

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Burdock	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Endive
<input type="checkbox"/> Avocado	<input type="checkbox"/> Capers	<input type="checkbox"/> Fennel
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Garlic
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Jicama
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kombu
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Leeks
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Celery	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Chard	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chayote	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chives	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Onion, Maui

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| <input type="checkbox"/> Onion, Red | <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Tomato, Roma |
| <input type="checkbox"/> Onion, Sweet | <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Tomato, Sun-dried |
| <input type="checkbox"/> Onion, Yellow | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Tomato, Yellow |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Tomatoes, Big Beef |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Parsnip | <input type="checkbox"/> Scallions | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Pea, Black-Eyed | <input type="checkbox"/> Shallots | <input type="checkbox"/> Water Chestnut |
| <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Spinach | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Spirulina | <input type="checkbox"/> Yams, Japanese |
| <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Squash, Acorn | <input type="checkbox"/> Yucca |
| <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Squash, Green | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Squash, Spaghetti | |
| <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Squash, Winter | <input type="checkbox"/> Fruits |
| <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Acai |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Apple (all types) |
| <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Tomato | <input type="checkbox"/> Apricot |
| <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | <input type="checkbox"/> Bilberry |
| <input type="checkbox"/> Pimento | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <input type="checkbox"/> Boysenberry |
| <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Tomato, Cherry | <input type="checkbox"/> Elderberry |
| <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Tomato, Heirloom | <input type="checkbox"/> Goji Berry |
| <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Tomato, Orange | <input type="checkbox"/> Golden Berry |
| <input type="checkbox"/> Radicchio | <input type="checkbox"/> Tomato, Red | <input type="checkbox"/> Gooseberry |

<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Pumpkin Seed Oil
<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Pumpkin Seeds
<input type="checkbox"/> Kumquat	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Ramon Seeds
<input type="checkbox"/> Lemon		<input type="checkbox"/> Sacha Inchi Seeds
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Sesame Seed Oil
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Lime	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Tiger Nuts
<input type="checkbox"/> Loganberry	<input type="checkbox"/> Chestnut	
<input type="checkbox"/> Loquat	<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Fish & Shellfish
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Anchovy
<input type="checkbox"/> Maqui	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Bass
<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Catfish
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Chilean Sea Bass
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Clam
<input type="checkbox"/> Noni	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Cod/ Cod Liver Oil
<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Corvina
<input type="checkbox"/> Peach	<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Crab
<input type="checkbox"/> Pear	<input type="checkbox"/> Pepitas	<input type="checkbox"/> Crayfish
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Flounder
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Haddock

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|---|---|---|
| <input type="checkbox"/> Hake | <input type="checkbox"/> Tuna | <input type="checkbox"/> Lard (pork) |
| <input type="checkbox"/> Halibut | <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Ostrich |
| <input type="checkbox"/> Herring | <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Pheasant |
| <input type="checkbox"/> Lobster | | <input type="checkbox"/> Pork, (organic) |
| <input type="checkbox"/> Mackerel | <input type="checkbox"/> Meat & Poultry | <input type="checkbox"/> Quail |
| <input type="checkbox"/> Mahi Mahi | <input type="checkbox"/> Applegate® organic chicken/apple sausage | <input type="checkbox"/> Rabbit |
| <input type="checkbox"/> Mussel | <input type="checkbox"/> Applegate® organic ham | <input type="checkbox"/> Turkey (organic) |
| <input type="checkbox"/> Octopus | <input type="checkbox"/> Applegate® organic hot dogs | <input type="checkbox"/> Veal (organic) |
| <input type="checkbox"/> Orange Roughy | <input type="checkbox"/> Applegate® organic red pepper sausage | <input type="checkbox"/> Venison (see also Deer) |
| <input type="checkbox"/> Oyster | <input type="checkbox"/> Applegate® organic roast beef | |
| <input type="checkbox"/> Perch | <input type="checkbox"/> Applegate® organic sausage sweet italian | <input type="checkbox"/> Non-Dairy & Eggs |
| <input type="checkbox"/> Red Snapper | <input type="checkbox"/> Beef, Grass-fed only (organic) | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) |
| <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Bison (see also Buffalo) | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) |
| <input type="checkbox"/> Sardines | <input type="checkbox"/> Buffalo (see also Bison) | <input type="checkbox"/> Milk, Soy (Organic) |
| <input type="checkbox"/> Scallop | <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium) | |
| <input type="checkbox"/> Shrimp | <input type="checkbox"/> Chicken, free range (organic) | <input type="checkbox"/> Condiments, Spreads & Sauces |
| <input type="checkbox"/> Sole | <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) |
| <input type="checkbox"/> Squid | <input type="checkbox"/> Deer (see also Venison) | <input type="checkbox"/> Carob |
| <input type="checkbox"/> Swai | <input type="checkbox"/> Duck | <input type="checkbox"/> Cocoa Butter |
| <input type="checkbox"/> Swordfish | <input type="checkbox"/> Goat, Grass-fed only (organic) | <input type="checkbox"/> Coconut Aminos® |
| <input type="checkbox"/> Tilapia (Wild, Non-farmed) | <input type="checkbox"/> Great Lake's® Beef Gelatin | <input type="checkbox"/> Coconut Cream |
| <input type="checkbox"/> Trout | <input type="checkbox"/> Lamb | <input type="checkbox"/> Harissa |

