

# Comprehensive Food List (All Intolerances)

*This list serves as a general guideline. Please keep in mind that ingredients and processing of foods can change.*

Producer	Item	Dairy	Potato	Egg	Fruit	Grain	Sugar	Soy	Seafood	Meat	Minesalt	Honey	Date
<b>Alcohol</b>													
Arbor Crest	Red Blend				Fruit								10/31/2018
Arbor Crest	Cabernet				Fruit								10/31/2018
Arbor Crest	Merlot				Fruit								10/31/2018
Arbor Crest	Chardonnay (Conner Lee)				Fruit								10/31/2018
Big Barn Brewing	Black Dog Stout		Potato			Grain							09/01/2019
Charles Shae	Shiraz Wine				Fruit		Sugar						06/07/2018
Corona Premier	Corona Beer		Potato		Fruit	Grain	Sugar						08/14/2019
Emily	Chardonnay				Fruit								10/31/2018
Heineken	Light Beer		Potato					Soy					11/10/2016
Hidden Legend	Dark Honey Mead					Grain							09/05/2016
Hierophant Meadery	Krokos Mead					Grain						Honey	06/19/2018
Hierophant Meadery	Lemon Balm Mead					Grain						Honey	06/19/2018
Honeywood	Oregon Blackberry Mead				Fruit	Grain						Honey	07/23/2018
Idaho Silver	Vodka		Potato										02/10/2017
Jim Bean	Bourbon		Potato		Fruit	Grain							10/31/2017
Johnny Walker	Blended Scotch Whiskey		Potato		Fruit	Grain							10/31/2017
Josh	Cabernet Sauvignon				Fruit								10/31/2018
Kendall Jackson Reserve	Chardonnay				Fruit								10/31/2018
Kirkland Signature	Vodka				Fruit	Grain							9/13/2018
Kokanee	Light Beer		Potato			Grain							11/10/2016
Meionni	Chardonnay				Fruit								10/31/2018
Newton's Folly	Authentic Draft Hard Cider		Potato		Fruit								02/14/2017
Newton's Folly	Semi Dry Cider				Fruit		Sugar	Soy					03/07/2018
Oak Ridge	Cabernet Sauvignon				Fruit								10/31/2018
Sam Adams	Boston Lager Beer					Grain	Sugar						11/03/2017
Sheppard Fruit Wines	Rhubarb Wine					Grain							09/14/2016
Simply Organic	Pure Vanilla Extract				Fruit	Grain							02/26/2019
Tieton Cider Works	Bourbon Barrel Peach Cider				Fruit		Sugar						12/01/2019
Tito's	Vodka					Grain							04/04/2019
Truly	Grapefruit Hard Seltzer		Potato		Fruit		Sugar						07/24/2019
Undivided	Chardonnay				Fruit								10/31/2018
Woodchuck	Amber Hard Cider		Potato		Fruit		Sugar						04/03/2018

## Baking Supplies

Anthony's	Organic Cassava Flour 2 lbs.									12/20/2018
Aunt Patty's	Coconut Sugar									2/6/2019
Azure Standard	Blanched Almond Flour					<b>Fruit</b>				04/01/2019
Azure Standard	Arrowroot Starch		<b>Potato</b>							02/23/2018
Azure Standard	Arrowroot Flour					<b>Fruit</b>				07/06/2017
Blue Diamond	Almond Flour									09/16/2016
Bob's Red Mill	Active Dry Yeast Premium Quality					<b>Fruit</b>		<b>Sugar</b>		5/10/2017
Bob's Red Mill	Almond Flour		<b>Potato</b>							03/03/2017
Bob's Red Mill	Arrowroot Powder									11/23/2016
Bob's Red Mill	Baking Powder	<b>Dairy</b>	<b>Potato</b>		<b>Fruit</b>	<b>Grain</b>		<b>Soy</b>		3/26/2019
Bob's Red Mill	Cornmeal Organic Medium Grind					<b>Grain</b>				12/22/2016
Bob's Red Mill	Gluten Free All Purpose Baking Flour	<b>Dairy</b>	<b>Potato</b>	<b>Egg</b>	<b>Fruit</b>					03/30/2018
Bob's Red Mill	Organic Unbleached White All-Purpose Flour				<b>Fruit</b>	<b>Grain</b>				12/28/2016
Bob's Red Mill	Old Fashioned Rolled Oats					<b>Grain</b>				01/18/2019
Bob's Red Mill	Organic Whole Grain Brown Rice Flour					<b>Grain</b>				11/01/2016
Bob's Red Mill	Tapioca Starch		<b>Potato</b>		<b>Fruit</b>	<b>Grain</b>		<b>Soy</b>		03/28/2018
Bob's Red Mill	Tapioca Pearls		<b>Potato</b>			<b>Grain</b>		<b>Soy</b>		03/23/2018
C&H	Powdered Sugar					<b>Grain</b>		<b>Sugar</b>		6/15/2017
Central Mill Co.	Organic Wheat Flour					<b>Grain</b>				09/06/2018
Enjoy Life	Dark Chocolate Morsels							<b>Sugar</b>		2/4/17
Feel Good Organics	Organic Arrowroot Powder									10/30/18
Food Club	Baking Soda									1/19/19
Ghirardelli	Majestic Premium Cocoa Powder					<b>Fruit</b>				10/16/2018
Grainmillers	Regular Rolled Oats							<b>Grain</b>		03/14/2019
Great Value Organic	Virgin Coconut Oil					<b>Fruit</b>				06/06/2019
Guittard	Milk Chocolate Chips	<b>Dairy</b>					<b>Grain</b>	<b>Sugar</b>		01/17/2018
If You Care	Parchment Baking Paper					<b>Fruit</b>			<b>Soy</b>	10/11/2017
Kirkland Signature	Semi-Sweet Chocolate Chips						<b>Grain</b>	<b>Sugar</b>	<b>Soy</b>	02/27/2019
Kirkland Signature	Almond Flour Blanched	<b>Dairy</b>	<b>Potato</b>		<b>Fruit</b>	<b>Grain</b>	<b>Sugar</b>	<b>Soy</b>		05/21/2018
Kirkland Signature	California Super fine Blanched Almond Flour (Bad)		<b>Potato</b>		<b>Fruit</b>	<b>Grain</b>				05/01/2018
Kirkland Signature	Organic Virgin Coconut Oil				<b>Fruit</b>			<b>Soy</b>		04/13/2018
Knox	Unflavored Gelatin								<b>Meat</b>	01/19/2019
Let's Do Organic	Non GMO Cornstarch						<b>Grain</b>			07/23/2018
Let's Do Organic	Organic Green Banana Flour				<b>Fruit</b>				<b>Palm</b>	12/20/2018
Lily's	Dark Chocolate Stevia Sweetened Chips	<b>Dairy</b>	<b>Potato</b>		<b>Fruit</b>			<b>Soy</b>		09/28/2016

Montana Milling	Whole Wheat Flour					Grain				09/15/2016
Mountain Rose Herbs	Vanilla Bean Powder									01/01/2017
Mountain Rose Herbs	Cacao Roasted Powder									02/21/2019
Namaste	Gluten-Free Perfect Flour Blend		Potato		Fruit	Grain				09/28/2016
Natural Grocer's	Almond Flour (non GMO)									05/22/2019
Otto Natural	Cassava Flour		Potato							08/09/2018
Palisades	Parchment Paper		Potato		Fruit				Soy	01/01/2017
Pillsbury	Pie Crust	Dairy	Potato	Egg	Fruit	Grain	Sugar		Soy	01/01/2017
Red Star	Active Dry Yeast		Potato				Sugar		Soy	10/20/2019
Rumford	Non GMO Baking Powder		Potato			Grain				04/04/2016
Sari Food's	Nutritional Yeast		Potato				Sugar			07/21/2017
Seitenbacher	All-Natural Active Dry Yeast		Potato				Sugar			01/01/2017
Silver Hills	100% Spouted Power Squirrely Bread		Potato		Fruit	Grain	Sugar		Soy	01/01/2017
Simple Mills	Pizza Dough Mix				Fruit	Grain				02/04/2018
Spectrum Culinary	Organic Virgin Coconut Oil				Fruit					06/08/2018
Spectrum Culinary	Organic Toasted Sesame Oil					Grain				02/17/2018
Terrasoul	Cassava Flour									09/18/2018
Trader Joe's	Roasted Cocoa Nibs									07/05/2018
Trader Joe's	Organic Fair Trade Cacao Powder									12/04/2019
Trader Joe's	Blanched Almond Flour				Fruit					08/28/2019
Trader Joe's	Cocoa Powder Unsweetened									05/14/2019
Trader Joe's	Semi Sweet Chocolate Chips					Grain	Sugar		Soy	01/20/2019
Trim Healthy Naturals	Nutritional Yeast						Sugar			01/01/2017
Wellbee's	Super Fine Almond Flour				Fruit					04/01/2016
Western Family	Baking Soda									01/05/2019
Winco	Almond Flour (Bulk)									03/03/2017
Winco	100% Pure Coconut Oil				Fruit					12/06/2018
Yoke's (Bulk)	Organic Wheat Flour					Grain				11/03/2017
Yoke's (Bulk)	Organic Rolled Oats		Potato		Fruit	Grain			Soy	01/25/2018
<b>Beans</b>										
Bearitos	Vegetarian Organic Traditional Refried Beans					Grain				08/11/2017
C&F	Dry Pinto Beans									09/09/2016
Enlightened	Bada Beans				Fruit	Grain			Minesalt	02/05/2019
Hunza Natural Foods	Hunza Organic Cranberry Beans				Fruit					02/23/2018
Jovial	100% Organic Barlotti Beans				Fruit					03/02/2018
O Organics	Organic Garbanzo Beans					Grain				12/28/2018
Westbrae Natural	Vegetarian Organic Black Beans									08/11/2017

