

<input type="checkbox"/> Fruits	<input type="checkbox"/> Noni	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Acai	<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Peach	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Apricot	<input type="checkbox"/> Pear	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Cola Nut (aka Kola Nut)
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Golden Berry		<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Almond	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Huckleberry	<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
<input type="checkbox"/> Maqui	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Ramon Seeds
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Sacha Inchi Seeds
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Cashews	<input type="checkbox"/> Sesame Seed Oil

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|--|---|---|
| <input type="checkbox"/> Sesame Seeds                | <input type="checkbox"/> <b>Vegetables</b>                  | <input type="checkbox"/> Broccoli Sprouts                     |
| <input type="checkbox"/> Sesame Seeds, Black         | <input type="checkbox"/> Alfalfa Grass                      | <input type="checkbox"/> Broccolini                           |
| <input type="checkbox"/> Tea, Ramon                  | <input type="checkbox"/> Alfalfa Sprouts                    | <input type="checkbox"/> Brussels Sprout                      |
| <input type="checkbox"/> Tiger Nuts                  | <input type="checkbox"/> Aloe Vera                          | <input type="checkbox"/> Burdock                              |
| <input type="checkbox"/> Truffle Oil                 | <input type="checkbox"/> Artichoke (not pickled)            | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) |
| <input type="checkbox"/> Truffle Oil, Black          | <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Cabbage, Green                       |
|  | <input type="checkbox"/> Arugula                            | <input type="checkbox"/> Cabbage, Purple                      |
| <input type="checkbox"/> <b>Fish &amp; Shellfish</b> | <input type="checkbox"/> Asparagus                          | <input type="checkbox"/> Cactus (Nopales)                     |
| <input type="checkbox"/> Chilean Sea Bass            | <input type="checkbox"/> Avocado                            | <input type="checkbox"/> Capers                               |
| <input type="checkbox"/> Corvina                     | <input type="checkbox"/> Bamboo Shoot                       | <input type="checkbox"/> Capsicum                             |
| <input type="checkbox"/> Hake                        | <input type="checkbox"/> Bean Sprout                        | <input type="checkbox"/> Cauliflower                          |
| <input type="checkbox"/> Mahi Mahi                   | <input type="checkbox"/> Bean, Green                        | <input type="checkbox"/> Cauliflower, Purple                  |
| <input type="checkbox"/> Octopus                     | <input type="checkbox"/> Beet                               | <input type="checkbox"/> Celery                               |
| <input type="checkbox"/> Sardines                    | <input type="checkbox"/> Beet Greens                        | <input type="checkbox"/> Chard                                |
| <input type="checkbox"/> Swai                        | <input type="checkbox"/> Bell Pepper                        | <input type="checkbox"/> Chayote                              |
| <input type="checkbox"/> Swordfish                   | <input type="checkbox"/> Bell Pepper, Green                 | <input type="checkbox"/> Chives                               |
| <input type="checkbox"/> Tilapia (Wild, Non-farmed)  | <input type="checkbox"/> Bell Pepper, Orange                | <input type="checkbox"/> Coconut (raw and unsweetened)        |
| <input type="checkbox"/> Trout                       | <input type="checkbox"/> Bell Pepper, Red                   | <input type="checkbox"/> Coconut Concentrate                  |
| <input type="checkbox"/> Walleye Pike                | <input type="checkbox"/> Bell Pepper, Yellow                | <input type="checkbox"/> Collard Greens                       |
| <input type="checkbox"/> Whitefish/Turbot            | <input type="checkbox"/> Bok Choy                           | <input type="checkbox"/> Cucumber                             |
|  | <input type="checkbox"/> Broccoli                           | <input type="checkbox"/> Daikon Radish                        |
|  | <input type="checkbox"/> Broccoli Rabe                      | <input type="checkbox"/> Dandelion Greens                     |

<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Radish
<input type="checkbox"/> Endive	<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Fennel	<input type="checkbox"/> Paprika	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Garlic	<input type="checkbox"/> Parsley	<input type="checkbox"/> Rhubarb
<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Parsnip	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Horseradish	<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Jicama	<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Scallions
<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Shallots
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Spinach
<input type="checkbox"/> Leeks	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Tomato
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Tomato, Cherry
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Tomato, Heirloom
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pimento	<input type="checkbox"/> Tomato, Orange
<input type="checkbox"/> Okra	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Tomato, Red
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Tomato, Roma
<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Tomato, Sun-dried
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Tomato, Yellow

