

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
Alcohol													
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
Charles Shae	Shiraz Wine				Fruit		Sugar						06/07/2018
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
Trader Joe's	Newton's Folly Hard Cider												03/11/2017
Undivided	Chardonnay				Fruit								10/31/2018
Woodchuck	Amber Hard Cider		Potato		Fruit		Sugar						04/03/2018
Baking Supplies													
Alvarado Street Bakery	California Style Sprouted Wheat					Grain	Sugar						3/16/2017
Azure Standard	Arrowroot Starch		Potato										02/23/2018
Azure Standard	Arrowroot Flour				Fruit								07/06/2017
Blue Diamond	Almond Flour												09/16/2016

Bob's Red Mill	Active Dry Yeast Premium Quality				Fruit		Sugar		5/10/2017
Bob's Red Mill	Almond Flour		Potato						03/03/2017
Bob's Red Mill	Arrowroot Powder								11/23/2016
Bob's Red Mill	Cornmeal Organic Medium Grind					Grain			12/22/2016
Bob's Red Mill	Gluten Free All Purpose Baking Flour	Dairy	Potato	Egg	Fruit				03/30/2018
Bob's Red Mill	Organic Unbleached White All-Purpose Flour				Fruit	Grain			12/28/2016
Bob's Red Mill	Organic Whole Grain Brown Rice Flour					Grain			11/01/2016
Bob's Red Mill	Tapioca Starch		Potato		Fruit	Grain	Soy		03/28/2018
Bob's Red Mill	Tapioca Pearls		Potato			Grain	Soy		03/23/2018
C&H	Powdered Sugar					Grain	Sugar		6/15/2017
Central Mill Co.	Organic Wheat Flour					Grain			09/06/2018
Enjoy Life	Dark Chocolate Morsels						Sugar		2/4/17
Ghirardelli	Majestic Premium Cocoa Powder				Fruit				10/16/2018
Guittard	Milk Chocolate Chips	Dairy				Grain	Sugar		01/17/2018
If You Care	Parchment Baking Paper				Fruit		Soy		10/11/2017
Kirkland Signature	Almond Flour Blanched								05/21/2018
Kirkland Signature	California Super fine Blanched Almond Flour (Bad)		Potato		Fruit	Grain			05/01/2018
Kirkland Signature	Organic Virgin Coconut Oil				Fruit		Soy		04/13/2018
Knox	Unflavored Gelatin							Meat	01/01/2017
Let's Do Organic	Non GMO Cornstarch					Grain			07/23/2018
Lily's	Dark Chocolate Stevia Sweetened Chips	Dairy	Potato		Fruit		Soy		09/28/2016
Montana Milling	Whole Wheat Flour					Grain			09/15/2016
Mountain Rose Herbs	Vanilla Bean Powder								01/01/2017
Namaste	Gluten-Free Perfect Flour Blend		Potato		Fruit	Grain			09/28/2016
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
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

Trim Healthy Naturals	Nutritional Yeast						Sugar			01/01/2017
Wellbee's	Super Fine Almond Flour				Fruit					04/01/2016
Western Family	Baking Soda		Potato				Sugar	Soy		01/01/2017
Winco	Almond Flour (Bulk)									03/03/2017
Yoke's (Bulk)	Organic Wheat Flour					Grain				11/03/2017
Yoke's (Bulk)	Organic Rolled Oats		Potato	Fruit	Grain			Soy		01/25/2018
Beans										
Bearitos	Vegetarian Organic Traditional Refried Beans					Grain				08/11/2017
C&F	Dry Pinto Beans									09/09/2016
Hunza Natural Foods	Hunza Organic Cranberry Beans				Fruit					02/23/2018
Jovial	100% Organic Barlotti Beans				Fruit					03/02/2018
Westbrae Natural	Vegetarian Organic Black Beans									08/11/2017
Westbrae Natural	Organic Garbanzo Beans									08/11/2017
Beverages										
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
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
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
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
Zevia	Zero Calorie Ginger Ale				Fruit			Soy		08/30/2018
Zevia	Zero Calorie Cream Soda				Fruit			Soy		08/30/2018
Bread Products										
Alvarado Street Bakery	Sprouted Wheat Burrito Tortillas					Grain				02/28/2017
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	Cinnamon Raisin Bread			Fruit	Grain	Sugar	Soy			Honey	04/04/2016
Great Harvest Bread Co.	Honey Whole Wheat Bread	Potato			Grain	Sugar	Soy			Honey	11/16/2016
Great Harvest Bread Co.	Harvest Blend Bread	Potato			Grain		Soy			Honey	9/25/2018
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
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	Sourdough Bread				Grain						10/13/2017
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	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
Yoke's Fresh Market	Shepherders Bread	Potato		Fruit	Grain		Soy	Meat	Minesalt		08/29/2017
Broth/Stocks											
Bare Bones Bone Broth	Classic Chicken Broth	Potato		Fruit				Meat			05/01/2018
Pacific Foods	Organic Chicken Bone Broth			Fruit				Meat			01/11/2018
Kirkland Signature	Organic Chicken Stock	Potato		Fruit			Soy	Meat			11/16/2016
Candy											
Hail Merry	Chocolate Almond Butter Tart			Fruit							06/21/2017
Panda	All Natural Soft Liorice				Grain	Sugar					11/16/2016
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											
Chicken of the Sea	Solid White Albacore in Water							Seafood	Minesalt		09/15/2016
Kirkland Signature	Albacore Tuna (Solid)			Fruit				Seafood			01/04/2017
Kroger	Sliced Beets			Fruit							01/01/2017
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
General Mills	Honey Nut Cheerios	Potato	Fruit	Grain	Sugar	Soy	Honey	03/21/2018
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				01/10/2017
Boulder Canyon	Olive Oil Kettle Cooked Potato Chips	Potato	Fruit			Soy		04/13/2018
Garden of Eatin	No Salt Blue Corn Chips		Fruit	Grain				06/08/2018
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
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	Corn Dipper Chips			Grain				04/04/2016
Trader Joe's	Roasted Plantain Chips	Potato		Grain				08/23/2016
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		Fruit	Grain				03/02/2018

