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| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mushrooms, Button |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Mushrooms, Cremini/Crimini |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Chard | <input type="checkbox"/> Mushrooms, Maitake |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Chives | <input type="checkbox"/> Mushrooms, Shiitake |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Mustard Greens |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Olives (without vinegar) |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Onion, Green |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Comfrey | <input type="checkbox"/> Onion, Maui |
| <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Onion, Red |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Onion, Sweet |
| <input type="checkbox"/> Bitter Melon | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Onion, Yellow |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Endive | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Fennel | <input type="checkbox"/> Prickly Pear |
| <input type="checkbox"/> Broccolini | <input type="checkbox"/> Garlic | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Ginger | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Broccoli Sprouts | <input type="checkbox"/> Hearts of Palm | <input type="checkbox"/> Rainbow Chard |
| <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Horseradish | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Burdock | <input type="checkbox"/> Jicama | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Kale, all types | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Leeks | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Lettuce, all types | <input type="checkbox"/> Swede |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Swiss Chard |

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| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Lemon | <input type="checkbox"/> Legumes, Pods, & Pulses |
| <input type="checkbox"/> Wasabi Root | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Vanilla Bean |
| <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Nuts, Seeds, Drupes & Oils |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Lime | <input type="checkbox"/> Almond |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Almond, Marcona |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Loganberry | <input type="checkbox"/> Almond Butter (Artisana®) |
| <input type="checkbox"/> alpha | <input type="checkbox"/> Longan Fruit | <input type="checkbox"/> Almond Flavor (natural, gluten free) |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Loquat | <input type="checkbox"/> Almond Flour (gluten free) |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Lychee | <input type="checkbox"/> Almond Meal (gluten free) |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Maqui | <input type="checkbox"/> Almond Oil |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Mulberry | <input type="checkbox"/> Annatto Seed |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Avocado Oil |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Noni | <input type="checkbox"/> Brazil Nut |
| <input type="checkbox"/> bravo | <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Caraway Seed |
| <input type="checkbox"/> Carambola | <input type="checkbox"/> Peach | <input type="checkbox"/> Cashew Butter |
| <input type="checkbox"/> charlie | <input type="checkbox"/> Pear | <input type="checkbox"/> Cashew Meal |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Pear, Asian | <input type="checkbox"/> Cashews |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Plum | <input type="checkbox"/> Chestnut |
| <input type="checkbox"/> Elderberry | <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) |
| <input type="checkbox"/> food name | <input type="checkbox"/> Rambutan | <input type="checkbox"/> Coconut Butter |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Raspberry | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Duck Fat |
| <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Youngberry | <input type="checkbox"/> Hazelnut/Filbert |

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|---|---|---|
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Lard/Tallow (pork) | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> MCT Oil | <input type="checkbox"/> Clove Powder | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Comfrey | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Pistachios | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Juniper Berry |
| <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Cumin | <input type="checkbox"/> Lavender |
| <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Curcumin | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Lemongrass |
| <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lemon Pepper |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Dill | <input type="checkbox"/> Maca Root |
| <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Mace Spice |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Echinacea | <input type="checkbox"/> Marjoram |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Fennel | <input type="checkbox"/> Milk Thistle |
| <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Fennel Seed | <input type="checkbox"/> Mint |
| <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic | <input type="checkbox"/> Mustard (as a Powder) |
| <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Mustard Seeds (gluten free) |
| <input type="checkbox"/> Catnip | <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Chaparral | <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Chervil | <input type="checkbox"/> Ginger Powder | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Onion Powder |