☐ Tomatoes, Big Beef☐ Truffle☐ Turnip Greens☐ Turnips☐ Water Chestnut☐ Watercress☐ Zucchini☐ **Meat & Poultry**☐ Bison (see also Buffalo)☐ Goat, Grass-fed only (organic)☐ Ostrich☐ Pheasant☐ Quail☐ Rabbit☐ **Non-Dairy & Eggs**☐ Almond Milk, unsweetened (no tapioca)☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk(Native Forest or Natural Value)☐ Egg, Whites, Pasture-raised☐ **Condiments, Spreads & Sauces**☐ Apple Cider Vinegar (Bragg's®)☐ Carob☐ Cocoa Butter☐ Coconut Aminos®☐ Coconut Cream☐ Harissa☐ Horseradish Sauce, Gluten-free (Annie's®)☐ Liquid Smoke gluten free (natural)☐ Mustard, Brown (Eden® gf mustard)☐ Olives (without vinegar)☐ Red Bean Paste☐ Red Tomato Paste (gluten free)☐ Sauerkraut (Bubbies® Brand only)☐ Tomato Paste (gluten & Vinegar-free)☐ Tomato Sauce (gluten & Vinegar-free)☐ **Sweeteners**☐ Jerusalem Artichoke Syrup☐ Just Like Sugar®☐ Rebiana Leaf (Stevia)☐ Sweetleaf® Stevia☐ **Herbs & Spices**☐ Allspice☐ Almond Flavor (natural, gluten free)☐ Anise☐ Ashwaganda☐ Astragalus☐ Basil☐ Bay Leaf☐ Bell Pepper, Red☐ Black Cohosh☐ Capsicum☐ Caraway Seed☐ Cardamom☐ Celery Powder☐ Chicory Root☐ Chili Powder☐ Chipotle Seasoning☐ Cilantro/Coriander☐ Cinnamon☐ Cinnamon, Ceylon☐ Cloves☐ Cloves, Madagascar

<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Oregano
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Hickory	<input type="checkbox"/> Paprika
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Paprika (smoked)
<input type="checkbox"/> Cumin	<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Parsley
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)
<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Lavender	<input type="checkbox"/> Pepper, Cayenne
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Pepper, Red
<input type="checkbox"/> Dill	<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Pepper, Sichuan
<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Pepper, Szechuan
<input type="checkbox"/> Echinacea	<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Pepper/Peppercorns
<input type="checkbox"/> Fennel	<input type="checkbox"/> Maca Root	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Garlic	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Mesquite	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Mint	<input type="checkbox"/> Saffron
<input type="checkbox"/> Ginger	<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Sage
<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Saw Plametto
<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Onion	<input type="checkbox"/> Shallots
<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Spearmint

<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Sumac	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Bean, Black	
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> <b>Gluten-Free Grains</b>
<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Bean, Red	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Beans	
<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> <b>Corn-Derived Foods</b>
	<input type="checkbox"/> Coffee Bean, Organic	
	<input type="checkbox"/> Garbanzo Bean	
	<input type="checkbox"/> Garbanzo Flour	
	<input type="checkbox"/> Kidney Bean	
	<input type="checkbox"/> Lentil(s)	
	<input type="checkbox"/> Red Bean Paste	

<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Palm Wax
	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Red Food Dye
<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	<input type="checkbox"/> Water	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Silver
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Tragacanth Gum
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)		
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> <b>Miscellaneous</b>	<input type="checkbox"/> <b>Snacks</b>
<input type="checkbox"/> Coffee	<input type="checkbox"/> Acacia Gum	
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Antimony	
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Arabic Gum	
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Blue Food Dye	
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Chicory Root	
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Formaldehyde	
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Guar Gum	
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Inulin	
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Konjac Glucomannon Flour	
<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Latex	
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Locust Bean Gum	
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Lycopene	