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
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 Alta Magiana								Fruit		08/12/2018
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		Potato		Fruit		Sugar			Soy	11/23/2016
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										03/07/2018
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
Landgrove Coffee	Water Processed Decaf				Fruit	Grain					01/18/2018
Thomas Hammer	Breakfast Blend Coffee (Whole Bean)									Soy	01/07/2017
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

Dairy Products

Babybel	Semi Soft Cheese	Dairy	Potato			Grain		Soy		Minesalt	09/13/2018
California Gold (Azure)	Mozzerella Cheese	Dairy									11/09/2016
Califa Farm's	Almond Milk Creamer	Dairy	Potato		Fruit		Sugar				05/31/2016
Coyo	Natural Coconut Yogurt	Dairy	Potato		Fruit						04/04/2016
Coco Yo	Living Coconut Yogurt	Dairy			Fruit						04/04/2016
Daisy	Sour Cream (Squeeze Pouch)	Dairy			Fruit						03/02/2018
Daisy	Sour Cream	Dairy	Potato	Egg	Fruit	Grain	Sugar	Soy			06/08/2018
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
Darigold	Sharp White Cheddar Cheese (No Color Added)	Dairy	Potato								06/29/2016
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
Go Veggie	Cheesy Bliss	Dairy	Potato		Fruit	Grain		Soy			03/13/2018
Horizon Organic	Cheese Sticks	Dairy			Fruit					Minesalt	09/15/2016
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
Monterey Farms	Monterey Jack Cheese	Dairy		Fruit					Minesalt	09/13/2018
Nancy's	Organic Plain Whole Milk Yogurt	Dairy	Potato	Fruit						07/13/2016
Nancy's	Organic Probiotic Sour Cream	Dairy		Fruit						04/04/2016
Organic Valley	Organic Non Fat Dry Milk	Dairy		Fruit						11/30/2016
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
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
Silk	Almond Milk Strawberry Yogurt	Dairy		Fruit		Sugar	Soy			05/18/2018
Summerhill	Goats Milk	Dairy		Fruit						08/03/2017
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	Organic Monterey Jack Cheese	Dairy		Fruit				Meat	Minesalt	04/17/2018
Trader Joe's	New Zealand Organic Cheddar Cheese	Dairy	Potato	Egg	Fruit				Minesalt	04/04/2016
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	Dairy								01/31/2018
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

Desserts

Cyrus O'Learys	No Sugar Added Apple Pie		Potato	Egg	Fruit	Grain	Soy			06/21/2018
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Dried Fruit

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

Natural Grocers	Organic Unsweetened Dried Cherries		Fruit	Grain		10/01/2016
Eggs						
Kirkland Signature	Grade AA Organic Eggs	Egg	Fruit		Soy	03/02/2018
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
Fish and Seafood						
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
Fruit						
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
Muir Glen Organic	Diced Tomatos, No Salt		Fruit		Sugar	05/03/2018
Pasque	Seedless Watermelon					07/06/2016
Smart Harvest	Organic Frozen Sweet Cherries		Fruit			03/21/2018
Terra	Sweet Plantains		Fruit			06/07/2018
Grain						
Amira	Basmati Rice			Grain		10/18/2016
Columbia Bean and Rice	Long Brown Rice			Grain		08/20/2018
Kirkland Signature	Thai Hom Mali Jasmine Rice			Grain		10/18/2016
Kirkland Signature	Traditional Basmati Rice	Potato			Soy	09/09/2016
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
Gum and Mints						
Spry	Natural Spearmint Gum		Fruit	Grain	Soy	03/03/2017
Meat						