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| <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®) | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Hummus | <input type="checkbox"/> Allspice | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy) | <input type="checkbox"/> Anise | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Basil | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Garam Masala |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | <input type="checkbox"/> Capsicum | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic Pepper |
| | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garlic Salt |
| <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Ginkgo Biloba |
| <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Monk Fruit Extract | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Tapioca Dextrose | <input type="checkbox"/> Cloves | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Xyla (Birchwood Xylitol) | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Hickory |
| | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Himalayan Salt |

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|---|--|--|
| <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Taco Seasoning |
| <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Parsley | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Sichuan | <input type="checkbox"/> Uva Ursi |
| <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Szechuan | <input type="checkbox"/> Valerian |
| <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper/Peppercorns | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Peppermint | <input type="checkbox"/> Wintergreen |
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> Wormwood |
| <input type="checkbox"/> Mesquite | <input type="checkbox"/> Red Pepper Flake | |
| <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Milk-Containing Foods |
| <input type="checkbox"/> Mint | <input type="checkbox"/> Rosemary | |
| <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Saffron | <input type="checkbox"/> Legumes & Pulses |
| <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Sage | <input type="checkbox"/> Bean, Azuki |
| <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Bean, Black |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Bean, Butter |
| <input type="checkbox"/> Onion | <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Bean, Cannellini |
| <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Shallots | <input type="checkbox"/> Bean, Chana Dahl |
| <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Spearmint | <input type="checkbox"/> Bean, Italian |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Bean, Lima |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Sumac | <input type="checkbox"/> Bean, Mung |

<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Teff	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Beans	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)
<input type="checkbox"/> Coffee Bean, Organic		<input type="checkbox"/> Soy Protein (Organic)
<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Garbanzo Bean		<input type="checkbox"/> Tea, Black
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Lentil(s)		<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Miso	<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Tea, Ramon
	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Tea, White
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Coffee	<input type="checkbox"/> Water
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Zevia Drinks
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Echinacea Tea	
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Great Lake'sÂ® Beef Gelatin	
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Green Tea	
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Lemon Juice	
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Licorice Tea	
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Lime Juice	

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| <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Red Tomato Paste (gluten free) |
| <input type="checkbox"/> Acacia Gum | <input type="checkbox"/> Silver |
| <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Tofu (Organic) |
| <input type="checkbox"/> Arabic Gum | <input type="checkbox"/> Tragacanth Gum |
| <input type="checkbox"/> Baking Soda (Arm & Hammer®) | |
| <input type="checkbox"/> Bone Broth, Beef | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium) | |
| <input type="checkbox"/> Chicory Root | |
| <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened) | |
| <input type="checkbox"/> Collagen Protein (Powder) | |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | |
| <input type="checkbox"/> Great Lake's® Beef Gelatin | |
| <input type="checkbox"/> Guar Gum | |
| <input type="checkbox"/> Inulin | |
| <input type="checkbox"/> Konjac Glucomannon Flour | |
| <input type="checkbox"/> Lard (pork) | |
| <input type="checkbox"/> Latex | |
| <input type="checkbox"/> Locust Bean Gum | |
| <input type="checkbox"/> Lycopene | |
| <input type="checkbox"/> Modified Food Starch (Tapioca-based) | |
| <input type="checkbox"/> Palm Wax | |
| <input type="checkbox"/> Pycnogenol | |