

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

<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Spinach	<input type="checkbox"/> food name
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Swede	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Taro	<input type="checkbox"/> Gooseberries
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Wasabi Root	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Lemon
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Watercress	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Pepper, Tabasco	<input type="checkbox"/> Fruits	<input type="checkbox"/> Lime
<input type="checkbox"/> Pimento	<input type="checkbox"/> Acai	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> alpha	<input type="checkbox"/> Loganberry
<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Apricot	<input type="checkbox"/> Longan Fruit
<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Loquat
<input type="checkbox"/> Radicchio	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Lychee
<input type="checkbox"/> Radish	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Maqui
<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Mulberry
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> bravo	<input type="checkbox"/> Nectarines
<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Carambola	<input type="checkbox"/> Noni
<input type="checkbox"/> Rutabaga	<input type="checkbox"/> charlie	<input type="checkbox"/> Passion Fruit
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Cherry	<input type="checkbox"/> Pear
<input type="checkbox"/> Scallions	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Pear, Asian
<input type="checkbox"/> Shallots	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Plum

<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Duck Fat	<input type="checkbox"/> Pumpkin Seeds
<input type="checkbox"/> Rambutan	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Ramon Seeds
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Sacha Inchi Seeds
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Sunflower Seed Butter
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Sunflower Seed Flour
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Sunflower Seed Lecithin
<input type="checkbox"/> Legumes, Pods, & Pulses	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sunflower Seed Oil
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sunflower Seeds
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Tahini
<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Lard/Tallow (pork)	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Tiger Nuts
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Borage Seed Oil	<input type="checkbox"/> MCT Oil	<input type="checkbox"/> Walnut Oil
<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Walnuts
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Walnuts, Black
<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Pepitas	<input type="checkbox"/> Allspice
<input type="checkbox"/> Cashews	<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Anise
<input type="checkbox"/> Chestnut	<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Pistachios	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Basil
<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Bell Pepper, Red

<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Dill	<input type="checkbox"/> Mint
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Catnip	<input type="checkbox"/> Fennel	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Fennel Seed	<input type="checkbox"/> Onion
<input type="checkbox"/> Celery Seed	<input type="checkbox"/> Ginger Powder	<input type="checkbox"/> Onion Powder
<input type="checkbox"/> Chaparral	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Oregano
<input type="checkbox"/> Chervil	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Paprika
<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Paprika (smoked)
<input type="checkbox"/> Chipotle Seasoning	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Pau D'arco
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Pepper, Cayenne
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Hickory	<input type="checkbox"/> Pepper, Red
<input type="checkbox"/> Clove Powder	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Pepper, Sichuan
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Pepper, Szechuan
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Comfrey	<input type="checkbox"/> Lavender	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Red Clover
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Cumin	<input type="checkbox"/> Maca Root	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Saffron

<input type="checkbox"/> Sage	<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Sassafras	<input type="checkbox"/> Bass	<input type="checkbox"/> <b>Meat &amp; Poultry</b>
<input type="checkbox"/> Savory	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Corvina	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Shallots	<input type="checkbox"/> Flounder	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Haddock	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Hake	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Sumac	<input type="checkbox"/> Halibut	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Herring	<input type="checkbox"/> Duck
<input type="checkbox"/> Thyme	<input type="checkbox"/> Lox	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Lamb
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Valerian	<input type="checkbox"/> Octopus	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Perch	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Quail
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Rabbit
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Sardines	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Sole	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Swai	
	<input type="checkbox"/> Swordfish	
	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	
	<input type="checkbox"/> Trout	
	<input type="checkbox"/> Walleye Pike	

☐ **Milk-Containing Foods**☐ No foods in this Category☐ **Non-Dairy & Eggs**☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk (Native Forest or Natural Value)☐ **Gluten-Free Grains**☐ Amaranth☐ Coconut Flour (gluten free)☐ Coconut Meal (gluten free)☐ Flax Meal☐ Glucomannon Flour (konjacfoods.com)☐ Hazelnut Flour☐ Hemp Meal☐ Hemp Protein (Powder)☐ Hemp Seed☐ Konjac Glucomannon Flour☐ Sunflower Seed Flour☐ **Gluten-Containing Foods**☐ No foods in this Category☐ **Corn-Derived Foods**☐ No foods in this Category☐ **Condiments, Spreads & Sauces**☐ Carob☐ Cocoa Butter☐ Coconut Aminos®☐ Coconut Cream☐ Earth Balance® Coconut Spread☐ Liquid Smoke gluten free (natural)☐ Olives (without vinegar)☐ Sauerkraut (Bubbies® Brand only)☐ Vegetable Shortening (Spectrum®)☐ **Sweeteners**☐ Jerusalem Artichoke Syrup☐ Just Like Sugar®☐ Lo Han☐ Rebiana Leaf (Stevia)☐ Sweetleaf® Stevia☐☐☐☐☐☐☐☐☐☐☐ Coconut Water (low sugar)☐ Coffee (Brewed and Not Instant)☐ Coffee Bean, Organic☐ Echinacea Tea☐ Green Tea☐ Hemp Protein (Powder)☐ Lemon Juice☐ Lime Juice☐ Mineral Water☐ Sparkling Water, unflavored☐ Tea, Black☐ Tea, Chamomile☐ Tea, Chicory Root☐ Tea, Green☐ Tea, Hibiscus☐ Tea, Oolong☐ Tea, Ramon☐ Tea, Rooibos☐ Tea, White☐ Water☐ Yerba Matte Tea (Organic/Pure)☐ Zevia Drinks☐ Coconut Milk (Native Forest or Natural Value)

<input type="checkbox"/>	Miscellaneous	<input type="checkbox"/>	new food cat
<input type="checkbox"/>	Baking Soda (Arm & Hammer®)	<input type="checkbox"/>	alpha
<input type="checkbox"/>	Cacao (Raw, Pure, & Unsweetened)	<input type="checkbox"/>	bravo
<input type="checkbox"/>	Latex	<input type="checkbox"/>	charlie
<input type="checkbox"/>	Lycopene	<input type="checkbox"/>	food name
<input type="checkbox"/>	Silver		
<input type="checkbox"/>	Tobacco		
<input type="checkbox"/>	Snacks		
	No foods in this Category		
<input type="checkbox"/>	Food Additives		
<input type="checkbox"/>	Annatto Coloring		
<input type="checkbox"/>	Arabic Gum		
<input type="checkbox"/>	Asafoetida Powder		
<input type="checkbox"/>	Chicory Root		
<input type="checkbox"/>	Inulin		
<input type="checkbox"/>	Palm Wax		
<input type="checkbox"/>	Tragacanth Gum		
<input type="checkbox"/>	Tricalcium Phosphate		
<input type="checkbox"/>	Vegan Enzyme		
<input type="checkbox"/>	Vegan Natural Flavors (no MSG)		