protein (Powder)                | <input type="checkbox"/> Bay Leaf                             | <input type="checkbox"/> Dill               |
| <input type="checkbox"/> Hemp Seed                            | <input type="checkbox"/> Bell Pepper, Red                     | <input type="checkbox"/> Dong Quai          |
| <input type="checkbox"/> Macadamia Nut Oil                    | <input type="checkbox"/> Black Cohosh                         | <input type="checkbox"/> Echinacea          |
| <input type="checkbox"/> Macadamia Nuts                       | <input type="checkbox"/> Capsicum                             | <input type="checkbox"/> Fennel             |
| <input type="checkbox"/> MCT Oil                              |   | <input type="checkbox"/> Fennel Seed        |

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| <input type="checkbox"/> Ginger Powder                    | <input type="checkbox"/> Paprika                                 | <input type="checkbox"/> Tarragon                  |
| <input type="checkbox"/> Ginkgo Biloba                    | <input type="checkbox"/> Paprika (smoked)                        | <input type="checkbox"/> Thyme                     |
| <input type="checkbox"/> Ginseng (All Types)              | <input type="checkbox"/> Parsley                                 | <input type="checkbox"/> Tomatillo                 |
| <input type="checkbox"/> Goldenseal                       | <input type="checkbox"/> Pau D'arco                              | <input type="checkbox"/> Turmeric                  |
| <input type="checkbox"/> Grapefruit Seed Extract          | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> Uva Ursi                  |
| <input type="checkbox"/> Guarana                          | <input type="checkbox"/> Pepper, Cayenne                         | <input type="checkbox"/> Valerian                  |
| <input type="checkbox"/> Gymnema Silvestre                | <input type="checkbox"/> Pepper, Red                             | <input type="checkbox"/> Vanilla Bean              |
| <input type="checkbox"/> Herbs De Provence                | <input type="checkbox"/> Pepper, Sichuan                         | <input type="checkbox"/> Vanilla Powder            |
| <input type="checkbox"/> Hickory                          | <input type="checkbox"/> Pepper, Szechuan                        | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Himalayan Salt                   | <input type="checkbox"/> Pepper/Peppercorns                      | <input type="checkbox"/> Wintergreen               |
| <input type="checkbox"/> Juniper Berry                    | <input type="checkbox"/> Peppermint                              | <input type="checkbox"/> Wormwood                  |
| <input type="checkbox"/> Lavender                         | <input type="checkbox"/> Pine Bark Extract                       | <input type="checkbox"/> Fish & Shellfish          |
| <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Red Pepper Flake                        | <input type="checkbox"/> Chilean Sea Bass          |
| <input type="checkbox"/> Lemongrass                       | <input type="checkbox"/> Rose Hips                               | <input type="checkbox"/> Corvina                   |
| <input type="checkbox"/> Lemon Pepper                     | <input type="checkbox"/> Rosemary                                | <input type="checkbox"/> Hake                      |
| <input type="checkbox"/> Maca Root                        | <input type="checkbox"/> Saffron                                 | <input type="checkbox"/> Lox                       |
| <input type="checkbox"/> Mace Spice                       | <input type="checkbox"/> Sage                                    | <input type="checkbox"/> Mackerel                  |
| <input type="checkbox"/> Marjoram                         | <input type="checkbox"/> Sassafras                               | <input type="checkbox"/> Mahi Mahi                 |
| <input type="checkbox"/> Milk Thistle                     | <input type="checkbox"/> Savory                                  | <input type="checkbox"/> Octopus                   |
| <input type="checkbox"/> Mint                             | <input type="checkbox"/> Saw Plametto                            | <input type="checkbox"/> Perch                     |
| <input type="checkbox"/> Mustard (as a Powder)            | <input type="checkbox"/> Spearmint                               | <input type="checkbox"/> Red Snapper               |
| <input type="checkbox"/> Mustard Seeds (gluten free)      | <input type="checkbox"/> St. John's Wort                         | <input type="checkbox"/> Salmon, wild (fresh)      |
| <input type="checkbox"/> Nutmeg                           | <input type="checkbox"/> Sumac                                   | <input type="checkbox"/> Sardines                  |
| <input type="checkbox"/> Oregano                          | <input type="checkbox"/> Tabasco Sauce                           |  |