Westbrae Natural	Organic Garbanzo Beans																		08/11/2017
<b>Beverages</b>																			
Coconut Secret	Traditional Coconut Nectar					Fruit	Grain				Soy								04/22/2018
Daily Greens	Purity Juice					Fruit													08/07/2018
Evolve	Toasted Almond Protein Shake		Dairy			Fruit			Sugar		Soy								05/18/2018
GT Kombucha	Kombucha					Fruit													09/23/2017
GT Kombucha	Gingerade Kombucha					Fruit	Grain		Sugar										08/23/2019
GT Kombucha	Gingerberry Kombucha			Potato		Fruit					Soy								04/04/2019
Goosefoot Acres	Dandy Blend Instant Herbal Beverage		Dairy			Fruit	Grain		Sugar		Soy								09/15/2016
Henry Weinhard's	Root Beer			Potato		Fruit			Sugar										04/03/2018
Koia	Coconut Almond Drink			Potato		Fruit	Grain		Sugar										08/07/2018
Koia	Cacao Bean Drink			Potato		Fruit	Grain		Sugar										08/07/2018
Mountain Rose Herbs	English Breakfast Tea																		04/01/2019
Orgain	Organic Protein Shake		Dairy	Potato		Fruit	Grain				Soy								12/01/2016
R.W. Knudsen	Kosher Grape Sparkling Grape Juice					Fruit			Sugar										11/22/2016
Starbucks	Passion Ice Tea no sweetener					Fruit													5/9/2019
The Kombucha Shop	S.C.O.B.Y Kombucha					Fruit			Sugar										10/30/2018
Trader Joe's	Non Dairy Unsweetened Almond Beverage		Dairy	Potato		Fruit	Grain				Soy								09/29/2016
Trader Joe's	Unsweetened Rice Drink			Potato		Fruit	Grain												04/04/2016
Trader Joe's	Cocoa Almond Cashew Beverage					Fruit	Grain		Sugar		Soy								10/11/2017
Vega Sport	Electrolyte Hydrator			Potato		Fruit					Soy								04/04/2016
Yogi	Green Tea Kombucha			Potato	Egg	Fruit			Sugar		Soy								12/28/2018
Zevia	Zero Calorie Ginger Ale					Fruit					Soy								08/30/2018
Zevia	Cherry Cola			Potato		Fruit					Soy								07/24/2019
Zevia	Cola			Potato		Fruit					Soy								07/24/2019
Zevia	Ginger Root Beer			Potato			Grain				Soy								04/17/2019
Zevia	Zero Calorie Cream Soda					Fruit					Soy								08/30/2018
<b>Bread Products</b>																			
Alvarado Street Bakery	California Style Sprouted Wheat Bread						Grain		Sugar										3/16/2017
Alvarado Street Bakery	Sprouted Wheat Burrito Tortillas						Grain				Seafood								09/05/2019
Central Foods	Country Loof Bread			Potato			Grain												04/04/2016
Costco: The Essential Baking	Organic Bake at Home Sourdough Bread						Grain												06/08/2018
Culture Bread	Bread						Grain												01/01/2017
Culture Bread	Whole Wheat Buttered Croissant		Dairy	Potato	Egg	Fruit			Sugar										04/04/2016
Dave's Killer Bread	Dave's Killer Bread					Fruit	Grain				Soy		Seafood						01/13/2017
Dave's Killer Bread	Thin Sliced Power Seed					Fruit	Grain		Sugar										01/01/2017
Ezekiel 4:9	Bread					Fruit	Grain		Sugar		Soy								04/04/2016

Ezekiel 4:9	Sprouted Grain Tortillas		Fruit	Grain		Soy		Minesalt	04/30/2019
Ezekiel 4:9	Cinnamon Raisin Bread		Fruit	Grain	Sugar	Soy		Honey	04/04/2016
Grain Shed	Egyptian Wheat Bread			Grain	Sugar				11/22/2019
Great Harvest Bread Co.	Honey Whole Wheat Bread	Potato		Grain	Sugar	Soy		Honey	11/16/2016
Great Harvest Bread Co.	Harvest Blend Bread	Potato	Fruit	Grain		Soy		Honey	4/16/2019
Great Harvest Bread Co.	Dakota Bread		Fruit	Grain	Sugar				01/10/2017
Luna	Luna Classic Bread			Grain					04/04/2016
Mestemacher	Pumpernickel Bread			Grain	Sugar				06/07/2018
Mi Rancho	Organic Tortillas	Potato	Fruit	Grain	Sugar	Soy			11/16/2018
Natural Grocer's	21 Grain and Seed Bread	Potato		Grain	Sugar				09/26/2018
Silver Hills	100% Spouted Power Squirrely Bread	Potato	Fruit	Grain	Sugar	Soy			12/21/2017
Simple Mills	Artisan Bread		Fruit	Grain					03/20/2018
Trader Joe's	Par-Baked Organic Panini Artisan Bread			Grain	Sugar				03/15/2017
Trader Joe's	Mini Sourdough Bread Bowl	Potato	Fruit	Grain		Soy	Seafood		1/6/2017
Trader Joe's	Sourdough Batard Artisan Style Bread		Fruit	Grain					09/06/2018
Trader Joe's	Artisan Multigrain Loaf	Potato		Grain					09/01/2016
Trader Joe's	Artisan Bread Rosemary Round	Potato	Fruit	Grain					05/22/2019
Trader Joe's	Pugliese Artisan Bread	Potato		Grain	Sugar				12/18/2018
Trader Joe's	Shepherd's Bread	Potato	Fruit	Grain		Soy		Honey	10/26/2016
Trader Joe's	Blueberry Raspberry Oat Bran Muffins	Potato	Fruit	Grain	Sugar				04/04/2018
Trader Joe's	Organic Demi Miche			Grain					09/01/2016
Winco Bake Shop	Sourdough Bread			Grain					04/04/2019
Yoke's Fresh Market	Shepherd's Bread	Potato	Fruit	Grain		Soy	Meat	Minesalt	08/29/2017
<b>Broth/Stocks</b>									
Bare Bones Bone Broth	Classic Chicken Broth	Potato	Fruit					Meat	05/01/2018
Organic Imagine	Low Sodium Free Range Chicken Broth	Potato	Fruit			Soy		Meat	12/01/2019
Pacific Foods	Organic Chicken Bone Broth		Fruit					Meat	01/11/2018
Pacific Foods	Organic Free Range Chicken Broth	Potato			Sugar	Soy		Meat	01/09/2019
Pacific Foods	Organic Turkey Bone Broth		Fruit					Meat	01/09/2019
Kirkland Signature	Organic Chicken Stock		Fruit			Soy	Seafood	Meat	5/16/2019
<b>Candy</b>									
Bark Thins	Dark Chocolate Pumpkin Seed	Potato	Fruit	Grain	Sugar	Soy			04/18/2019
Beyond	Chocolate X Power Squares		Fruit	Grain	Sugar				11/14/2019
Endorfin Foods	Dark Chocolate with pink salt Cocoa Nibs		Fruit						01/30/2019
Endorfin Foods	Caramelized Coconut Milk Chocolate		Fruit						01/30/2019
Hail Merry	Chocolate Almond Butter Tart		Fruit						06/21/2017
Honey Mama's	CocoNoNut Nectar Bar		Fruit						10/05/2019

Montezunna's	100% Cocoa Solids Black Chocolate with Cocoa Nibs				Fruit					08/17/2019
Panda	All Natural Soft Liorice					Grain	Sugar			11/16/2016
Theo	Choc Bar					Grain	Sugar			5/23/2019
Trader Joe's	Dark Chocolate						Sugar	Soy		11/01/2017
Trader Joe's	Organic Brown Rice Marshmallow Treats		Potato		Fruit	Grain	Sugar	Soy		08/25/2016
Trader Joe's	Organic Milk Chocolate Truffles		Dairy	Potato		Grain	Sugar	Soy		06/15/2016
Trader Joe's	Mini Milk Chocolate Bars		Dairy		Fruit		Sugar	Soy		09/06/2016
Trader Joe's	Turdando Sugar Dark Chocolate Almonds				Fruit	Grain	Sugar			11/01/2017