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| <input type="checkbox"/> Oregano | <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Swai |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Swordfish |
| <input type="checkbox"/> Pau D'arco | <input type="checkbox"/> White Willow Bark Extract | <input type="checkbox"/> Tilapia (Wild, Non-farmed) |
| <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Trout |
| <input type="checkbox"/> Pepper/Peppercorns | <input type="checkbox"/> Wormwood | <input type="checkbox"/> Walleye Pike |
| <input type="checkbox"/> Peppermint | <input type="checkbox"/> Fish & Shellfish | <input type="checkbox"/> Whitefish/Turbot |
| <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> Bass | <input type="checkbox"/> Meat & Poultry |
| <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Chilean Sea Bass | <input type="checkbox"/> Applegate® organic roast beef |
| <input type="checkbox"/> Rosemary | <input type="checkbox"/> Corvina | <input type="checkbox"/> Beef, Grass-fed only (organic) |
| <input type="checkbox"/> Saffron | <input type="checkbox"/> Flounder | <input type="checkbox"/> Bison (see also Buffalo) |
| <input type="checkbox"/> Sage | <input type="checkbox"/> Haddock | <input type="checkbox"/> Buffalo (see also Bison) |
| <input type="checkbox"/> Sassafras | <input type="checkbox"/> Hake | <input type="checkbox"/> Chicken, free range (organic) |
| <input type="checkbox"/> Savory | <input type="checkbox"/> Halibut | <input type="checkbox"/> Collagen Protein (Powder) |
| <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Herring | <input type="checkbox"/> Deer (see also Venison) |
| <input type="checkbox"/> Shallots | <input type="checkbox"/> Lox | <input type="checkbox"/> Duck |
| <input type="checkbox"/> Spearmint | <input type="checkbox"/> Mackerel | <input type="checkbox"/> Goat, Grass-fed only (organic) |
| <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Mahi Mahi | <input type="checkbox"/> Great Lake's® Beef Gelatin |
| <input type="checkbox"/> Sumac | <input type="checkbox"/> Octopus | <input type="checkbox"/> Lamb |
| <input type="checkbox"/> Tarragon | <input type="checkbox"/> Perch | <input type="checkbox"/> Ostrich |
| <input type="checkbox"/> Thyme | <input type="checkbox"/> Red Snapper | <input type="checkbox"/> Pheasant |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Pork, (organic) |
| <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Sardines | <input type="checkbox"/> Quail |
| <input type="checkbox"/> Valerian | <input type="checkbox"/> Sole | <input type="checkbox"/> Rabbit |

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| <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Echinacea Tea |
| <input type="checkbox"/> Veal (organic) | <input type="checkbox"/> No foods in this Category | <input type="checkbox"/> Great Lake's® Beef Gelatin |
| <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Condiments, Spreads & Sauces | <input type="checkbox"/> Green Tea |
| <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> No foods in this Category | <input type="checkbox"/> Coconut Aminos® | <input type="checkbox"/> Lime Juice |
| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Mineral Water |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) | <input type="checkbox"/> Horseradish Mustard, Gluten-free (Annie's®) | <input type="checkbox"/> Sparkling Water, unflavored |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Tea, Black |
| <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Tea, Chamomile |
| <input type="checkbox"/> Egg Whites, Pasture-raised | <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Tea, Chicory Root |
| <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Tea, Green |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Tea, Hibiscus |
| <input type="checkbox"/> Coconut Flour (gluten free) | <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Tea, Oolong |
| <input type="checkbox"/> Coconut Meal (gluten free) | <input type="checkbox"/> Lo Han | <input type="checkbox"/> Tea, Roobios |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Tea, White |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Water |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Beverages & Protein Powders | <input type="checkbox"/> Yerba Matte Tea (Organic/Pure) |
| <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) | <input type="checkbox"/> Zevia Drinks |
| <input type="checkbox"/> No foods in this Category | <input type="checkbox"/> Bone Broth Protein, Beef | |
| | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | |
| | <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) | |
| | <input type="checkbox"/> Coconut Water (low sugar) | |
| | <input type="checkbox"/> Collagen Protein (Powder) | |

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| <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> new food cat |
| <input type="checkbox"/> Baking Soda (Arm & Hammer®) | <input type="checkbox"/> alpha |
| <input type="checkbox"/> Bone Broth, Beef | <input type="checkbox"/> bravo |
| <input type="checkbox"/> Cacao (Raw, Pure, & Unsweetened) | <input type="checkbox"/> charlie |
| <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> food name |
| <input type="checkbox"/> Great Lake's® Beef Gelatin | |
| <input type="checkbox"/> Latex | |
| <input type="checkbox"/> Lycopene | |
| <input type="checkbox"/> Silver | |
| <input type="checkbox"/> Snacks | |
| No foods in this Category | |
| <input type="checkbox"/> Food Additives | |
| <input type="checkbox"/> Annatto Coloring | |
| <input type="checkbox"/> Chicory Root | |
| <input type="checkbox"/> Inulin | |
| <input type="checkbox"/> Palm Wax | |
| <input type="checkbox"/> Tricalcium Phosphate | |
| <input type="checkbox"/> Vegan Enzyme | |
| <input type="checkbox"/> Vegan Natural Flavors (no MSG) | |