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| <input type="checkbox"/> Sole                           | <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>                   | <input type="checkbox"/> <b>Gluten-Containing Foods</b>          |
| <input type="checkbox"/> Swai                           | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)         | <div>No foods in this Category</div>                             |
| <input type="checkbox"/> Swordfish                      | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)        | <input type="checkbox"/> <b>Corn-Derived Foods</b>               |
| <input type="checkbox"/> Tilapia (Wild, Non-farmed)     | <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) | <div>No foods in this Category</div>                             |
| <input type="checkbox"/> Trout                          | <input type="checkbox"/> Egg Whites, Pasture-raised                    | <input type="checkbox"/> <b>Condiments, Spreads &amp; Sauces</b> |
| <input type="checkbox"/> Walleye Pike                   | <input type="checkbox"/> <b>Gluten-Free Grains</b>                     | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®)          |
| <input type="checkbox"/> Whitefish/Turbot               | <input type="checkbox"/> Almond Flour (gluten free)                    | <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup |
| <input type="checkbox"/> <b>Meat &amp; Poultry</b>      | <input type="checkbox"/> Amaranth                                      | <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup    |
| <input type="checkbox"/> Applegate® organic hot dogs    | <input type="checkbox"/> Coconut Flour (gluten free)                   | <input type="checkbox"/> Coconut Aminos®                         |
| <input type="checkbox"/> Bison (see also Buffalo)       | <input type="checkbox"/> Coconut Meal (gluten free)                    | <input type="checkbox"/> Coconut Cream                           |
| <input type="checkbox"/> Goat, Grass-fed only (organic) | <input type="checkbox"/> Flax Meal                                     | <input type="checkbox"/> Coconut Vinegar (Coconut Secret)        |
| <input type="checkbox"/> Ostrich                        | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com)           | <input type="checkbox"/> Distilled White Vinegar                 |
| <input type="checkbox"/> Pheasant                       | <input type="checkbox"/> Hazelnut Flour                                | <input type="checkbox"/> Earth Balance® Coconut Spread           |
| <input type="checkbox"/> Quail                          | <input type="checkbox"/> Hemp Meal                                     | <input type="checkbox"/> Harissa                                 |
| <input type="checkbox"/> Rabbit                         | <input type="checkbox"/> Hemp Protein (Powder)                         | <input type="checkbox"/> Ketchup (Organicville)                  |
| <input type="checkbox"/> <b>Milk-Containing Foods</b>   | <input type="checkbox"/> Hemp Seed                                     | <input type="checkbox"/> Liquid Smoke gluten free (natural)      |
| <div>No foods in this Category</div>                    | <input type="checkbox"/> Konjac Glucomannon Flour                      | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard)       |
|   | <input type="checkbox"/> Sunflower Seed Flour                          | <input type="checkbox"/> Red Tomato Paste (gluten free)          |
|   |  | <input type="checkbox"/> Tabasco Sauce                           |
|   |  | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)    |
|   |  | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)    |
|   |  | <input type="checkbox"/> Ume Plum Vinegar                        |
|   |  | <input type="checkbox"/> Vegetable Shortening (Spectrum®)        |

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| <input type="checkbox"/> Vinegar, Distilled                       | <input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>        | <input type="checkbox"/> <b>Miscellaneous</b>             |
| <input type="checkbox"/> <b>Sweeteners</b>                        | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)         | <input type="checkbox"/> Baking Soda (Arm & Hammer®)      |
| <input type="checkbox"/> Agave Nectar                             | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)        | <input type="checkbox"/> Cacao (Raw, Pure, & Unsweetened) |
| <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup  | <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) | <input type="checkbox"/> Latex                            |
| <input type="checkbox"/> Coconut Palm Sugar                       | <input type="checkbox"/> Coconut Water (low sugar)                     | <input type="checkbox"/> Lycopene                         |
| <input type="checkbox"/> Coconut Sugar                            | <input type="checkbox"/> Echinacea Tea                                 | <input type="checkbox"/> Red Tomato Paste (gluten free)   |
| <input type="checkbox"/> Honey, (Organic)                         | <input type="checkbox"/> Green Tea                                     | <input type="checkbox"/> Silver                           |
| <input type="checkbox"/> Honey, Manuka                            | <input type="checkbox"/> Hemp Protein (Powder)                         | <input type="checkbox"/> Tobacco                          |
| <input type="checkbox"/> Honey, Wildflower from Mahava®           | <input type="checkbox"/> Lemon Juice                                   | <input type="checkbox"/> Yeast, Baker's                   |
| <input type="checkbox"/> Lo Han                                   | <input type="checkbox"/> Lime Juice                                    | <input type="checkbox"/> Yeast, Brewer's                  |
| <input type="checkbox"/> Maple Sugar                              | <input type="checkbox"/> Mineral Water                                 | <input type="checkbox"/> Yeast, Nutritional               |
| <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Sparkling Water, unflavored                   | <input type="checkbox"/> <b>Snacks</b>                    |
| <input type="checkbox"/> Monk Fruit (Pure)                        | <input type="checkbox"/> Tea, Black                                    | <input type="checkbox"/> Dates                            |
| <input type="checkbox"/> Monk Fruit Extract                       | <input type="checkbox"/> Tea, Chamomile                                | <input type="checkbox"/> <b>Food Additives</b>            |
| <input type="checkbox"/> Rebiana Leaf (Stevia)                    | <input type="checkbox"/> Tea, Chicory Root                             | <input type="checkbox"/> Annatto Coloring                 |
| <input type="checkbox"/> Sweetleaf® Stevia                        | <input type="checkbox"/> Tea, Green                                    | <input type="checkbox"/> Chicory Root                     |
| <input type="checkbox"/> Xyla (Birchwood Xylitol)                 | <input type="checkbox"/> Tea, Hibiscus                                 | <input type="checkbox"/> Palm Wax                         |
| <input type="checkbox"/> Yacon Syrup                              | <input type="checkbox"/> Tea, Oolong                                   | <input type="checkbox"/> Tricalcium Phosphate             |
|   | <input type="checkbox"/> Tea, Roobios                                  | <input type="checkbox"/> Vegan Enzyme                     |
|   | <input type="checkbox"/> Tea, White                                    | <input type="checkbox"/> Vegan Natural Flavors (no MSG)   |
|   | <input type="checkbox"/> Water   |   |
|   | <input type="checkbox"/> Yerba Matte Tea (Organic/Pure)                |   |
|   | <input type="checkbox"/> Zevia Drinks                                  |   |