

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Leeks
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Capers	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Okra
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Arugula	<input type="checkbox"/> Celery	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Chard	<input type="checkbox"/> Parsley
<input type="checkbox"/> Avocado	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Pea, Black-Eyed
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Endive	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Fennel	<input type="checkbox"/> Spinach
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Garlic	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Burdock	<input type="checkbox"/> Jicama	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Swiss Chard

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| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Cashew Butter |
| <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Cashew Meal |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Loganberry | <input type="checkbox"/> Cashews |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Loquat | <input type="checkbox"/> Chestnut |
| | <input type="checkbox"/> Maqui | <input type="checkbox"/> Chia Seed (1/4 cup, max) |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Mulberry | <input type="checkbox"/> Coconut Butter |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Noni | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Grapeseed Oil, Organic |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Peach | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Pear | <input type="checkbox"/> Hazelnut/Filbert |
| <input type="checkbox"/> Boysenberry | | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Almond | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Pepitas |
| <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Pine Nut |
| <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Poppy seeds |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Pumpkin Oil |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Pumpkin Seed Oil |
| <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Pumpkin Seeds |
| <input type="checkbox"/> Lime | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Safflower/Safflower Seed Oil |

<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Quail
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Trout	<input type="checkbox"/> Turkey (organic)
	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Bass		
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Corvina	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Flounder	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, Å....)
<input type="checkbox"/> Haddock	<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Hake	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Halibut	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Egg, Whites, Pasture-raised
<input type="checkbox"/> Herring	<input type="checkbox"/> Buffalo (see also Bison)	
<input type="checkbox"/> Mackerel	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Condiments
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)
<input type="checkbox"/> Mussel	<input type="checkbox"/> Duck	<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)
<input type="checkbox"/> Perch	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Hummus
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Sardines	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Sole	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Swai	<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Ume Plum Vinegar

<input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®)	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Ginkgo Biloba
<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Ginseng (All Types)
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Goldenseal
<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Grapefruit Seed Extract
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Gymnema Silvestre
	<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Herbs De Provence
<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Hickory
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Himalayan Salt
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Juniper Berry
<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Cumin	<input type="checkbox"/> Lavender
<input type="checkbox"/> Maltitol	<input type="checkbox"/> Curcumin	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Lemon Pepper
<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lemongrass
	<input type="checkbox"/> Dill	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Allspice	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Fennel	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Anise	<input type="checkbox"/> Garlic	<input type="checkbox"/> Mint
<input type="checkbox"/> Astragalus	<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Basil	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Ginger	<input type="checkbox"/> Olive Leaf Extract

<input type="checkbox"/> Orange Salt	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Oregano	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Parsley	<input type="checkbox"/> Wormwood	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)		<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Casein	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Saffron	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Sage	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Lactalbumin
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Mozzarella Cheese
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized
<input type="checkbox"/> Sumac	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Whey
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Cheese, Marscapone	
<input type="checkbox"/> Thyme	<input type="checkbox"/> Cheese, Mozzarella (Raw)	
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Cheese, Muenster	
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Cheese, Parmesan	
<input type="checkbox"/> Valerian	<input type="checkbox"/> Cheese, Pecorino	

<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Bean, Azuki		<input type="checkbox"/> Tea, Black
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Bean, Navy/Ninja	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, Å....)	<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Bean, Red (see also Bean, Kidney)		<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Tea, Roobios
	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Tea, unflavored/caffeine-free only
<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Tea, White
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Water
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Wine, White (Champagne)
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Zevia Drinks
<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Echinacea Tea	
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Green Tea	<input type="checkbox"/> Antimony
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)
	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Bone Broth, Beef
	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Chicory Root
	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
	<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Coconut Aminos®

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| <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Formaldehyde | |
| <input type="checkbox"/> Glucomannon Flour
(konjacfoods.com) | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Great Lake's® Beef Gelatin | |
| <input type="checkbox"/> Inulin | |
| <input type="checkbox"/> Julian Bakery Almond Bread | |
| <input type="checkbox"/> Julian Bakery Coconut Bread | |
| <input type="checkbox"/> Julian Bakery Paleo Wraps | |
| <input type="checkbox"/> Konjac Glucomannon Flour | |
| <input type="checkbox"/> Lard (pork) | |
| <input type="checkbox"/> Latex | |
| <input type="checkbox"/> Lycopene | |
| <input type="checkbox"/> Palm Wax | |
| <input type="checkbox"/> Pycnogenol | |
| <input type="checkbox"/> Sherry Vinegar | |
| <input type="checkbox"/> Silver | |
| <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium) | |
| <input type="checkbox"/> Vinegar, Red Wine | |
| <input type="checkbox"/> Vinegar, Rice | |
| <input type="checkbox"/> Vinegar, White Wine | |
| <input type="checkbox"/> Yeast, Baker's | |