### Canned

Bio Nature	Organic Tomato Paste No Salt Added					Grain				08/30/2019
Chicken of the Sea	Solid White Albacore in Water							Seafood	Minesalt	09/15/2016
Food Club	Tomato Paste				Fruit	Grain				10/30/2018
Kirkland Signature	Albacore Tuna (Solid)				Fruit			Seafood		01/04/2017
Kroger	Sliced Beets				Fruit					01/01/2017
Pomi	Strained Tomatoes		Dairy	Potato	Egg			Soy		12/21/2018
Pomi	Tomato Sauce (in a box)									07/19/2019

### Cereals

Autumn's Gold	Grain Free Granola		Potato		Fruit	Grain				01/01/2017
Erewhon	Honey Rice Twice					Grain			Honey	10/31/2018
Erewhon	Crispy Brown Rice					Grain				10/31/2018
Erewhon	Corn Flakes					Grain				02/01/2019
General Mills	Honey Nut Cheerios		Potato		Fruit	Grain	Sugar	Soy	Honey	03/21/2018
Natures Path	Qia Coconut Flakes		Potato		Fruit	Grain	Sugar			12/06/2018
One Degree	Khorasan Honey O's				Fruit	Grain		Soy	Honey	10/31/2018
Qia	Coconut Chocolate Cereal		Potato		Fruit	Grain				07/21/2018

### Chips

Beanfield's	Bean and Rice Chips with Sea Salt					Grain				12/20/2018
Beanitos	Bean Chips		Potato			Grain				11/06/2019
Boulder Canyon	Olive Oil Kettle Cooked Potato Chips		Potato		Fruit			Soy		04/13/2018
Garden of Eatin (Yokes)	No Salt Blue Corn Chips				Fruit	Grain			Minesalt	03/15/2019
Good Health	Kettle Style Chips		Potato		Fruit					01/01/2017
Harvest Snaps	Snap Pea Crisps		Potato		Fruit			Soy		06/22/2017
Huck	Organic Coconut Chips				Fruit					01/01/2017
Inka	Plantain Chips				Fruit	Grain				06/28/2018
Lay's	Potato Chips		Potato			Grain		Soy		06/08/2018
Siete	Grain Free Tortilla Chips Sea Salt				Fruit					04/05/2019
Simple Truth	White Corn Tortilla Chips				Fruit	Grain				02/28/2017

Simple Truth	Organic Blue Corn Tortilla Chips				Grain			02/28/2017
Trader Joe's	Ode to the Classic Potato Chips	Potato			Grain			01/01/2017
Trader Joe's	Just Beet Chips (BAD)	Potato	Fruit		Grain	Soy		04/05/2019
Trader Joe's	Corn Dipper Chips				Grain			12/20/2018
Trader Joe's	Roasted Plantain Chips	Potato			Grain			01/20/2019
Trader Joe's	Organic Blue Corn Tortilla Chips	Potato	Fruit		Grain	Soy		02/10/2017
Trader Joe's	Classic Potato Chips	Potato			Grain	Soy		01/04/2017
Que Pasa	Tortilla Chips				Grain			01/20/2019
Que Pasa	Organic Yellow Corn Tortilla Chips		Fruit		Grain	Soy		08/06/2019
Siete	Grain Free Tortilla Chips Sea Salt		Fruit		Grain			08/16/2019
Volupta (Costco)	Crunchy Dried Beet Chips							03/19/2019

### Condiments

Chosen Foods	Avocado Oil Mayo		Egg	Fruit	Grain		Honey	10/31/2018
Earth Balance	Mindful Mayo	Potato		Fruit	Grain	Soy		01/01/2017
Great Value	Tomato Paste			Fruit				10/11/2018
Lighthouse	Organic Raspberry Dressing	Potato	Egg	Fruit	Grain	Soy		05/03/2019
Organicville	Organic Ketchup			Fruit	Grain			01/01/2017
Simple Truth	Organic Dijon Mustard	Potato			Grain			11/21/2016
Trader Joe's	Organic Tahini				Grain			01/01/2017
Westbrae Natural	Organic Mustard				Grain			10/31/2018

### Coffee

Anvil Roasting	Decaf Coffee	Potato		Fruit		Sugar	Soy	09/12/2016
Ayurvedic Coffee	Unflavored Herbal Coffee			Fruit				02/04/2018
Bulletproof	Coffee	Potato						04/04/2016
Burman Coffee Traders	Mexican Terruno			Fruit				08/12/2018
Burman Coffee Traders	Brazil Premium Finca Primavera							05/08/2019
Burman Coffee Traders	Rwanda FTO Dukunde Kawa							05/08/2019
Burman Coffee Traders	Columbian Supremo Antioquia							05/08/2019
Burman Coffee Traders	Brazil Alta Magiana			Fruit				08/12/2018
Burman Coffee Traders	Indonesian Bali Organic Coffee							11/12/2018
Burman Coffee Traders	Natural Yirgacheffe Konga Sede			Fruit				08/12/2018
Burman Coffee Traders	Columbian Coffee							08/12/2018
Costco	Coffee						Soy	04/24/2017
Donut Coffee	Coffee	Potato					Soy	05/15/2017
Dutch Bro's	Americano with Cream and Vanilla Flavor	Potato		Fruit		Sugar	Soy	11/23/2016
Dutch Bro's	Americano with Cream and Agave			Fruit				5/1/2019
Evans Brothers	Decaf Columbia Sugarcane Process			Fruit	Grain			01/18/2018

Forza	Davita Coffee								Soy										04/24/2017
Forza	Milano Coffee																		04/24/2017
Forza	Sicilian Coffee Beans								Grain	Soy									04/09/2019
Forza	Sicilian Dark Roast								Grain	Soy									04/01/2019
Forza	Haliano Coffee								Potato										03/07/2018
Green Coffee Bean Company	Yemen Mocca Coffee Dark Roast																		08/14/2018
Green Mountain	Breakfast Blend Coffee									Fruit									12/12/2016
Jacob's Java	Espresso Coffee								Potato	Fruit								Soy	01/31/2018
Kirkland	K-cup Pacific Bold Dark Roast Extra Bold Coffee									Fruit									04/04/2019
Kirkland Signature	100% Columbian Coffee Dark Roast									Fruit								Soy	03/01/2019
Kirkland Signature	Colombia Coffee Supremo Bean Dark Roast										Grain							Soy	03/29/2019
Kirkland Signature	Coffee Beans Dark 3lbs									Fruit									10/24/2019
Landgrove Coffee	Water Processed Decaf									Fruit	Grain								01/18/2018
Medaglia D'Oro	Espresso Instant Coffee								Potato	Egg	Fruit	Grain	Sugar	Soy	Seafood	Meat	Minesalt	Honey	06/06/2019
Mountain Cabin Coffee	Coconut Creme Coffee																	Soy	06/01/2019
Mountain Cabin Coffee	Kona Blend									Fruit								Soy	05/31/2019
Nespresso Verto Coffee Pods	Decaffeinato Intenso (Red Pods)																		04/26/2019
Nespresso Verto Coffee Pods	Mexico Blend (Green Pods)																		04/26/2019
Nescafe Collection	Instant Coffee (Alta Rica)								Potato		Fruit							Soy	06/01/2019
Roast House	Shadow Dark Roast																		04/04/2019
Roast House	Cafe de Americana								Potato	Egg	Fruit		Sugar	Soy					04/11/2019
Roast House	Viva La Noche Dark Roast																		04/04/2019
Roast House	F-Bomb Steeped Coffee Bags									Fruit	Grain							Soy	10/29/2019
San Francisco Bay Coffee	French Roast K-Cup Coffee										Grain								04/01/2019
Simple Truth Organic	Black Brew Arabic Coffee								Potato		Fruit	Grain						Soy	09/01/2019
Starbucks	Veranda Blonde Coffee																	Soy	02/12/2019
Starbucks	VIA Instant Colombia Instant Coffee									Fruit								Soy	04/04/2019
Thomas Hammer	Breakfast Blend Coffee (Whole Bean)																	Soy	01/07/2017
Thomas Hammer	Organic Starry Night Coffee Beans									Fruit	Grain								09/25/2019
Thomas Hammer	French Roast Coffee Beans																		02/21/2019
Tom Sawyer Coffee	Viking Double Dark Ground Coffee									Fruit									10/15/2019
Tom Sawyer Coffee	Viking Double Dark Whole Bean Coffee									Fruit									10/15/2019
Trader Joe's	Fair Trade Organic Bolivian Blend Dark Roast Coffee																	Soy	03/02/2018
Trader Joe's	Cold Brew Coffee									Fruit								Soy	04/06/2018
Wake Up Call	Breakfast Blend Coffee																	Soy	07/27/2018
Winco	Winco Classic Roast Instant Coffee								Potato	Egg	Fruit	Grain	Sugar	Soy	Seafood	Meat	Minesalt	Honey	06/06/2019



