

<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard
<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread
<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Harissa
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Hummus
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil
<input type="checkbox"/> Coffee	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, unflavored/caffeine-free only	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Vinegar, Beet
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Water	
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Swerve® Xylitol
<input type="checkbox"/> Lemon Juice		
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Condiments	<input type="checkbox"/> Fish & Shellfish
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Anchovy
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Bass
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/> Catfish
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Chilean Sea Bass
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Carob	<input type="checkbox"/> Clam

<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Sole	<input type="checkbox"/> Cantaloupe
<input type="checkbox"/> Corvina	<input type="checkbox"/> Squid	<input type="checkbox"/> Cherry
<input type="checkbox"/> Crab	<input type="checkbox"/> Swai	<input type="checkbox"/> Clementine
<input type="checkbox"/> Crayfish	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Cranberry
<input type="checkbox"/> Flounder	<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Cranberry Juice
<input type="checkbox"/> Haddock	<input type="checkbox"/> Trout	<input type="checkbox"/> Currant
<input type="checkbox"/> Hake	<input type="checkbox"/> Tuna	<input type="checkbox"/> Date(s)
<input type="checkbox"/> Halibut	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Dragon Fruit (Pitaya)
<input type="checkbox"/> Herring	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Dried Fruit
<input type="checkbox"/> Lobster		<input type="checkbox"/> Elderberry
<input type="checkbox"/> Mackerel	<input type="checkbox"/> Fruits	<input type="checkbox"/> Fig
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Acai	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Mussel	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Octopus	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grape
<input type="checkbox"/> Oyster	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Perch	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Sardines	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Scallop	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava

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| <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Orange, Blood | <input type="checkbox"/> Wolfberry |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Papaya | <input type="checkbox"/> Youngberry |
| <input type="checkbox"/> Kumquat | <input type="checkbox"/> Passion Fruit | |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Peach | <input type="checkbox"/> Gluten-Containing Foods |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Pear | |
| <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Pear, Asian | <input type="checkbox"/> Gluten-Free Grains |
| <input type="checkbox"/> Lime | <input type="checkbox"/> Persimmons | <input type="checkbox"/> Almond Flour (gluten free) |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Amaranth |
| <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Plantain | <input type="checkbox"/> Arrowroot Flour/powder |
| <input type="checkbox"/> Loganberry | <input type="checkbox"/> Plum | <input type="checkbox"/> Buckwheat |
| <input type="checkbox"/> Loquat | <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Buckwheat Flour |
| <input type="checkbox"/> Mango | <input type="checkbox"/> Pomelo | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Mangosteen | <input type="checkbox"/> Prune | <input type="checkbox"/> Coconut Flour (gluten free) |
| <input type="checkbox"/> Maqui | <input type="checkbox"/> Quince | <input type="checkbox"/> Coconut Meal (gluten free) |
| <input type="checkbox"/> Melon, Honeydew | <input type="checkbox"/> Raisin (unsulfured, organic) | <input type="checkbox"/> Fava Bean Flour |
| <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Raspberry | <input type="checkbox"/> Flax Meal |
| <input type="checkbox"/> Mulberry | <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Garbanzo Flour |
| <input type="checkbox"/> Nectarines | <input type="checkbox"/> Strawberry | <input type="checkbox"/> Glucomannon Flour
(konjacfoods.com) |
| <input type="checkbox"/> Noni | <input type="checkbox"/> Tamarind | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Orange | <input type="checkbox"/> Tangelo | <input type="checkbox"/> Hemp Meal |
| <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Tangerine | <input type="checkbox"/> Hemp Protein (Powder) |

