

<input type="checkbox"/> <b>Fruits</b>	<input type="checkbox"/> Lime	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Acai	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Apricot	<input type="checkbox"/> Loganberry	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Loquat	<input type="checkbox"/> Cola Nut (aka Kola Nut)
<input type="checkbox"/> Blackberry	<input type="checkbox"/> Maqui	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Mulberry	<input type="checkbox"/> Flax Oil
<input type="checkbox"/> Cherry	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Flax Seed
<input type="checkbox"/> Cranberry	<input type="checkbox"/> Noni	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Currant	<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Peach	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Macadamia Nut Oil
<input type="checkbox"/> Gooseberry		<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Grapefruit	<input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b>	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Kiwi	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Pepitas
<input type="checkbox"/> Lemon	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Pili Nuts
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Cashews	<input type="checkbox"/> Pistachios

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|---|---|--|
| <input type="checkbox"/> Poppy seeds                            | <input type="checkbox"/> <b>Vegetables</b>                    | <input type="checkbox"/> Cactus (Nopales)              |
| <input type="checkbox"/> Psyllium Husk                          | <input type="checkbox"/> Alfalfa Grass                        | <input type="checkbox"/> Capers                        |
| <input type="checkbox"/> Pumpkin Oil                            | <input type="checkbox"/> Alfalfa Sprouts                      | <input type="checkbox"/> Cauliflower                   |
| <input type="checkbox"/> Pumpkin Seed Oil                       | <input type="checkbox"/> Aloe Vera                            | <input type="checkbox"/> Cauliflower, Purple           |
| <input type="checkbox"/> Pumpkin Seeds                          | <input type="checkbox"/> Artichoke (not pickled)              | <input type="checkbox"/> Celery                        |
| <input type="checkbox"/> Ramon Seeds                            | <input type="checkbox"/> Artichoke, Jerusalem (not pickled)   | <input type="checkbox"/> Chard                         |
| <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Arugula                              | <input type="checkbox"/> Chayote                       |
| <input type="checkbox"/> Sacha Inchi Seeds                      | <input type="checkbox"/> Asparagus                            | <input type="checkbox"/> Chives                        |
| <input type="checkbox"/> Sesame Seed Oil                        | <input type="checkbox"/> Bamboo Shoot                         | <input type="checkbox"/> Coconut (raw and unsweetened) |
| <input type="checkbox"/> Sesame Seeds                           | <input type="checkbox"/> Bean Sprout                          | <input type="checkbox"/> Coconut Concentrate           |
| <input type="checkbox"/> Sesame Seeds, Black                    | <input type="checkbox"/> Bean, Green                          | <input type="checkbox"/> Collard Greens                |
| <input type="checkbox"/> Sunflower Seed Butter                  | <input type="checkbox"/> Beet Greens                          | <input type="checkbox"/> Daikon Radish                 |
| <input type="checkbox"/> Sunflower Seed Lecithin                | <input type="checkbox"/> Bok Choy                             | <input type="checkbox"/> Dandelion Greens              |
| <input type="checkbox"/> Sunflower Seed Oil                     | <input type="checkbox"/> Broccoli                             | <input type="checkbox"/> Dandelion Root                |
| <input type="checkbox"/> Sunflower Seeds                        | <input type="checkbox"/> Broccoli Rabe                        | <input type="checkbox"/> Eggplant                      |
| <input type="checkbox"/> Tahini                                 | <input type="checkbox"/> Broccoli Sprouts                     | <input type="checkbox"/> Endive                        |
| <input type="checkbox"/> Tea, Ramon                             | <input type="checkbox"/> Broccolini                           | <input type="checkbox"/> Fennel                        |
| <input type="checkbox"/> Tiger Nuts                             | <input type="checkbox"/> Brussels Sprout                      | <input type="checkbox"/> Hearts of Palm                |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®)       | <input type="checkbox"/> Burdock                              | <input type="checkbox"/> Horseradish                   |
|   | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Jicama                        |
|   | <input type="checkbox"/> Cabbage, Green                       | <input type="checkbox"/> Kelp/Dulse                    |
|   | <input type="checkbox"/> Cabbage, Purple                      | <input type="checkbox"/> Kohlrabi                      |

<input type="checkbox"/> Kombu	<input type="checkbox"/> Pimento	<input type="checkbox"/> Squash, Summer
<input type="checkbox"/> Leeks	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Squash, Yellow
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Nori	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Okra	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Water Chestnut
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Radish	<input type="checkbox"/> Watercress
<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Red Pepper Flake	
<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Fish & Shellfish
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Anchovy
<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Bass
<input type="checkbox"/> Paprika	<input type="checkbox"/> Scallions	<input type="checkbox"/> Catfish
<input type="checkbox"/> Parsley	<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Chilean Sea Bass
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Seaweed	<input type="checkbox"/> Clam
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Shallots	<input type="checkbox"/> Corvina
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Spirulina	<input type="checkbox"/> Crayfish
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Squash	<input type="checkbox"/> Flounder
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Haddock
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Hake
<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Halibut
<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Herring

<input type="checkbox"/> Lobster	<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> <b>Condiments, Spreads &amp; Sauces</b>
<input type="checkbox"/> Mackerel	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Carob
<input type="checkbox"/> Mussel	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cocoa Butter
<input type="checkbox"/> Octopus	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Duck	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Oyster	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)
<input type="checkbox"/> Perch	<input type="checkbox"/> Lamb	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Hummus
<input type="checkbox"/> Sardines	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Scallop	<input type="checkbox"/> Quail	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Squid	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Swai	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Swordfish		<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	
<input type="checkbox"/> Trout	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> <b>Sweeteners</b>
<input type="checkbox"/> Tuna	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Coconut Palm Sugar
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Jerusalem Artichoke Syrup
<input type="checkbox"/> Whitefish/Turbot		<input type="checkbox"/> Just Like Sugar®
		<input type="checkbox"/> Lo Han
		<input type="checkbox"/> Rebiana Leaf (Stevia)

<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Mesquite
<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Dill	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Mint
<input type="checkbox"/> Allspice	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Anise	<input type="checkbox"/> Fennel	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Astragalus	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Onion
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Onion Powder
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Paprika
<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Paprika (smoked)
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Hickory	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Pepper, Cayenne
<input type="checkbox"/> Cloves	<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Pepper, Sichuan
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pepper, Szechuan
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Lavender	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Cumin	<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Maca Root	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Saffron
	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Sage

<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Peanut (Organic, Valencia)
<input type="checkbox"/> Sesame Seeds		<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> Shallots	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Sumac	<input type="checkbox"/> Bean, Cannellini	
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> <b>Gluten-Free Grains</b>
<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Amaranth
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Red	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Beans	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Hemp Protein (Powder)
	<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Hemp Seed
	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Konjac Glucomannon Flour
	<input type="checkbox"/> Kidney Bean	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta

<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Water	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Red Food Dye
	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Silver
		<input type="checkbox"/> Tragacanth Gum
<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Snacks
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Acacia Gum	
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Agar Gum	
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Antimony	
<input type="checkbox"/> Coffee	<input type="checkbox"/> Arabic Gum	
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Blue Food Dye	
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Chicory Root	
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Formaldehyde	
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Guar Gum	
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Inulin	
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Julian Bakery Coconut Bread	
<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Konjac Glucomannon Flour	
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Latex	
	<input type="checkbox"/> Locust Bean Gum	