## Dairy Products

Babybel	Semi Soft Cheese	Dairy	Potato			Grain		Soy		Minesalt	09/13/2018	
Bellwether	Plain Sheeps Milk Yogurt	Dairy									01/25/2019	
Brown Cow	Yogurt Cream Top Whole Milk	Dairy							Fruit		08/28/2019	
California Gold (Azure)	Mozzerella Cheese	Dairy								Minesalt	04/05/2019	
Daisy	Sour Cream (Squeeze Pouch)	Dairy							Fruit		03/02/2018	
Daisy	Cottage Cheese	Dairy							Fruit		02/01/2019	
Daisy	Sour Cream	Dairy	Potato	Egg	Fruit	Grain	Sugar	Soy			06/08/2018	
Darigold	Sharp White Cheddar Cheese (No Color Added)	Dairy	Potato								06/29/2016	
Fage	Total 5% Yogurt	Dairy							Fruit		7/11/2019	
Folio's (Costco)	Cheese Wraps	Dairy								Minesalt	3/20/2019	
Frontier	Organic Nonfat Dry Milk Powder	Dairy							Fruit		11/15/2016	
Frigo	Cheese Stick	Dairy	Potato								04/04/2016	
Frigo	Mozzarella Cheese	Dairy				Grain		Soy		Minesalt	10/16/2018	
Full Circle Market	Whole Organic Milk	Dairy							Fruit		05/03/2019	
Gardenia	Low Moisture Mozzarella Cheese	Dairy								Meat	05/10/2019	
Horizon Organic	Cheese Sticks	Dairy							Fruit	Minesalt	09/15/2016	
Horizon Organic	Unsalted Butter	Dairy									10/10/2019	
Huckleberry's (Bulk)	Grande Whole Milk Mozzarella	Dairy	Potato								01/27/2019	
Kerrygold	Salt Free Butter	Dairy									09/26/2017	
Kirkland Signature	Unsalted Butter	Dairy	Potato		Fruit	Grain					09/15/2016	
Kirkland Signature	Greek Yogurt (non-fat, plain)	Dairy						Soy			09/15/2016	
Lifeline	Mozzarella Cheese										04/04/2019	
Lucerene	Salted Sweet Cream Butter	Dairy	Potato								04/24/2019	
Maple Valley	Plain Yogurt (Whole Milk)	Dairy							Fruit	Soy	Meat	04/05/2019
Monterey Farms	Monterey Jack Cheese	Dairy							Fruit		Minesalt	09/13/2018
Mt. Vikos	Feta Cheese and Goat Milk Cheese	Dairy							Fruit			08/17/2019
Nancy's	Organic Plain Whole Milk Yogurt	Dairy	Potato						Fruit		07/13/2016	
Nancy's	Organic Probiotic Sour Cream	Dairy							Fruit		04/04/2019	
Organic Valley	Organic Non Fat Dry Milk	Dairy							Fruit		11/30/2016	
Organic Valley	Heavy Whipping Cream	Dairy							Fruit	Seafood	8/28/2019	
Organic Valley	Cream Cheese	Dairy							Fruit	Meat	5/10/2019	
Organic Valley	Cheese Stick	Dairy								Minesalt	04/04/2016	
Organic Valley	Organic Valley Half and Half	Dairy									03/07/2018	
Organic Valley	Whole Milk (Ultra Pasteurized)	Dairy							Fruit		01/01/2017	
Pacific Foods	Unsweetend Coconut Milk	Dairy	Potato		Fruit			Soy			08/30/2019	
Pure Eire Dairy	Raw Milk	Dairy							Fruit		06/01/2016	

Pure Eire Dairy	Heavy Cream (Pasturized)	Dairy								06/01/2016
Pure Eire Dairy	Plain Yogurt	Dairy	Potato		Fruit					04/11/2018
Pure Eire Dairy	Whole Milk Grass Fed Non- Homogenized	Dairy								11/28/2016
Pure Eire Dairy	Organic Half and Half	Dairy								11/28/2016
Redwood Hill Farms	Cultured Goat Milk Kefir	Dairy			Fruit			Meat	Minesalt	09/17/2016
Rumiano Family	Colby Jack Cheese	Dairy	Potato							11/09/2016
Rumiano Family	Butter (Salted)	Dairy								04/01/2016
Rumiano Family	Monterey Jack Cheese	Dairy	Potato		Fruit		Soy			10/17/2016
Schoonover Farms	Grade A Raw Cow's Milk									04/04/2019
Silk	Almond Milk Strawberry Yogurt	Dairy			Fruit		Sugar	Soy		05/18/2018
Summerhill	Goats Milk	Dairy			Fruit					08/03/2017
Tillamook	Extra Sharp White Cheddar Cheese	Dairy			Fruit		Soy			02/01/2019
Tillamook	Vintage White Sharp Natural Cheddar Cheese	Dairy			Fruit			Meat	Minesalt	05/02/2019
Tillamook	Medium White Cheddar Cheese 32 oz.	Dairy								09/13/2019
Tillamook	Sharp White Cheddar 16oz.	Dairy						Meat		07/26/2019
Trader Joe's	Nonfat Greek Yogurt (Mango)	Dairy			Fruit		Sugar			09/02/2016
Trader Joe's	Seasoned Buffalo Ghee	Dairy			Fruit			Soy		02/01/2018
Trader Joe's	Ghee Clarified Butter	Dairy								02/01/2018
Trader Joe's	Plain Unsweetened Kefer Goats Milk	Dairy	Potato		Fruit					12/18/2018
Trader Joe's	Organic Monterey Jack Cheese	Dairy			Fruit			Meat	Minesalt	04/17/2018
Trader Joe's	Cream Cheese	Dairy	Potato		Fruit					07/19/2019
Trader Joe's	New Zealand Organic Cheddar Cheese	Dairy	Potato	Egg	Fruit				Minesalt	04/04/2016
Trader Joe's	Reggiano Parmigiano Stravecchio	Dairy						Meat		07/19/2019
Trader Joe's	Organic Butter (Unsalted)	Dairy								10/10/2019
Trader Joe's	Monterey Jack Cheese	Dairy						Meat		01/06/2016
Trader Joe's	Non Fat Greek Honey Yogurt	Dairy			Fruit				Honey	04/04/2016
Trader Joe's	Unsalted Butter (Does NOT say Organic)	Dairy			Fruit					08/01/2019
Vermont	Extra Sharp White Cheddar	Dairy				Grain			Minesalt	10/16/2018
Wisconsin Kaukauna	Sharp Cheddar Spreadable Cheese	Dairy	Potato		Fruit			Soy	Minesalt	09/21/2018
Zoi	Greek Yogurt (Honey)	Dairy	Potato		Fruit			Soy	Honey	09/02/2016
Zoi	Greek Yogurt (Plain)	Dairy			Fruit					04/04/2019
<b>Desserts</b>										
Cyrus O'Learys	No Sugar Added Apple Pie		Potato	Egg	Fruit	Grain		Soy		06/21/2018
Glorious Forest Apothecary	Acorn Cookies	Dairy		Egg						12/20/2018
<b>Dried Fruit</b>										
Crispy Green	Pineapple Freeze Dried Fruit									04/04/2016
Crispy Geen	Freeze Dried Cantaloupe									04/04/2016

Huckleberry's (Bulk)	Dried Cranberries	Fruit	Sugar	03/01/2018
Natrual Grocers	Organic Unsweetened Dried Cherries	Fruit	Grain	10/01/2016
<b>Eggs</b>				
Food Club	Egg	Egg		12/04/2017
JP's Chicken Farm	Brown Eggs (No Grade)	Egg		04/17/2019
Kirkland Signature	Grade AA Organic Eggs	Egg	Fruit Soy	03/02/2018
Mission Mountain Eggs	AA Large Organic Pasture Raised Eggs	Egg		04/17/2019
Oakdell Farm Eggs	Organic Eggs	Egg	Soy	11/21/2018
Simple Truth	Grain Fed Natural Cage Free Eggs (Large Brown)	Egg	Soy	01/26/2017
Wilcox Family Farms	Extra Large Eggs (Grade AA)	Egg		09/09/2016
Wilcox Family Farms	Free Range White Large Grade AA Eggs	Egg		03/07/2018
Wilcox Family Farms	Free Range Omega 3 Large Brown Eggs	Egg	Fruit	03/07/2018
<b>Fish and Seafood</b>				
Orca Bay	Wild Caught Alaska Cod Fillets		Seafood	10/5/2018
Trader Joe's	Unsalted Sardines in Spring Water		Seafood	1/10/2017
Trader Joe's	Albacore Tuna (In Water, Unsalted)		Seafood	01/10/2017
Wild Planet	Wild Albacore Tuna		Seafood	11/15/2016
<b>Fruit</b>				
Alasko	Dark Sweet Cherries (Whole & Pitted)	Fruit		12/01/2016
Cactus	Fresh Watermelon			07/06/2016
Del Destino	Organic Sliced Mango's	Fruit		06/08/2018
Fred Meyer	Sliced Beets (No Salt Added)	Fruit		04/04/2016
Fred Meyer	Pepino Melon			01/10/2017
Fred Meyer	Starfruit	Fruit		01/10/2017
Fred Meyer	Cherimoya Fruit			01/10/2017
Fred Meyer	Horned Melon			01/10/2017
Full Circle	Apple Sauce	Fruit		08/15/2019
Jovial	100% Organic Crushed Tomatoes			01/27/2019
Mauvuno Harvest	Dried Organic Jackfruit	Fruit		06/28/2019
Mountain Rose Herbs	Organic Elderberries	Fruit	Soy	04/04/2019
Muir Glen Organic	Diced Tomatos, No Salt	Fruit	Sugar	05/03/2018
Oregon Trail	Frozen Blueberries	Fruit		12/06/2018
Pasque	Seedless Watermelon			07/06/2016
Smart Harvest	Organic Frozen Sweet Cherries	Fruit		03/21/2018
Sunmaid	California Sun-Dried Raisins	Fruit		06/27/2019
Terra	Sweet Plantains	Fruit		06/07/2018
Trader Joe's	Tomatoes Diced no Salt Added	Fruit	Grain Soy	08/16/2019