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| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Tortilla, Siete Chia & Cassava | <input type="checkbox"/> Cloves, Penang |
| <input type="checkbox"/> Konjac Glucomannon Flour | | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Potato Flour (gluten free) | <input type="checkbox"/> Allspice | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Potato Starch (gluten free) | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> ProGranola (Julian Bakery) | <input type="checkbox"/> Anise | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Quinoa (gluten free) | <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Quinoa, Black (gluten free) | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Quinoa, Red (gluten free) | <input type="checkbox"/> Basil | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Sorghum | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Garlic Salt |
| <input type="checkbox"/> Sweet Potato Flour (gluten free) | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Tapioca | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginkgo Biloba |
| <input type="checkbox"/> Tapioca Flour (gluten free) | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Tapioca Starch (gluten free) | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Teff | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta | <input type="checkbox"/> Cloves | <input type="checkbox"/> Grapeseed Extract |
| <input type="checkbox"/> Tolerant Red or Green Lentil Pasta | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Guarana |

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| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Onion | <input type="checkbox"/> Saw Plametto |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Hickory | <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Oregano | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Paprika | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Sumac |
| <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Parsley | <input type="checkbox"/> Taco Seasoning |
| <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Pepper, Sichuan | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper, Szechuan | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Pepper/Peppercorns | <input type="checkbox"/> Uva Ursi |
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Peppermint | <input type="checkbox"/> Valerian |
| <input type="checkbox"/> Mesquite | <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> Vanilla (gluten and corn-free) |
| <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> Vanilla Bean |
| <input type="checkbox"/> Mint | <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Vanilla Powder |
| <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Rose Hips | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Wintergreen |
| <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Saffron | <input type="checkbox"/> Wormwood |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sage | |

<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Applegate® organic herb roasted turkey
<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Miso	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Applegate® organic red pepper sausage
<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Applegate® organic smoked chicken breast
<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Applegate® organic smoked turkey breast
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Applegate® organic turkey
<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Applegate® organic turkey bacon
<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Bean, Navy/Ninja	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> White Beans	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Bean, Red (see also Bean, Kidney)		<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Duck
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Lamb (organic)
<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Pork, (organic)

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| <input type="checkbox"/> Quail | <input type="checkbox"/> Coconut Aminos® | <input type="checkbox"/> Palm Wax |
| <input type="checkbox"/> Rabbit | <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Pycnogenol |
| <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) |
| <input type="checkbox"/> Veal (organic) | <input type="checkbox"/> Formaldehyde | <input type="checkbox"/> Red Food Dye |
| <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Red Tomato Paste (gluten free) |
| | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple) | <input type="checkbox"/> Resveratrol |
| <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.) | <input type="checkbox"/> Silver |
| | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Skinny Crisps®(Plain Jane) |
| <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Great Lake's® Beef Gelatin | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Acacia Gum | <input type="checkbox"/> Guar Gum | <input type="checkbox"/> Tofu (Organic) |
| <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Hops | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |
| <input type="checkbox"/> Antimony | <input type="checkbox"/> Inulin | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <input type="checkbox"/> Arabic Gum | <input type="checkbox"/> Julian Bakery Almond Bread | <input type="checkbox"/> Tragacanth Gum |
| <input type="checkbox"/> Baking Soda (Arm & Hammer®) | <input type="checkbox"/> Julian Bakery Coconut Bread | <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium) |
| <input type="checkbox"/> Blue Food Dye | <input type="checkbox"/> Julian Bakery Paleo Wraps | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Bone Broth, Beef | <input type="checkbox"/> Konjac Glucomannon Flour | |
| <input type="checkbox"/> Carrageenan Gum | <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Non-Dairy & Eggs |
| <input type="checkbox"/> Chewing Gum, Xylitew® | <input type="checkbox"/> Latex | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) |
| <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium) | <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy) | <input type="checkbox"/> Almond Yogurt, unsweetened |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise |
| <input type="checkbox"/> Cocoa Butter | <input type="checkbox"/> Lycopene | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) |
| <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened) | <input type="checkbox"/> Modified Food Starch (Tapioca-based) | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) |

