

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

Bread Products

Alvarado Street Bakery	California Style Sprouted Wheat Bread					Grain	Sugar			3/16/2017
Alvarado Street Bakery	Sprouted Wheat Burrito Tortillas					Grain				02/28/2017
Central Foods	Country Loaf 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
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	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	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	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
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
Candy										
Bark Thins (BAD)	Dark Chocolate Pumpkin Seed	Potato	Fruit	Grain	Sugar	Soy				04/18/2019
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
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										

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
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				Minesalt	04/12/2019
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 (BAD)	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

Landgrove Coffee	Water Processed Decaf				Fruit	Grain								01/18/2018
Medaglia D'Oro (BAD)	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 (BAD)	Cafe de Americana		Potato	Egg	Fruit		Sugar	Soy						04/11/2019
Roast House	Viva La Noche Dark Roast													04/04/2019
San Francisco Bay Coffee	French Roast K-Cup Coffee					Grain								04/01/2019
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	French Roast Coffee Beans													02/21/2019
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 (BAD)	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
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
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
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	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
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	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				Soy			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								07/31/2019

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
Desserts									
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
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
Natrual Grocers	Organic Unsweetened Dried Cherries				Fruit	Grain			10/01/2016
Eggs									
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
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
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
Wawona	Organic Peaches (Costco)			Fruit					06/27/2019
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
Lotus Food	Organic Forbidden Rice			Fruit	Grain				06/25/2019
Manitoba Harvest	Hemp Hearts								02/02/2019
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
Gum and Mints									
Spry	Natural Spearmint Gum			Fruit	Grain		Soy		03/03/2017
Spry (BAD)	Cinnamon Gum		Potato	Fruit	Grain	Sugar	Soy		04/18/2019
Spry (BAD)	Peppermint Mints		Potato	Fruit	Grain		Soy		04/18/2019
Wrigley's Extra (BAD)	Polar Ice Gum		Potato	Fruit	Grain	Sugar	Soy		05/09/2019
Meat									
Applegate	Natural Uncured Beef Hot Dog			Fruit				Meat	01/06/2017
Applegate	Organic Uncured Beef Hot Dog		Potato	Fruit	Grain		Soy	Meat	03/19/2019
Applegate	Organic Hot Dogs				Grain		Soy	Meat	04/04/2016
Applegate	Gluten Free Chicken Breast				Grain			Meat	07/07/2016
Applegate	Smoked Turkey Breast		Potato		Grain		Seafood	Meat	06/06/2019
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
Egger's	Old Country Bulk Sausage (Sugar Free)	Dairy	Potato	Egg	Fruit	Grain	Sugar	Soy	Seafood	Meat	Minesalt	Honey	06/27/2019
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									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				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 (BAD)	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					1/17
Coco Yo	Living Coconut Yogurt				Fruit					04/04/2016
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
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 (BAD)	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
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
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
Nuts											
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										11/12/2018
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

Trader Joe's	Raw Almonds									01/11/2018
Trader Joe's	Dry Roasted Pistachios								Minesalt	01/16/2018
Trader Joe's	Sesame Honey Almonds		Dairy	Potato		Grain	Sugar		Honey	01/09/2019
Trader Joe's	Marcona Almonds				Fruit	Grain			Minesalt	05/14/2019
Trader Joe's	Roasted and Unsalted Whole Cashews				Fruit	Grain				01/09/2019
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	Organic Safflower Oil							Soy		05/23/2019
Baja Precious	Organic Sunflower Oil				Fruit	Grain				04/04/2019
La Tourangelle	Roasted Hazelnut Oil				Fruit				Hazelnut	07/20/2019
The Maple Guild	Maple Vinegar				Fruit	Grain				03/26/2019
Marukan	Organic Rie Vinegar					Grain				03/14/2019
Nature's Truth	Pure Extra Virgin Coconut Oil (unrefined)				Fruit					05/11/2019
Outrageous Olive Oils	Cranberry Pear White Balsamic Vinegar				Fruit			Soy		04/18/2019
Outrageous Olive Oils	Persian Lime Olive Oil				Fruit			Soy		04/18/2019
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
Ventura Foods	Saffola Oil				Fruit					10/30/2018

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
Genuine Health	Fermented Vegan Protein					Grain			04/01/2019
Hammer Nutrition	Chocolate Vegain Protein Powder					Fruit			04/04/2016
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
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
Salsa									
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
Snacks									
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	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 Meringue Pie)		Potato		Fruit	Grain								01/01/2017
Edward and Sons	Brown Rice Crackers					Grain								05/14/2019
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	Foggy 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
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
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						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
Trader Joe's	Kettle Cooked Chicken Soup		Fruit			Meat	03/20/2019
Spices							
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	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						04/18/2019
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
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	Organic Peanut Butter							12/12/2017
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	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
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	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
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
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
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
Vegetables									
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

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																06/06/2019
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 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	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
Crystal Geyser	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

