

- | | | |
|--|--|---|
| <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"/> Pumpkin Oil |
| <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Pumpkin Seed Oil |
| <input type="checkbox"/> Loganberry | <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Pumpkin Seeds |
| <input type="checkbox"/> Loquat | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Ramon Seeds |
| <input type="checkbox"/> Maqui | <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Sacha Inchi Seeds |
| <input type="checkbox"/> Mulberry | <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Sesame Seed Oil |
| <input type="checkbox"/> Nectarines | <input type="checkbox"/> Cashews | <input type="checkbox"/> Sesame Seeds |

- | | | |
|---|---|---|
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Broccoli | <input type="checkbox"/> Daikon Radish |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Dandelion Greens |
| <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Broccoli Sprouts | <input type="checkbox"/> Dandelion Root |
| | <input type="checkbox"/> Broccolini | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Endive |
| <input type="checkbox"/> Alfalfa Grass | <input type="checkbox"/> Burdock | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Hearts of Palm |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Capers | <input type="checkbox"/> Kale, all types |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Capsicum | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Lettuce, all types |
| <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Celery | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Chard | <input type="checkbox"/> Mushrooms, Button |
| <input type="checkbox"/> Bell Pepper | <input type="checkbox"/> Chayote | <input type="checkbox"/> Mushrooms, Cremini/Crimini |
| <input type="checkbox"/> Bell Pepper, Green | <input type="checkbox"/> Chives | <input type="checkbox"/> Mushrooms, Maitake |
| <input type="checkbox"/> Bell Pepper, Orange | <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Mushrooms, Shiitake |
| <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Mustard Greens |
| <input type="checkbox"/> Bell Pepper, Yellow | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Olives (without vinegar) |

<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Radish	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Water Chestnut
<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Watercress
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Rutabaga	
<input type="checkbox"/> Paprika	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Fish & Shellfish
<input type="checkbox"/> Parsley	<input type="checkbox"/> Scallions	<input type="checkbox"/> Bass
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Shallots	<input type="checkbox"/> Chilean Sea Bass
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Spinach	<input type="checkbox"/> Corvina
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Flounder
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Haddock
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Tomato	<input type="checkbox"/> Hake
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Halibut
<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Herring
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Mahi Mahi
<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Octopus
<input type="checkbox"/> Pimento	<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Perch
<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Sardines
<input type="checkbox"/> Radicchio	<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Sole

<input type="checkbox"/> Swai	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Trout	<input type="checkbox"/> Quail	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Red Tomato Paste (gluten free)
	<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Applegate® organic ham		<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Non-Dairy & Eggs	
<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Sweeteners
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Jerusalem Artichoke Syrup
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Just Like Sugar®
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Rebiana Leaf (Stevia)
<input type="checkbox"/> Chicken, free range (organic)		<input type="checkbox"/> Sweetleaf® Stevia
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Condiments, Spreads & Sauces	
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Duck	<input type="checkbox"/> Carob	<input type="checkbox"/> Allspice
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Almond Flavor (natural, gluten free)
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Anise
<input type="checkbox"/> Lamb	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Harissa	<input type="checkbox"/> Astragalus

<input type="checkbox"/> Basil	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)
<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Dill	<input type="checkbox"/> Lemon Pepper
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Lemongrass
<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Licorice Root
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Fennel	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Mesquite
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Mint
<input type="checkbox"/> Chipotle Seasoning	<input type="checkbox"/> Ginger	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Cloves	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Onion
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Onion Powder
<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"/> Pepper, Red	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Red
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Beans
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Wormwood	<input type="checkbox"/> Kidney Bean
<input type="checkbox"/> Saffron		<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Sage	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Saw Plametto		<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Azuki	
<input type="checkbox"/> Shallots	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Gluten-Free Grains
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Sumac	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Hazelnut Flour

<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Great Lake'sÂ® Beef Gelatin
<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Inulin
<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Latex
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Coffee	<input type="checkbox"/> Water	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Silver
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Tragacanth Gum
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Snacks
<input type="checkbox"/> Great Lake'sÂ® Beef Gelatin	<input type="checkbox"/> Acacia Gum	
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Arabic Gum	
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Baking Soda (Arm & HammerÂ®)	
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Bone Broth, Beef	
	<input type="checkbox"/> Chicory Root	
	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	