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| <input type="checkbox"/> Egg, Pasture-raised (from a farmer) | <input type="checkbox"/> Chia Seed (1/4 cup, max) | <input type="checkbox"/> Pecan Flour |
| <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde® | <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Pepitas |
| <input type="checkbox"/> Egg, Whites, Pasture-raised | <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Pili Nuts |
| <input type="checkbox"/> Egg, Yolks Pasture-raised | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Pine Nut |
| <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Cola Nut (aka Kola Nut) | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Paleo Cheese (Julianbakery.com or | <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Poppy seeds |
| | <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Pumpkin Oil |
| <input type="checkbox"/> Almond | <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Pumpkin Seed Oil |
| <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Pumpkin Seeds |
| <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Ramon Seeds |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) |
| <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Sacha Inchi Seeds |
| <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Safflower/Safflower Seed Oil |
| <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Sesame Seed Oil |
| <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Canola/Rapeseed Oil | <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Sunflower Seed Butter |
| <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sunflower Seed Lecithin |
| <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Sunflower Seed Oil |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Chestnut | <input type="checkbox"/> Pecan | <input type="checkbox"/> Tahini |

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| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> Tapioca Dextrose |
| <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Honey, Manuka | <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source) |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Honey, Wildflower from Mahava® | <input type="checkbox"/> Yacon Syrup |
| <input type="checkbox"/> Walnut (few) | <input type="checkbox"/> Jerusalem Artichoke Syrup | |
| <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Vegetables |
| <input type="checkbox"/> Walnut, Black (few) | <input type="checkbox"/> Lo Han | <input type="checkbox"/> Alfalfa Sprouts |
| | <input type="checkbox"/> Maltodextrin (Tapioca-based) | <input type="checkbox"/> Aloe Vera |
| <input type="checkbox"/> Snacks | <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Artichoke (not pickled) |
| <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Artichoke, Jerusalem (not pickled) |
| <input type="checkbox"/> Date(s) | <input type="checkbox"/> Molasses | <input type="checkbox"/> Arugula |
| <input type="checkbox"/> Simple Mills Chocolate Chip Cookies | <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Asparagus |
| | <input type="checkbox"/> Monk Fruit Extract | <input type="checkbox"/> Avocado |
| <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Nutrasweet® | <input type="checkbox"/> Avocado Oil |
| <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Bamboo Shoot |
| <input type="checkbox"/> Aspartame/Nutrasweet | <input type="checkbox"/> Sorbitol | <input type="checkbox"/> Bean Sprout |
| <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup | <input type="checkbox"/> Splenda | <input type="checkbox"/> Bean, Green |
| <input type="checkbox"/> Cane Syrup | <input type="checkbox"/> Sucanat | <input type="checkbox"/> Beet |
| <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Sucralose | <input type="checkbox"/> Beet Greens |
| <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Bell Pepper |
| <input type="checkbox"/> Coconut Sugar | <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Bell Pepper, Green |
| <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Bell Pepper, Orange |
| <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Bell Pepper, Red |

<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery	<input type="checkbox"/> Leeks
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Chives	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Burdock	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Nori
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra
<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Capers	<input type="checkbox"/> Endive	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Fennel	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Garlic	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Parsley
<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Jicama	<input type="checkbox"/> Parsnip
<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Pea, Black-Eyed
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pea, Green
<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kombu	<input type="checkbox"/> Pea, Snap

<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Sweet Potato, Red
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Sweet Potatoes, White
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Radish	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Scallions	<input type="checkbox"/> Tomato, Cherry
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Tomato, Heirloom
<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Seaweed	<input type="checkbox"/> Tomato, Orange
<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Shallots	<input type="checkbox"/> Tomato, Red
<input type="checkbox"/> Pimento	<input type="checkbox"/> Spinach	<input type="checkbox"/> Tomato, Roma
<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Spirulina	<input type="checkbox"/> Tomato, Sun-dried
<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash	<input type="checkbox"/> Tomato, Yellow
<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Tomatoes, Big Beef
<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Truffle
<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Potato, White	<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Turnips
<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Water Chestnut
<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Watercress
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Yams, Garnett
<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Yams, Japanese

☐ Yucca

☐ Zucchini