Wawona	Organic Peaches (Costco)				Fruit													06/27/2019
Winco (BULK)	Munk Fruit				Fruit	Grain												11/03/2019
<b>Grain</b>																		
Amira	Basmati Rice					Grain												10/18/2016
Columbia Bean and Rice	Long Brown Rice					Grain												08/20/2018
Garden of Life	Raw Organic Meal Chocolate	Dairy	Potato		Fruit	Grain		Soy										8/16/2019
Kirkland Signature	Thai Hom Mali Jasmine Rice					Grain												10/18/2016
Kirkland Signature	Traditional Basmati Rice		Potato					Soy										09/09/2016
Lotus Food	Organic Forbidden Rice				Fruit	Grain												06/25/2019
Manitoba Harvest	Hemp Hearts																	02/02/2019
Nature's Path	Original Instant Oatmeal					Grain												08/28/2019
Simple Truth	Organic Quinoa					Grain												01/27/2017
Trader Joe's	Organic Basmati Rice					Grain												05/01/2018
Trader Joe's	Jasmine White Rice (Thailand)					Grain												03/08/2017
Trader Joe's	Brown Basmati Rice (India)		Potato			Grain												04/04/2016
Winco (Bulk)	Oatmeal					Grain												05/03/2019
<b>Gum and Mints</b>																		
Spry	Natural Spearmint Gum				Fruit	Grain		Soy										03/03/2017
Spry	Cinnamon Gum		Potato		Fruit	Grain	Sugar	Soy										04/18/2019
Spry	Peppermint Mints		Potato		Fruit	Grain		Soy										04/18/2019
Wrigley's Extra	Polar Ice Gum		Potato		Fruit	Grain	Sugar	Soy										05/09/2019
<b>Meat</b>																		
Applegate	Natural Uncured Beef Hot Dog				Fruit									Meat				01/06/2017
Applegate	Organic Uncured Beef Hot Dog		Potato		Fruit	Grain		Soy						Meat	Minesalt			03/19/2019
Applegate	Organic Hot Dogs					Grain		Soy						Meat				04/04/2016
Applegate	Gluten Free Chicken Breast					Grain								Meat	Minesalt			07/07/2016
Applegate	Smoked Turkey Breast		Potato			Grain				Seafood				Meat				06/06/2019
Benner Family	Ground Beef		Potato					Soy						Meat				08/16/2019
Blake's	Chicken Pot Pie		Potato		Fruit	Grain		Soy						Meat				07/07/2016
Chomp's Snack Stick	Grass Fed Beef Stick	Dairy			Fruit			Soy						Meat				02/05/2019
Costco	88% Lean 12% Fat Ground Beef													Meat				03/02/2018
Costco	80/20 Ground Beef				Fruit									Meat				08/16/2019
Egger's	Old Country Bulk Sausage (Sugar Free)	Dairy	Potato	Egg	Fruit	Grain	Sugar	Soy	Seafood					Meat	Minesalt	Honey		06/27/2019
Egger's	Extra Lean Ground Beef				Fruit	Grain								Meat				08/06/2019
Egger's	Conlotte Steak													Meat				08/06/2019
Egger's Meats	Pepperoni																	03/25/2019
Family Foods	Super Lean Ground Beef 93% Lean 7% Fat				Fruit			Soy						Meat				03/15/2017

Food for Life	English Muffin	Potato				Grain	Sugar						05/08/2019
Foster Farms	Fresh and Natural Thigh Fillets							Soy		Meat			8/16/2019
Fresh Farms	Chicken				Fruit	Grain				Meat			11/1/2019
Garrett Valley	All Natural Sugar Free Dry Rubbed Uncured Bacon				Fruit	Grain				Meat			02/09/2017
Green Ridge	Beef Snack Stick	Potato			Fruit	Grain		Soy		Meat			09/01/2019
Hempler's Natural	Applewood Smoked Uncured Centercut Bacon				Fruit	Grain				Meat			05/09/2019
Huckleberry's	Grass Fed Beef Liver									Meat			01/27/2017
Jennie O	Ground Turkey 93% Lean All Natural									Meat			10/11/2018
Keystone	Beef									Meat			11/02/2016
Keystone	Chicken									Meat			11/02/2016
Keystone	Pork									Meat			11/02/2016
Mary's	Organic Turkey									Meat			01/10/2017
Mighty Organic	Original Beef Jerky				Fruit					Meat	Honey		01/01/2017
Nick's Sticks	Grass Fed Beef Sticks	Dairy			Fruit					Meat			10/16/2018
Organic Prairie	Organic Ground Beef 85% Lean									Meat			04/04/2016
Organic Valley	Organic Smoked Turkey Breast									Meat			04/04/2016
Painted Hills	Natural Beef Patties									Meat			03/03/2017
Painted Hills	Ground Beef									Meat			01/04/2017
Painted Hills	Beef Bacon									Meat	Honey		04/01/2019
Pale Valley	Beef Stick	Potato				Grain				Meat			06/01/2019
Plainville Farms	Oven Roasted Organic Turkey Breast									Meat			04/03/2018
Ramstead Farms	Beef Bone Broth									Meat			03/19/2019
Ranger	Chicken Breast									Meat			10/31/2018
Rosauer's	Cross Rib Roast	Dairy	Potato	Egg	Fruit	Grain	Sugar	Soy	Seafood	Meat	Minesalt		01/20/2017
Teton Waters Ranch	Uncured Beef Frankfurters		Potato	Egg	Fruit	Grain	Sugar	Soy	Seafood	Meat	Minesalt		08/23/2017
Teton Waters Ranch	Grass Fed Beef Hot Dogs				Fruit	Grain				Meat			05/22/2019
Teton Waters Ranch	Cooked Uncured Polish Sausage made with beef				Fruit			Soy		Meat			06/01/2019
Trader Joe's	Organic Grassfed Uncured Beef Hot Dogs	Dairy	Potato		Fruit			Soy		Meat			01/25/2017
Trader Joe's	Organic Free Range Boneless Skinless Chicken Breast	Dairy			Fruit					Meat			10/21/2017
Trader Joe's	Organic Boneless and Skinless Chicken Breast									Meat			8/1/2019
Trader Joe's	Organic Oven Roasted Turkey Breast		Potato	Egg	Fruit			Soy	Seafood	Meat			6/4/2019
Trader Joe's	Beef Ribeye Steak							Soy		Meat			10/5/2018
Trader Joe's	Uncured Beef Hot Dogs				Fruit					Meat			02/17/2018
True Story (Costco)	Organic Sweet Italian Chicken Sausage									Meat			03/29/2019
Tyson	All Natural Boneless Chicken Breasts							Soy		Meat			10/18/2016
Wyoming	Beef Stick				Fruit		Sugar			Meat			12/29/2016
Zaycon	Boneless Skinless Chicken Breasts									Meat			07/07/2016

