

<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	<input type="checkbox"/> Tea, unflavored/caffeine-free only	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil
<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Water	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Coffee Bean, Organic	
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)		<input type="checkbox"/> <b>Corn-Derived Foods</b>
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> <b>Condiments</b>	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy
<input type="checkbox"/> Coffee	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Balsamic Vinegar MiaBella NoCaramel/WineVinegar	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Carob	<input type="checkbox"/> Corn Gluten
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Earth Balance® Coconut Spread	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Ketchup (Organicville)	<input type="checkbox"/> Fructose
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®)	<input type="checkbox"/> Swerve® Xylitol
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free

<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Blueberry
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Boysenberry
<input type="checkbox"/> Bass	<input type="checkbox"/> Sardines	<input type="checkbox"/> Cantaloupe
<input type="checkbox"/> Catfish	<input type="checkbox"/> Scallop	<input type="checkbox"/> Clementine
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Cranberry
<input type="checkbox"/> Clam	<input type="checkbox"/> Sole	<input type="checkbox"/> Cranberry Juice
<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Swai	<input type="checkbox"/> Currant
<input type="checkbox"/> Corvina	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Date(s)
<input type="checkbox"/> Crab	<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Dragon Fruit (Pitaya)
<input type="checkbox"/> Crayfish	<input type="checkbox"/> Trout	<input type="checkbox"/> Dried Fruit
<input type="checkbox"/> Flounder	<input type="checkbox"/> Tuna	<input type="checkbox"/> Elderberry
<input type="checkbox"/> Haddock	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Fig
<input type="checkbox"/> Hake	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Halibut	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Herring		<input type="checkbox"/> Grape
<input type="checkbox"/> Lobster	<input type="checkbox"/> Fruits	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Mackerel	<input type="checkbox"/> Acai	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Mussel	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Guava
<input type="checkbox"/> Oyster	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Perch	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Jack fruit

<input type="checkbox"/> Kumquat	<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> <b>Gluten-Containing Foods</b>
<input type="checkbox"/> Lemon	<input type="checkbox"/> Persimmons	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Pineapple	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Plantain	
<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Plum	<input type="checkbox"/> <b>Gluten-Free Grains</b>
<input type="checkbox"/> Loganberry	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Loquat	<input type="checkbox"/> Pomelo	<input type="checkbox"/> Amaranth
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Prune	<input type="checkbox"/> Basmati Rice (gluten free)
<input type="checkbox"/> Maqui	<input type="checkbox"/> Quince	<input type="checkbox"/> Buckwheat
<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Buckwheat Flour
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Strawberry	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Noni	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Orange	<input type="checkbox"/> Tangelo	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Papaya	<input type="checkbox"/> Banana	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Apricot	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Peach	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Pear	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Hemp Protein (Powder)

<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Teff	<input type="checkbox"/> Chili Powder
<input type="checkbox"/> Millet	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Cramp Bark Extract
<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Cream of Tartar
<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Cumin
<input type="checkbox"/> Rice, Brown (gluten free)		<input type="checkbox"/> Curcumin
<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Curry (must be GF)
<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Allspice	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Dong Quai
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Anise	<input type="checkbox"/> Echinacea
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Fennel
<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Astragalus	<input type="checkbox"/> Garlic
<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Basil	<input type="checkbox"/> Garlic Pepper
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Garlic Powder
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Garlic Salt
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Ginkgo Biloba
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Ginseng (All Types)
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Goldenseal

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

<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Quail
<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Applegate® organic smoked chicken breast	
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> <b>Milk-Containing Foods</b>
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Applegate® organic turkey	
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> <b>Miscellaneous</b>
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Antimony
<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Baking Powder
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> White Beans	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Chewing Gum, Xylichew®
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Duck	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Chicory Root
	<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)

<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Latex	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Cashews
<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Hops	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Lard (pork)		<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Lycopene	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Cola Nut (aka Kola Nut)
<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Cottonseed/Cottonseed Oil
<input type="checkbox"/> Red Tomato Paste (gluten free)		<input type="checkbox"/> Grapeseed Oil, Organic
<input type="checkbox"/> Resveratrol	<input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b>	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Silver	<input type="checkbox"/> Almond	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hydrogenated Oils