Applegate	Natural Uncured Beef Hot Dog				Fruit						Meat		01/06/2017
Applegate	Organic Hot Dogs					Grain		Soy			Meat		04/04/2016
Applegate	Gluten Free Chicken Breast					Grain					Meat	Minesalt	07/07/2016
Blake's	Chicken Pot Pie		Potato		Fruit	Grain		Soy			Meat		07/07/2016
Chomp's Snack Stick	Grass Fed Beef Stick	Dairy	Potato		Fruit						Meat	Minesalt	06/15/2018
Costco	88% Lean 12% Fat Ground Beef										Meat		03/02/2018
Egger's	Old Country Bulk Sausage (Sugar Free)										Meat		03/21/2018
Family Foods	Super Lean Ground Beef 93% Lean 7% Fat				Fruit			Soy			Meat		03/15/2017
Foster Farms	Fresh and Natural Thigh Fillets										Meat		10/27/2016
Garrett Valley	All Natural Sugar Free Dry Rubbed Uncured Bacon				Fruit	Grain					Meat		02/09/2017
Hempler's Natural	Applewood Smoked Uncured Centercut Bacon		Potato		Fruit						Meat	Minesalt	Honey 04/13/2018
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
Plainville Farms	Oven Roasted Organic Turkey Breast										Meat		04/03/2018
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	Cooked Uncured Polish Sausage		Potato		Fruit			Soy			Meat	Minesalt	11/02/2017
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	Beef Ribeye Steak							Soy			Meat		10/5/2018
Trader Joe's	Uncured Beef Hot Dogs				Fruit						Meat		02/17/2018
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
Califa Farm's	Unsweetened Almond Milk	Potato		Fruit		Soy			09/30/2016
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	Grain				1/17
Chaokoh	Coconut Milk	Potato		Fruit		Soy			10/27/2016
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
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
Rice Dream	Rice Milk			Fruit	Grain		Soy		11/20/2017
Schoonover Farms	Grade A Raw Cow's Milk								11/31/2017
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
Trader Joe's	Coconut Milk	Potato		Fruit	Grain	Sugar			11/22/2016
Wayfare	Dairy Free Cream Cheese	Potato		Fruit	Grain		Soy		04/11/2018
Noodles									
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
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
Nuts									
Azure Market	Raw California Almonds								04/01/2016
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
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
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
Trader Joe's	Raw Almonds								01/11/2018
Trader Joe's	Dry Roasted Pistachios							Minesalt	01/16/2018
Trader Joe's	Brazil Nuts								12/12/2017
Trader Joe's	Pistachios								12/12/2017
Trader Joe's	Organic Dry Roasted and Unsalted Valencia Peanuts				Fruit				11/26/2017
Valued Naturals	Pumpkin Seeds								12/12/2017

Oils / Vinegars

Alessi	Balsamic Vinegar				Fruit					01/30/2018
Azure Market	Safflower Oil									09/09/2016
Marukan	Organic Rie Vinegar					Grain				10/27/2018
Saffola Oil	Safflower Oil				Fruit					3/7/2018
Spectrum	Organic Safflower Oil									03/07/2018
Spectrum	Organic Extra Virgin Olive Oil				Fruit					07/23/2018
Spectrum	Organic Toasted Sesame Seed Oil					Grain				10/31/2018
Starlight	Golden Balsamic Vinegar				Fruit					01/30/2018
Trader Joe's	Balsamic Vinegar				Fruit			Soy		01/30/2018
Trader Joe's	Organic Italian Olive Oil				Fruit					10/31/2018

Potatoes

Easy Pride	Hash brown Potatoes	Potato		Fruit	Grain		Soy			06/29/2018
Judel Organics	Russet Potatoes in 5lb Bag	Potato								01/10/2017
Trader Joe's	Sweet Potatoes in Bag	Potato								06/07/2016

Powders

Ancient Nutrition	Bone Broth Protein Powder			Fruit			Soy	Meat	Minesalt	07/17/2018
Birch Benders	Paleo Pancake and Waffle Mix	Potato						Seafood		05/17/2018
Birch Benders	Classic Pancake Mix	Potato	Egg	Fruit	Grain		Soy			07/19/2018
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