## Non-Dairy Alternatives

Almond Breeze	Unsweetened Original Almond Milk				Fruit	Grain		Soy	Seafood	07/29/2017
Blue Diamond	Almond Breeze Vanilla		Potato			Grain		Soy		08/11/2016
Blue Diamond	Almond milk with Real Bananas		Potato		Fruit	Grain		Soy	Minesalt	06/11/2019
Califa Farm's	Unsweetened Almond Milk		Potato		Fruit			Soy		09/30/2016
Califa Farm's	Almond Milk Creamer	Dairy	Potato		Fruit		Sugar			05/31/2016
Califa Farm's	Better Half Unsweetened Milk				Fruit	Grain				10/11/2017
Califa Farm's	Toasted Coconut Almond Milk		Potato		Fruit	Grain				01/01/2017
Cocoyo	Vanilla Yogurt				Fruit					10/19
Coco Yo	Living Coconut Yogurt				Fruit					04/04/2016
Cocoyo	Raspberry Coconut Yogurt				Fruit					09/04/2019
Coyo	Natural Coconut Yogurt	Dairy	Potato		Fruit					04/04/2016
Chaokoh	Coconut Milk		Potato		Fruit			Soy		10/27/2016
Daiya	Cheesy Mac	Dairy			Fruit		Sugar		Seafood	04/04/2016
Daiya	Cheddar Style Shreds	Dairy	Potato	Egg	Fruit	Grain				03/02/2018
Daiya	Mozzarella Shreds	Dairy	Potato		Fruit			Soy		06/29/2018
Follow Your Heart	Vegan Mozzarella Shreds		Potato		Fruit	Grain		Soy		06/21/2018
Follow Your Heart	Vegan Blue Cheese		Potato		Fruit	Grain		Soy		06/21/2018
Follow Your Heart	Vegan Cheddar Shreds		Potato		Fruit	Grain		Soy		06/21/2018
Forager	Cashew Yogurt				Fruit					10/11/2017
Forager	Organic Dairy Free Yogurt				Fruit	Grain		Soy		5/30/2019
Full Circle Market	Almond Milk				Fruit	Grain			Seafood	10/22/2019
Golden Star	Coconut Milk				Fruit					12/27/2018
Kerrygold	Dubliner Cheese					Grain				3/14/2019
Kirkland	Organic Unsweetened Non Dairy Vanilla Beverage		Potato		Fruit			Soy		04/04/2019
Kite Hill	Blueberry Yogurt		Potato		Fruit	Grain	Sugar	Soy		04/13/2018
Luna and Larry's	Dark Chocolate Coconut Bliss Non- Dairy Ice Cream				Fruit				Meat	07/12/2016
Luna and Larry's	Dark Chocolate Non-dairy Frozen Bars				Fruit	Grain				06/21/2017
Luna and Larry's	Cherry Amaretto Ice Cream				Fruit			Soy		05/31/2019
Luna and Larry's	Coconut Bliss Chocolate Peanut Butter Ice Cream				Fruit	Grain				03/13/2019
Pacific	Pacific Hemp Milk							Soy	Seafood	01/02/2019
Rice Dream	Organic Unsweetened Non Enriched Milk					Grain				1/29/2019
Silk	Creamer				Fruit	Grain	Sugar	Soy		05/31/2016
Silk	Unsweetened Vanilla Almond Milk				Fruit			Soy	Seafood	09/28/2016
Silk Organic	Almond Milk		Potato		Fruit		Sugar	Soy		03/27/2018
So Delicious	Coconut Milk Yogurt Alternative				Fruit	Grain		Soy		05/30/2019
Sun Luck	Coconut Milk				Fruit					12/27/2018

Trader Joe's	Coconut Milk	Potato		Fruit	Grain	Sugar				11/22/2016
Trader Joe's	Unsweetened Almond, Cashew, and Macadamia Nut Milk	Potato		Fruit	Grain					2/27/2019
Walmart	Deli Turkey Breast	Potato	Egg	Fruit		Sugar	Soy	Meat	Minesalt	06/29/2019
Wayfare	Dairy Free Cream Cheese	Potato		Fruit	Grain		Soy			04/11/2018
<b>Noodles</b>										
Banza	Chickpea Shell Pasta				Grain					02/04/2018
Barilla	Elbow Pasta	Potato	Egg	Fruit	Grain					11/08/2016
Barilla	Whole Grain Elbows Pasta	Potato	Egg	Fruit	Grain					11/08/2016
Cappello's	Pasta Noodles		Egg	Fruit	Grain					03/23/2018
Delallo	Organic Whole Wheat Pasta Lasagna				Grain					12/22/2016
Dellallo (Winco)	Organic Spaghetti				Grain					5/9/2019
Explore Cuisine	Organic Soybean Spaghetti						Soy			2/27/2019
Garfalo	Organic Whole Wheat Spaghetti				Grain					09/15/2016
Garfalo	Organic Spaghetti				Grain					01/27/2017
Heartland	Gluten Free Organic Lasagna Noodles		Egg	Fruit	Grain					11/08/2016
Thrive Market	Wonder Noodles			Fruit	Grain					04/04/2016
Tinkyada	Brown Rice Pasta Penne				Grain					05/08/2019
<b>Nuts</b>										
Azure Market	Raw California Almonds									04/01/2016
Blue Diamond	Almonds with Sea Salt Low Sodium			Fruit						5/9/2019
Blue Diamond	Roasted Salted Almonds (small blue canister)			Fruit						5/31/2019
Fisher	Walnuts									12/12/2017
Huckleberry's (Bulk)	Organic Pecan's			Fruit			Soy			01/01/2017
Huckleberry's (Bulk)	Sliced Almonds			Fruit			Soy			01/01/2017
Huckleberry's (Bulk)	Organic Walnuts			Fruit			Soy			05/22/2017
Huckleberry's (Bulk)	Organic Shelled Sunflower Seeds			Fruit	Grain					11/08/2018
Huckleberry's (Bulk)	Organic Long Brown Rice			Fruit	Grain					11/08/2018
Kirkland Signature	Dry Roasted Almonds with Sea Salt									12/15/2017
Missouri Northern Pecans	Azure American-Native Walnuts									04/01/2016
Now	Raw Pecan Halves and Pieces									01/10/2017
Now	Raw Almonds									12/11/2019
Now	Raw Walnuts									03/14/2019
Planters	Mixed Nuts			Fruit			Soy			12/12/2017
Planters	Cashews			Fruit			Soy			12/12/2017
South Pecan Co.	Pecans									12/12/2017
Spectrum	Chia Seeds									01/10/2017
Trader Joe's	Dry Roasted Macadamia Nuts			Fruit						05/03/2018





Bulletproof	Whey Protein	Dairy	Potato						04/04/2016	
Bulletproof	Collagen Protein		Potato	Fruit		Sugar	Soy		04/04/2016	
Dr. Axe	Multi Collagen Protein			Egg				Seafood	Meat	10/17/2018
Excalibur	Celery Juice Powder		Potato							11/09/2016
Garden of Life	Raw Organic Vanilla Protein									05/18/2018
Genuine Health	Fermented Vegan Protein						Grain			04/01/2019
Growing Naturals	Organic Pea Protein Powder		Potato	Fruit	Grain					09/03/2019
Hammer Nutrition	Chocolate Vegain Protein Powder			Fruit						04/04/2016
Keto	Protein Powder			Fruit			Soy			09/12/2019
Life Balance	Pure Egg White Protein			Egg	Fruit					07/27/2017
LIV Fit Superfood	Organic Cacao Powder						Soy			04/30/2019
Moringa Source	Moringa Leaf Powder				Fruit					01/31/2019
MRM	Whey Protein	Dairy	Potato	Fruit	Grain					07/27/2016
Natural Grocer's	Organic Cocoa Powder									03/01/2018
Nature City	Beet Root Juice Powder				Fruit		Soy			04/04/2016
Navita Organics	Organic Cacao Powder									03/22/2019
Now Sports	Pea Protein Powder									06/01/2019
Nutribiotic	Plain Rice Protein						Grain			08/09/2017
Orgain	Organic Protein Powder		Potato	Fruit	Grain					07/24/2019
Organic Fair Trade (Costco)	Cacao Powder			Fruit	Grain		Soy			03/22/2019
Organic PB Fit (Costco)	Peanut Butter Powder			Fruit					Minesalt	03/16/2019
Pernigotti	Natural Cocoa Powder									02/28/2018
Plnt(Pure Living Naturally True)	Non GMO Pea Protein						Soy			01/12/2019
Protein Blend	Protein Powder			Fruit	Grain		Soy			11/05/2019
Rapunzel	Organic Cocoa Powder				Fruit					06/08/2018
Red Star	Bulk Nutritional Yeast		Potato			Sugar				09/13/2018
Simple Mills	Pancake and Waffle Mix				Fruit					06/12/2018
Trader Joe's	Organic Fair Trade Cacao Powder				Fruit					01/16/2018
Uni Key	Fat Flush Body Protein						Soy			09/11/2018
Vega	Organic Protein Powder				Fruit					01/02/2019
Vega	Clean Vanilla Protein		Potato	Fruit	Grain		Soy			03/19/2019
<b>Salsa</b>										
Pace	Mild Chunky Salsa		Potato	Fruit		Sugar	Soy			02/01/2019
Trader Joe's	Salsa Authentica		Potato	Fruit	Grain		Soy			02/10/2017
Western Family	Chunky Salsa (Medium)		Potato	Fruit	Grain		Soy			11/24/2016
<b>Snacks</b>										
Alyssa's	Healthy Oatmeal Bites		Potato	Egg	Fruit	Grain	Soy			10/11/2018

