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|--|--|---|
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Maqui | <input type="checkbox"/> Cashew Butter |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Mulberry | <input type="checkbox"/> Cashew Meal |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Cashews |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Noni | <input type="checkbox"/> Chestnut |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Coconut Butter |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Peach | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Currant | <input type="checkbox"/> Pear | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Tamarind | <input type="checkbox"/> Cola Nut (aka Kola Nut) |
| <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Youngberry | <input type="checkbox"/> Hazelnut/Filbert |
| <input type="checkbox"/> Gooseberry | | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Almond | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Pepitas |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Pili Nuts |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Pine Nut |
| <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Lime | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Poppy seeds |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Pumpkin Oil |
| <input type="checkbox"/> Loganberry | <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Pumpkin Seed Oil |
| <input type="checkbox"/> Loquat | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Pumpkin Seeds |

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|---|---|--|
| <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Beet | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Chard |
| <input type="checkbox"/> Sacha Inchi Seeds | <input type="checkbox"/> Bell Pepper | <input type="checkbox"/> Chayote |
| <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Bell Pepper, Green | <input type="checkbox"/> Chives |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Bell Pepper, Orange | <input type="checkbox"/> Coconut (raw and unsweetened) |
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Coconut Concentrate |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Bell Pepper, Yellow | <input type="checkbox"/> Collard Greens |
| <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Cucumber |
| | <input type="checkbox"/> Broccoli | <input type="checkbox"/> Daikon Radish |
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Dandelion Greens |
| <input type="checkbox"/> Alfalfa Grass | <input type="checkbox"/> Broccoli Sprouts | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Broccolini | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Endive |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Burdock | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Hearts of Palm |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Capers | <input type="checkbox"/> Kale, all types |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Capsicum | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Bean, Green | <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Lettuce, all types |

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|---|---|---|
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |
| <input type="checkbox"/> Mushrooms, Button | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Tomato, Cherry |
| <input type="checkbox"/> Mushrooms, Maitake | <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Tomato, Heirloom |
| <input type="checkbox"/> Mushrooms, Shiitake | <input type="checkbox"/> Pimento | <input type="checkbox"/> Tomato, Orange |
| <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Tomato, Red |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Tomato, Roma |
| <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Tomato, Sun-dried |
| <input type="checkbox"/> Onion, Green | <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Tomato, Yellow |
| <input type="checkbox"/> Onion, Maui | <input type="checkbox"/> Radicchio | <input type="checkbox"/> Tomatoes, Big Beef |
| <input type="checkbox"/> Onion, Red | <input type="checkbox"/> Radish | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Onion, Sweet | <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Onion, Yellow | <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Water Chestnut |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Parsnip | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | |
| <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Scallions | <input type="checkbox"/> Fish & Shellfish |
| <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Shallots | <input type="checkbox"/> Bass |
| <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Spinach | <input type="checkbox"/> Chilean Sea Bass |
| <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Corvina |
| <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Flounder |
| <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Tomato | <input type="checkbox"/> Haddock |

<input type="checkbox"/> Hake	<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Quail
<input type="checkbox"/> Halibut	<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Herring	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Mackerel	<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Octopus	<input type="checkbox"/> Applegate® organic red pepper sausage	
<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Almond Yogurt, unsweetened
<input type="checkbox"/> Sardines	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Sole	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)
<input type="checkbox"/> Swai	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Egg, Whites, Pasture-raised
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Collagen Protein (Powder)	
<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Condiments, Spreads & Sauces
<input type="checkbox"/> Trout	<input type="checkbox"/> Duck	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Carob
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Cocoa Butter
	<input type="checkbox"/> Lamb	<input type="checkbox"/> Coconut Aminos®
	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Coconut Cream
	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Harissa
	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)
	<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Liquid Smoke gluten free (natural)

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|---|---|---|
| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Capsicum | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garam Masala |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Garlic Salt |
| <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginkgo Biloba |
| <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cloves | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Astragalus | <input type="checkbox"/> Cumin | <input type="checkbox"/> Jamaican Jerk |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Curcumin | <input type="checkbox"/> Juniper Berry |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Lavender |
| | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| | <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Pepper |

<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Valerian
<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Vanilla (gluten and corn-free)
<input type="checkbox"/> Maca Root	<input type="checkbox"/> Peppermint	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Marjoram	<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> White Willow Bark Extract
<input type="checkbox"/> Mesquite	<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Wintergreen
<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Rosemary	<input type="checkbox"/> Wormwood
<input type="checkbox"/> Mint	<input type="checkbox"/> Saffron	
<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Sage	<input type="checkbox"/> Milk-Containing Foods
<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Saw Plametto	
<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Azuki
<input type="checkbox"/> Onion	<input type="checkbox"/> Shallots	<input type="checkbox"/> Bean, Black
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Spearmint	<input type="checkbox"/> Bean, Butter
<input type="checkbox"/> Oregano	<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Paprika	<input type="checkbox"/> Sumac	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Parsley	<input type="checkbox"/> Tarragon	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Mung

<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Bean, Red	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Beans	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)		<input type="checkbox"/> Tea, Black
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Garbanzo Bean		<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Kidney Bean		<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Tea, White
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Water
	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Zevia Drinks
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Coffee	
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Antimony
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Green Tea	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Bone Broth, Beef

- ☐ Chicory Root
- ☐ Cocoa/Cacao (raw, pure, & unsweetened)
- ☐ Collagen Protein (Powder)
- ☐ Formaldehyde
- ☐ Glucomannon Flour (konjacfoods.com)
- ☐ Great Lake's® Beef Gelatin

☐ Snacks

- ☐ Guar Gum
- ☐ Inulin
- ☐ Konjac Glucomannon Flour
- ☐ Lard (pork)
- ☐ Latex
- ☐ Locust Bean Gum
- ☐ Lycopene
- ☐ Palm Wax
- ☐ Red Food Dye
- ☐ Red Tomato Paste (gluten free)
- ☐ Silver
- ☐ Tragacanth Gum