

<input type="checkbox"/> Fruits	<input type="checkbox"/> Lime	<input type="checkbox"/> Avocado Oil
<input type="checkbox"/> Acai	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Apricot	<input type="checkbox"/> Loganberry	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Loquat	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Blackberry	<input type="checkbox"/> Maqui	<input type="checkbox"/> Cashews
<input type="checkbox"/> Blueberry	<input type="checkbox"/> Mulberry	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Cherry	<input type="checkbox"/> Noni	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Cranberry	<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Currant	<input type="checkbox"/> Peach	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Pear	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Golden Berry		<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Almond	<input type="checkbox"/> Pepitas
<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Pistachios
<input type="checkbox"/> Kiwi	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Poppy seeds
<input type="checkbox"/> Lemon	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Pumpkin Oil
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Pumpkin Seed Oil
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Pumpkin Seeds

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

<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Watercress	<input type="checkbox"/> Tilapia (Wild, Non-farmed)
<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Trout
<input type="checkbox"/> Radicchio		<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Radish	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Bass	
<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Corvina	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Scallions	<input type="checkbox"/> Flounder	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Shallots	<input type="checkbox"/> Haddock	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Spinach	<input type="checkbox"/> Hake	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Squash	<input type="checkbox"/> Halibut	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Herring	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Octopus	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Perch	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Duck
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Sardines	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Sole	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Turnips	<input type="checkbox"/> Swai	<input type="checkbox"/> Lamb

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| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Cardamom |
| <input type="checkbox"/> Ostrich | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Celery Powder |
| <input type="checkbox"/> Pheasant | <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Pork, (organic) | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Cilantro/Coriander |
| <input type="checkbox"/> Quail | | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Rabbit | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Cinnamon, Ceylon |
| <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Cloves |
| <input type="checkbox"/> Veal (organic) | <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Lo Han | <input type="checkbox"/> Cloves, Penang |
| | <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) | <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Curry (must be GF) |
| | <input type="checkbox"/> Allspice | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Condiments, Spreads & Sauces | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) | <input type="checkbox"/> Anise | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Coconut Aminos® | <input type="checkbox"/> Basil | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Garam Masala |
| <input type="checkbox"/> Coconut Vinegar (Coconut Secret) | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®) | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic Pepper |

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| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Sumac |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Onion | <input type="checkbox"/> Uva Ursi |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Valerian |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Oregano | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Parsley | <input type="checkbox"/> Wintergreen |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Pepper, Black (see
Garlic/Lemon Pepper) | <input type="checkbox"/> Wormwood |
| <input type="checkbox"/> Hickory | <input type="checkbox"/> Pepper/Peppercorns | |
| <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Peppermint | <input type="checkbox"/> Milk-Containing Foods |
| <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Pine Bark Extract | |
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Legumes & Pulses |
| <input type="checkbox"/> Lemon Balm (Melissa
Officinalis) | <input type="checkbox"/> Rosemary | |
| <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Saffron | <input type="checkbox"/> Gluten-Free Grains |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Sage | <input type="checkbox"/> Almond Flour (gluten free) |
| <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Maca Root | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Coconut Flour (gluten free) |
| <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Coconut Meal (gluten free) |
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Shallots | <input type="checkbox"/> Glucomannon Flour
(konjacfoods.com) |
| <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Spearmint | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Mint | <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Konjac Glucomannon Flour |

<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Silver
<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Yeast, Brewer's
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Snacks
<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Tea, White	
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Water	
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Zevia Drinks	
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Miscellaneous	
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Bone Broth, Beef	
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Chicory Root	
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Collagen Protein (Powder)	
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Great Lake's® Beef Gelatin	
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Inulin	
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Konjac Glucomannon Flour	
	<input type="checkbox"/> Lard (pork)	
	<input type="checkbox"/> Latex	