<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Just Like Sugar®
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Lo Han
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Maple Sugar
<input type="checkbox"/> Pecan		<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Snacks	<input type="checkbox"/> Molasses
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Monk Fruit
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Simple Mills Chocolate Chip Cookies	<input type="checkbox"/> Nutrasweet®
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Rebiana Leaf (Stevia)
<input type="checkbox"/> Pistachios		<input type="checkbox"/> Sorbitol
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Splenda
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Sucanat
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Sugar Cane
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Sweetleaf® Stevia
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Swerve® Xylitol
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Fructose	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Yacon Syrup
<input type="checkbox"/> Tahini	<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Sucralose
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Agave Nectar



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| <input type="checkbox"/> Coconut Sugar           | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Corn, White              |
|  | <input type="checkbox"/> Cabbage, Green                       | <input type="checkbox"/> Cucumber                 |
| <input type="checkbox"/> <b>Vegetables</b>       | <input type="checkbox"/> Cabbage, Purple                      | <input type="checkbox"/> Daikon Radish            |
| <input type="checkbox"/> Aloe Vera               | <input type="checkbox"/> Cactus (Nopales)                     | <input type="checkbox"/> Dandelion Greens         |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Capers                               | <input type="checkbox"/> Dandelion Root           |
| <input type="checkbox"/> Arugula                 | <input type="checkbox"/> Capsicum                             | <input type="checkbox"/> Eggplant                 |
| <input type="checkbox"/> Asparagus               | <input type="checkbox"/> Carrot Juice                         | <input type="checkbox"/> Endive                   |
| <input type="checkbox"/> Avocado                 | <input type="checkbox"/> Carrot, Orange                       | <input type="checkbox"/> Fennel                   |
| <input type="checkbox"/> Avocado Oil             | <input type="checkbox"/> Carrot, Purple                       | <input type="checkbox"/> Garlic                   |
| <input type="checkbox"/> Bamboo Shoot            | <input type="checkbox"/> Carrot, White                        | <input type="checkbox"/> Hearts of Palm           |
| <input type="checkbox"/> Bean Sprout             | <input type="checkbox"/> Carrot, Yellow                       | <input type="checkbox"/> Horseradish              |
| <input type="checkbox"/> Beet                    | <input type="checkbox"/> Cassava (see Tapioca and Yucca)      | <input type="checkbox"/> Jicama                   |
| <input type="checkbox"/> Beet Greens             | <input type="checkbox"/> Cauliflower                          | <input type="checkbox"/> Kale, all types          |
| <input type="checkbox"/> Bell Pepper, Green      | <input type="checkbox"/> Cauliflower, Purple                  | <input type="checkbox"/> Kelp/Dulse               |
| <input type="checkbox"/> Bell Pepper, Red        | <input type="checkbox"/> Celery                               | <input type="checkbox"/> Kohlrabi                 |
| <input type="checkbox"/> Bok Choy                | <input type="checkbox"/> Chard                                | <input type="checkbox"/> Kombu                    |
| <input type="checkbox"/> Broccoli                | <input type="checkbox"/> Chayote                              | <input type="checkbox"/> Leeks                    |
| <input type="checkbox"/> Broccoli Rabe           | <input type="checkbox"/> Coconut (raw and unsweetened)        | <input type="checkbox"/> Mustard Greens           |
| <input type="checkbox"/> Broccoli Sprouts        | <input type="checkbox"/> Coconut Concentrate                  | <input type="checkbox"/> Nori                     |
| <input type="checkbox"/> Broccolini              | <input type="checkbox"/> Collard Greens                       | <input type="checkbox"/> Okra                     |
| <input type="checkbox"/> Brussels Sprout         | <input type="checkbox"/> Corn (Gluten-free & Non-GMO)         | <input type="checkbox"/> Olives (without vinegar) |
| <input type="checkbox"/> Burdock                 | <input type="checkbox"/> Corn, Blue                           | <input type="checkbox"/> Parsley                  |

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

- ☐ Zucchini
- ☐ Alfalfa Sprouts
- ☐ Psyllium Husk
- ☐ Onion, Green
- ☐ Onion, Maui
- ☐ Onion, Red
- ☐ Onion, Sweet
- ☐ Onion, Yellow
- ☐ Chives
- ☐ Shallots
- ☐ Bell Pepper
- ☐ Bell Pepper, Yellow
- ☐ Bell Pepper, Orange