Back to Nature	Rice Thins		Potato			Grain		Soy							07/23/2019
Back to Nature	Multi Seed Rice Thins		Potato			Grain		Soy							11/02/2018
Biena	Chickpea Snack with Sea Salt				Fruit	Grain		Soy			Minesalt				12/21/2018
Bob's Red Mill	Yellow Popcorn					Grain									03/15/2019
D's Naturals	No Cow Bar (Raspberry Truffle)		Potato		Fruit	Grain		Soy							09/06/2016
D's Naturals	No Cow Bar (Lemon Merinque Pie)		Potato		Fruit	Grain									01/01/2017
Edward and Sons	Brown Rice Crackers					Grain									05/14/2019
Epic	Coconut Lime Bar (Huckleberrys)				Fruit										10/10/2019
Genuine Health	Fermented Vegan Proteins Peanut Butter Chocolate Bar (BAD	Dairy	Potato	Egg	Fruit	Grain	Sugar	Soy	Seafood	Meat	Minesalt	Honey			06/06/2019
GoMacro	Sunflower Seed Butter and Chocolate Bar				Fruit	Grain									04/04/2016
Go Raw	Sprouted Spirulina and Sesame Bar				Fruit	Grain									04/04/2019
Harvest Stone	Organic Sprouted Quinoa Crackers		Potato		Fruit	Grain									02/17/2018
Lara Bar	Peanut Butter Cookie				Fruit										06/08/2018
Luna	Lemon Zest				Fruit	Grain	Sugar	Soy							04/11/2019
Lundberg	Organic Brown Rice Cakes					Grain									05/14/2019
Lundberg	Thin Stackers							Soy							06/27/2019
Made in Nature	Figgy Pops				Fruit	Grain									04/04/2016
Mary's Gone Crackers	Original Organic Crackers		Potato			Grain		Soy							10/31/2018
No Cow Bar	Lemon Meringue Pie Bar		Potato		Fruit	Grain		Soy							12/28/2016
Nabisco	Triscuit Hint of Salt Crackers				Fruit	Grain		Soy							08/21/2018
Nabisco	Triscuit Original Crackers		Potato		Fruit	Grain									10/31/2018
Nature's Path Organic	Rice Puffs					Grain									05/14/2019
Nugo Free	Dark Chocolate Trail Mix	Dairy			Fruit	Grain	Sugar								06/20/2017
Off the Eaten Path	Veggie Crisps				Fruit	Grain		Soy							09/06/2019
Peeled Snacks	Peas Please (baked pea pods)				Fruit	Grain									11/07/2019
Perfect Bar	Peanut Butter Bar			Egg	Fruit	Grain						Honey			04/04/2016
Perfect Bar	Blueberry Cashew Bar	Dairy		Egg	Fruit	Grain			Seafood						01/01/2017
Protein Puck	Sunbutter Coconut Almond Puck		Potato		Fruit	Grain									03/11/2017
Rise	The Simplest Protein Bar	Dairy										Honey			10/11/2017
Rise	Mint Protein Bar	Dairy			Fruit							Honey			2/5/2019
RX Bar	Protein Bar		Protato	Egg	Fruit			Soy			Minesalt				6/18/2018
RX Bar	Lemon Bar				Fruit			Soy							10/10/2019
Simple Mills	Almond Flour Crackers				Fruit	Grain									10/31/2017
Trader Joe's	PB&J Bar		Potato		Fruit		Sugar	Soy							08/23/2016
Trader Joe's	Movie Theatre Popcorn	Dairy				Grain		Soy							02/20/2019
Trader Joe's	Simply Nutty Bar, Dark Chocolate Nuts and Sea Salt				Fruit	Grain	Sugar	Soy				Honey			08/24/2016
Trader Joe's	Organic Popping Corn		Potato			Grain									12/20/2018

Trader Joe's	Organic Dry Roasted and Unsalted Valencia Peanuts			Fruit					10/11/2017
The Australian Carob Co.	Raw Pure Carob Kibble Nibbles			Fruit		Sugar			01/01/2017
Whole Me	Lemon Berry Chia Clusters		Potato	Fruit		Sugar	Soy		07/27/2018
Zing Bar	Dark Chocolate Peanut Butter (Whey Protein)	Dairy		Fruit	Grain	Sugar			01/01/2017
Zing Bar	Granola Bar	Dairy		Fruit	Grain	Sugar			02/08/2017
<b>Soups</b>									
Amy's	Mushroom Bisque with Porcini	Dairy	Potato	Fruit	Grain				11/24/2016
Amy's	French Country Vegetable Soup			Fruit	Grain		Soy		11/24/2016
Amy's	Split Pea Low Fat Soup			Fruit					11/24/2016
Trader Joe's	Organic Creamy Tomato Soup		Potato	Fruit		Sugar	Soy		03/15/2017
Trader Joe's	Kettle Cooked Chicken Soup			Fruit				Meat	03/20/2019
<b>Spices</b>									
Artisans Organics	Raw Tahini			Fruit	Grain				03/03/2017
Azure Market	Organic Chili Powder (Medium)		Potato	Fruit	Grain				09/15/2016
Azure Market	Parsley Flakes								04/04/2019
Azure Market	Curry Powder Madras (Mild)				Grain	Sugar	Soy		09/15/2016
Azure Market	Organic Chili Powder (Mild)			Fruit					10/18/2016
Frontier	Dill Seed (Whole)								01/26/2017
Frontier	Garlic Powder			Fruit					01/01/2017
Frontier	Organic Chia Seed			Fruit					06/21/2017
Frontier	Tumeric						Soy		10/26/2018
Frontier	Black Peppercorns			Fruit					11/13/2019
Frontier	Onion Granules								04/10/2019
Frontier	Fine Black Pepper								10/30/2018
Frontier	Spanish Smoked Paprika								04/10/2019
Frontier	Cinnamon								10/27/2018
Huckleberry's	Organic Garlic								04/05/2019
Kirkland Signature	Pure Sea Salt Fine Grain			Fruit					01/17/2018
Kirkland Signature	Ground Himalayan Pink Salt		Potato						07/10/2018
Lighthouse	Basil								05/10/2019
Lighthouse	Parsley								05/10/2019
McCormick	Pure Ground Black Pepper								03/14/2017
McCormick	Original Taco Seasoning		Potato	Fruit		Sugar	Soy		05/21/2018
Mountain Rose Herbs	Chili Flakes								08/23/2016
Mountain Rose Herbs	Organic Paprika Powder								08/24/2016
Mountain Rose Herbs	Marjoram								08/23/2016
Mountain Rose Herbs	Oatstraw				Grain				01/29/2019

Mountain Rose Herbs	Chocolate Mint Mate	Potato	Fruit		Soy			02/14/2019
Mountain Rose Herbs	Cacao Roasted Powder							09/03/2019
Mountain Rose Herbs	North American Nettle Leaf							01/29/2019
Mountain Rose Herbs	Parsley Leaf		Fruit					01/29/2019
O Organics	Italian Seasoning		Fruit		Soy			10/25/2018
Simply Organic	All-Purpose Seasoning	Potato	Fruit					03/15/2017
Simply Organic	Curry Powder	Potato	Fruit					10/18/2016
Starlight Herb and Spice Co.	Cream on Tartar		Fruit	Grain				04/13/2018
Trader Joe's	Minced Garlic		Fruit					09/29/2016
Winco (BULK)	Garlic Salt				Grain			11/03/2019
Everything but the Bagel	Sesame Seasoning Blend		Fruit	Grain				04/04/2016

### Spreads

Adam's	Organic Creamy Peanut Butter		Fruit	Grain	Soy		Minesalt	10/30/2018
Adam's	100% Natural Peanut Butter (crunchy)		Fruit			Seafood		10/19/2018
Earth Balance	Coconut & Peanut Spread (Creamy)	Potato	Fruit		Soy			04/04/2016
Earth Balance	Mindful Mayo	Potato	Fruit	Grain	Soy			06/21/2018
Huckleberry's	Fresh Ground Peanut Butter							03/07/2018
Kirkland Signature	Organic Hummus			Grain				05/17/2018
Kirkland Signature	Almond Butter (Bad)	Potato	Fruit	Grain	Soy			02/15/2019
MaraNatha	All Natural Almond Butter							11/01/2016
MaraNatha	Creamy Coconut Butter		Fruit					03/12/2019
One Again	Unsalted Sun Butter			Grain				11/16/2018
Open Nature	Almond Butter						Minesalt	04/04/2019
Smucker's Simply Fruit	Red Raspberry Spread	Potato	Fruit		Soy			04/04/2019
Trader Joe's	Organic Tahini			Grain				07/07/2016
Trader Joe's	Crunchy Almond Butter no Salt		Fruit	Grain				02/14/2019
Trader Joe's	Creamy Peanut Butter	Potato		Grain			Minesalt	01/29/2019
Trader Joe's	Organic Creamy Peanut Butter no Salt Valencia (blue label)		Fruit					08/08/2019
Trader Joe's	Raw Creamy Almond Butter no Salt		Fruit					04/30/2019
Trader Joe's	Mixed Nut Butter		Fruit					03/01/2019
Zinke Orchards	Crunchy Almond Butter							07/07/2016
Zinke Orchards	Creamy Almond Butter		Fruit					05/08/2019