Hammer Nutrition	Chocolate Vegain Protein Powder				Fruit					04/04/2016
Life Balance	Pure Egg White Protein			Egg	Fruit					07/27/2017
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									03/21/2018
Nutribiotic	Plain Rice Protein					Grain				08/09/2017
Orgain	Organic Protein Powder	Dairy				Grain		Soy		09/11/2018
Pernigotti	Natural Cocoa Powder									02/28/2018
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
Salsa										
Trader Joe's	Salsa Authentica		Potato		Fruit	Grain		Soy		02/10/2017
Western Family	Chunky Salsa (Medium)		Potato		Fruit	Grain		Soy		11/24/2016
Snacks										
Alyssa's	Healthy Oatmeal Bites		Potato	Egg	Fruit	Grain		Soy		10/11/2018
Back to Nature	Rice Thins					Grain				08/24/2018
Biena	Chickpea Snack					Grain				04/04/2016
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
GoMacro	Sunflower Seed Butter and Chocolate Bar				Fruit	Grain				04/04/2016
Harvest Stone	Organic Sprouted Quinoa Crackers		Potato		Fruit	Grain				02/17/2018
Lara Bar	Peanut Butter Cookie				Fruit					06/08/2018
Lundberg	Organic Brown Rice Cakes					Grain				11/01/2016
Made in Nature	Foggy Pops				Fruit	Grain				04/04/2016
Mary's Gone Crackers	Original Organic Crackers					Grain		Soy		02/17/2018
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
Nugo Free	Dark Chocolate Trail Mix	Dairy			Fruit	Grain	Sugar			06/20/2017
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

RX Bar	Protein Bar	Protato	Egg	Fruit		Soy		Minesalt	6/18/2018
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	RX Bar Protein Bar								01/01/2017
Trader Joe's	Simply Nutty Bar, Dark Chocolate Nuts and Sea Salt			Fruit	Grain	Sugar	Soy	Honey	08/24/2016
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
Soups									
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
Spices									
Artisans Organics	Raw Tahini			Fruit	Grain				03/03/2017
Azure Market	Organic Chili Powder (Medium)	Potato		Fruit	Grain				09/15/2016
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	Cinnamon								10/27/2018
Huckleberry's	Organic Garlic			Fruit			Soy		04/17/2018
Kirkland Signature	Pure Sea Salt Fine Grain			Fruit					01/17/2018
Kirkland Signature	Ground Himalayan Pink Salt	Potato							07/10/2018
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
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

Everything but the Bagel	Sesame Seasoning Blend		Fruit	Grain					04/04/2016
Spreads									
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
MaraNatha	All Natural Almond Butter								11/01/2016
R.W Knudsen	Sparkling Grape Juice	Potato	Fruit						01/01/2017
Trader Joe's	Organic Tahini			Grain					07/07/2016
Trader Joe's	Organic Peanut Butter								12/12/2017
Trader Joe's	Mixed Nut Butter		Fruit						12/12/2017
Zinke Orchards	Crunchy Almond Butter								07/07/2016
Sweeteners									
Dolcela	Vanilla Sugar	Potato	Fruit	Grain	Sugar	Soy			01/01/2017
Green bluff	Bulk Honey							Honey	04/29/2018
Kirkland Signature	Grade A Organic Maple Syrup		Fruit						03/07/2018
Loriens Herbs	White Stevia Powder		Fruit						05/21/2018
Madhava	Organic Amber Raw Blue Agave								08/14/2018
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 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		Fruit	Grain			Soy		04/17/2018
Trader Joe's	Mostly Mesquite Honey				Sugar			Honey	04/22/2018
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	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
Tea									
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
Frontier	Green Tea Powder						11/29/2016
Kirkland Signature	Sencha and Matcha Blend Green Tea			Fruit		Soy	11/16/2016
Natural Directions	Organic Peppermint Tea			Fruit			10/31/2017
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
Zhena's	Coconut Chai Black Tea			Fruit		Soy	04/04/2016
Vegetables							
Bolthouse Farms	Carrots					Soy	09/13/2018
Cascadian Farms	Frozen Peas and Carrots						04/04/2016
Cascadian Farms	Organic Cut Green Beans						04/04/2016
Columbia Basin Onion	Sweet Onion						04/04/2016
Libby's	Lima Beans	Potato	Egg			Soy	01/01/2017
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
Simple Truth	No Salt Added Cut Green Beans						02/17/2018
Simple Truth	No Salt Added Organic Corn			Fruit	Grain		02/17/2018
Trader Joe's	Organic Green Beans						09/28/2016
Trader Joe's	Organic Whole Carrots in Bag						01/06/2017
Western Family	Cut Green Beans (No Salt Added)	Potato		Fruit			11/15/2016
Water							
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
Dasani	Sparkling Lime Water	Potato				Soy	04/04/2016
Evian	Natural Spring Water						01/04/2017
Glacier	Water (Bottle)						01/04/2017
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
Sam's Choice	Water	Potato		Fruit		Soy	01/16/2018
San Pelligrino	Sparkling Water						10/31/2018
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	Natural Mountain Spring Water	Potato	Fruit	Soy	04/04/2016
Trader Joe's	Mt. Spring Water		Fruit	Soy	03/30/2018