### Sweeteners

Better Body Foods	Organic Agave							04/09/2019
Dolcela	Vanilla Sugar	Potato	Fruit	Grain	Sugar	Soy		01/01/2017
Glory Bee	Artisan Fermented Honey						Honey	02/13/2019
Green bluff	Bulk Honey						Honey	04/29/2018

Huckleberry's Bulk	Coconut Sugar			Fruit				06/06/2019
Kirkland Signature	Organic Sugar				Sugar	Soy		02/21/2019
Kirkland Signature	Grade A Organic Maple Syrup			Fruit				03/07/2018
Kirkland Signature	Clover Honey (5lbs)						Honey	04/03/2019
Loriens Herbs	White Stevia Powder			Fruit				05/21/2018
Madhava	Organic Amber Raw Blue Agave							04/09/2019
Melora	Manuka Honey			Fruit		Soy	Honey	04/04/2019
Namanna	Monk Fruit Sweetner			Fruit				10/22/2019
Natural Grocer's	Raw and Unfiltered Clover Honey						Honey	05/01/2018
Nature Nate's Natural	100% Pure Raw and Unfiltered Honey			Fruit			Honey	05/02/2018
Plnt	Stevia Extract							02/19/2019
Plnt	Stevia Extract Powder			Fruit				01/03/2017
Pure Honey Farms	Wildflower Honey						Honey	01/10/2017
Shady Maple Farms	Grade A Maple Syrup							03/07/2018
Sweet Leaf	Stevia Sweetener	Potato		Fruit		Soy		02/19/2019
Trader Joe's	Mostly Mesquite Honey				Sugar		Honey	04/22/2018
Trader Joe's	Multi Floral and Clover Honey			Fruit			Honey	12/04/2018
Trader Joe's	Creamed Clover Honey					Soy	Honey	01/01/2017
Trader Joe's	Liquid Stevia				Grain			09/08/2016
Trader Joe's	Organic Stevia Extract					Soy		09/14/2018
Trader Joe's	Creamed Honey Multi Floral and Clover Blossoms							04/29/2018
Trader Joe's	Organic Blue Agave Sweetner				Grain			05/01/2019
Trader Joe's	Raw Blue Agave			Fruit				06/27/2019
Trader Joe's	Turkish Honey						Honey	11/09/2017
Trim Healthy Mama	Pure Stevia			Fruit				11/03/2016
Wholesome Sweetners	Organic Raw Blue Agave			Fruit		Soy		04/13/2018
<b>Tea</b>								
Celestial	Nutcracker Sweet Black Tea	Potato		Fruit		Soy		04/04/2016
Choice Organic Tea's	Organic Classic Black Tea	Potato		Fruit				09/26/2017
Choice Organic Tea's	Organic Premium Japanese Green Tea			Fruit				03/27/2018
Cup and Kettle	Loose Leaf Tea	Potato	Egg	Fruit	Grain	Soy		10/05/2018
Cup Of Life	Organic Body Booster Cinnamon and Ginger Tea			Fruit				12/28/2018
Frontier	Green Tea Powder							11/29/2016
Frontier	English Breakfast Tea (Bulk)	Potato		Fruit	Grain	Soy		2/24/2019
Kirkland Signature	Sencha and Matcha Blend Green Tea			Fruit		Soy		11/16/2016
Mountain Rose Herbs	English Breakfast Tea			Fruit				4/4/2019
Natural Directions	Organic Peppermint Tea			Fruit				10/31/2017

Numi	Moroccan Mint Tea	Potato	Fruit					Soy										10/8/2019
Tea's Tea	Pure Green Tea	Potato	Fruit			Sugar		Soy										03/14/2017
The Republic of Tea	Ginger Tea		Fruit					Soy										07/23/2018
Trader Joe's	Earl Grey Tea	Potato	Fruit															04/04/2016
Trader Joe's	English Breakfast Tea	Potato																02/21/2019
Wholistic Woman	Immune Tea	Potato	Fruit			Sugar		Soy										01/27/2019
Yogi	Pure Decaf Green Tea							Soy										04/04/2019
Zhena's	Coconut Chai Black Tea		Fruit					Soy										04/04/2016
<b>Vegetables</b>																		
Bolthouse Farms	Carrots							Soy										09/13/2018
Bonipak	Broccoli Florets																	06/27/2019
Cascadian Farms	Frozen Peas and Carrots																	04/04/2016
Cascadian Farms	Organic Cut Green Beans																	04/04/2016
Cascadian Farms	Organic frozen Garden Peas					Fruit	Grain											09/30/2019
Columbia Basin Onion	Sweet Onion																	04/04/2016
Hayshaker Farms	Carrots					Fruit												11/19/2018
Huckleberry's (Bulk)	Organic Split Peas																	12/20/2018
Libby's	Lima Beans	Potato	Egg					Soy										01/01/2017
Libby's Naturals	Sweet Peas in a can						Grain											08/01/2019
Kirkland	Organic Green Beans	Dairy	Potato	Egg	Fruit	Grain	Sugar	Soy	Seafood	Meat	Minesalt	Honey						06/06/2019
Kroger	Sweet Peas-No Salt Added							Soy										08/21/2019
Kroger	Salt Free Green Beans					Fruit		Soy										08/15/2019
Natural Grocer's	Yellow Dry Onions																	04/04/2016
Organic Girl	Baby Spring Mix																	12/12/2016
Second Harvest Food Bank	Green Split Peas																	01/11/2018
Signature Kitchens	Cut No Salt Green Beans																	01/26/2017
Signature Farms (Albertsons)	Peeled and Washed baby Cut Carrots					Fruit												05/16/2019
Signature Select (Safeway)	Sweet Peas no Salt																	06/18/2019
Signature Select (Safeway)	Mixed Vegetables																	07/09/2019
Simple Truth	No Salt Added Cut Green Beans																	02/17/2018
Simple Truth	No Salt Added Peas																	09/09/2019
Simple Truth	No Salt Added Organic Corn					Fruit	Grain											02/17/2018
Stokely's	No Salt Added Whole Kernel Corn					Fruit	Grain	Soy										04/18/2019
Trader Joe's	Organic Green Beans																	09/28/2016
Trader Joe's	Belgian Brussel Sprouts					Fruit												09/14/2019
Trader Joe's	Broccoli Florets																	09/14/2019
Trader Joe's	Organic Whole Carrots in Bag																	01/06/2017
Trader Joe's	Organic Frozen Peas					Fruit												09/30/2019

Western Family	Cut Green Beans (No Salt Added)	Potato	Fruit			11/15/2016
<b>Water</b>						
Brita	Filtered Water	Potato	Fruit		Soy	12/02/2016
Cascade Ice	Organic Mixed Berry Sparkling Water	Potato	Fruit	Grain		06/08/2016
Cascade Ice	Natural Sparkling Water			Grain		07/07/2016
Crystal Geysler	Natural Alpine Spring Water					04/04/2019
Dasani	Sparkling Lime Water	Potato			Soy	04/04/2016
Evian	Natural Spring Water					01/04/2017
Food Club	Spring Water					07/30/2019
Glacier	Water (Bottle)					01/04/2017
Hawaii Volcanic Water	Naturally Alkaline Water (Glass Bottle)					04/26/2019
Kirkland	Water (bottle)				Soy	01/12/2019
Kona Deep Corp.	Kona Drinking Water	Potato	Fruit			02/05/2019
Kroger	Seltzer Water	Potato			Soy	07/07/2016
Kroger	Spring Water		Fruit			05/03/2018
Perrier	Lemon Water		Fruit			10/31/2018
Perrier	Lime Water		Fruit			10/31/2018
Safeway	Reverse Osmosis Water		Fruit		Soy	04/09/2019
Sam's Choice	Water	Potato	Fruit		Soy	01/16/2018
San Pelligrino	Sparkling Water					10/31/2018
Smart Water	Water		Fruit		Soy	02/14/2019
Spindrift Sparkling Water	Grapefruit Sparkling Water		Fruit			06/25/2019
Spindrift Sparkling Water	Lemon Sparkling Water		Fruit			06/25/2019
Spindrift Sparkling Water	Raspberry Lime Sparkling Water		Fruit			06/25/2019
Starbucks	Water with no Ice					05/09/2019
Talking Rain	Sparkling Spring Water					07/07/2016
Trader Joe's	Sparkling Natural Mineral Water	Potato	Fruit			06/25/2016
Trader Joe's	Sparkling Lime Mineral Water		Fruit			04/04/2016
Trader Joe's	Organic King Coconut Water		Fruit			11/17/2018
Trader Joe's	Natural Mountain Spring Water	Potato	Fruit		Soy	04/04/2016
Trader Joe's	Natural Mountain Spring Water 23.6 oz.		Fruit			05/01/2019
Trader Joe's	Mt. Spring Water		Fruit		Soy	03/30/2018





