

Fruit	
<input type="checkbox"/>	Apple
<input type="checkbox"/>	Avocados
<input type="checkbox"/>	Bananas
<input type="checkbox"/>	Blackberries
<input type="checkbox"/>	Blueberries
<input type="checkbox"/>	Cantaloupe
<input type="checkbox"/>	Cherries
<input type="checkbox"/>	Cranberries
<input type="checkbox"/>	Figs
<input type="checkbox"/>	Grapefruit
<input type="checkbox"/>	Grapes
<input type="checkbox"/>	Honeydew
<input type="checkbox"/>	Jackfruit
<input type="checkbox"/>	Kiwi
<input type="checkbox"/>	Lemon
<input type="checkbox"/>	Lemons
<input type="checkbox"/>	Lime
<input type="checkbox"/>	Limes
<input type="checkbox"/>	Mango
<input type="checkbox"/>	Orange
<input type="checkbox"/>	Peaches
<input type="checkbox"/>	Pears
<input type="checkbox"/>	Pineapple
<input type="checkbox"/>	Plums
<input type="checkbox"/>	Raspberries
<input type="checkbox"/>	Strawberries
<input type="checkbox"/>	Tangerine
<input type="checkbox"/>	Watermelon

Vegetables	
<input type="checkbox"/>	Acorn squash
<input type="checkbox"/>	Artichoke hearts
<input type="checkbox"/>	Arugula
<input type="checkbox"/>	Asparagus
<input type="checkbox"/>	Beets
<input type="checkbox"/>	Bok choy
<input type="checkbox"/>	Broccoli
<input type="checkbox"/>	Brussels sprouts
<input type="checkbox"/>	Butter lettuce
<input type="checkbox"/>	Butternut squash
<input type="checkbox"/>	Cabbage
<input type="checkbox"/>	Carrots
<input type="checkbox"/>	Cauliflower
<input type="checkbox"/>	Celery
<input type="checkbox"/>	Collard Greens
<input type="checkbox"/>	Corn
<input type="checkbox"/>	Cucumber
<input type="checkbox"/>	Eggplant
<input type="checkbox"/>	Garlic
<input type="checkbox"/>	Kale
<input type="checkbox"/>	Leaf lettuce
<input type="checkbox"/>	Mushrooms
<input type="checkbox"/>	Onions
<input type="checkbox"/>	Parsnips
<input type="checkbox"/>	Peppers
<input type="checkbox"/>	Pumpkin
<input type="checkbox"/>	Radish
<input type="checkbox"/>	Romaine
<input type="checkbox"/>	Salad mixes
<input type="checkbox"/>	Spaghetti Squash
<input type="checkbox"/>	Spinach
<input type="checkbox"/>	Sweet potato
<input type="checkbox"/>	Swiss Chard
<input type="checkbox"/>	Tomatoes
<input type="checkbox"/>	Turnips
<input type="checkbox"/>	Yam
<input type="checkbox"/>	Zucchini

Frozen	
<input type="checkbox"/>	Blackberries
<input type="checkbox"/>	Blueberries
<input type="checkbox"/>	Broccoli
<input type="checkbox"/>	Brussel Sprouts
<input type="checkbox"/>	Carrots
<input type="checkbox"/>	Corn
<input type="checkbox"/>	Edamame
<input type="checkbox"/>	Mango
<input type="checkbox"/>	Mixed berries
<input type="checkbox"/>	Mixed fruit blends
<input type="checkbox"/>	Peas
<input type="checkbox"/>	Pineapple
<input type="checkbox"/>	Raspberries
<input type="checkbox"/>	Spinach
<input type="checkbox"/>	Strawberries

Beans and Legumes	
<input type="checkbox"/>	Adzuki beans
<input type="checkbox"/>	Black beans
<input type="checkbox"/>	Black-eyed peas
<input type="checkbox"/>	Chickpeas
<input type="checkbox"/>	Edamame
<input type="checkbox"/>	Fava beans
<input type="checkbox"/>	Kidney beans
<input type="checkbox"/>	Lentils
<input type="checkbox"/>	Lima beans
<input type="checkbox"/>	Mung beans
<input type="checkbox"/>	Navy beans
<input type="checkbox"/>	Peanuts
<input type="checkbox"/>	Peas
<input type="checkbox"/>	Pinto beans
<input type="checkbox"/>	Split peas
<input type="checkbox"/>	String beans
<input type="checkbox"/>	Tempeh
<input type="checkbox"/>	Tofu
<input type="checkbox"/>	White beans

Nuts and Seeds	
<input type="checkbox"/>	Almonds
<input type="checkbox"/>	Brazil Nuts
<input type="checkbox"/>	Cashews
<input type="checkbox"/>	Chia
<input type="checkbox"/>	Flaxseeds
<input type="checkbox"/>	Hazelnuts
<input type="checkbox"/>	Hemp seeds
<input type="checkbox"/>	Macadamia nuts
<input type="checkbox"/>	Pecans
<input type="checkbox"/>	Pine nuts
<input type="checkbox"/>	Pumpkin seeds
<input type="checkbox"/>	Quinoa
<input type="checkbox"/>	Sesame seeds
<input type="checkbox"/>	Sunflower seeds
<input type="checkbox"/>	Tahini (sesame seed butter)
<input type="checkbox"/>	Teff
<input type="checkbox"/>	Walnuts

Spices and Herbs	
<input type="checkbox"/>	Basil
<input type="checkbox"/>	Chili powder
<input type="checkbox"/>	Chives
<input type="checkbox"/>	Cilantro
<input type="checkbox"/>	Cinnamon
<input type="checkbox"/>	Cumin
<input type="checkbox"/>	Dill
<input type="checkbox"/>	Garlic
<input type="checkbox"/>	Green onion
<input type="checkbox"/>	Ground ginger
<input type="checkbox"/>	Nutmeg
<input type="checkbox"/>	Oregano
<input type="checkbox"/>	Paprika
<input type="checkbox"/>	Parsley
<input type="checkbox"/>	Rosemary
<input type="checkbox"/>	Thyme
<input type="checkbox"/>	Turmeric

Milk Substitutes	
<input type="checkbox"/>	Almond milk
<input type="checkbox"/>	Cashew milk
<input type="checkbox"/>	Coconut milk
<input type="checkbox"/>	Flax milk
<input type="checkbox"/>	Hazelnut milk
<input type="checkbox"/>	Hemp milk
<input type="checkbox"/>	Macadamia nut milk
<input type="checkbox"/>	Oat milk
<input type="checkbox"/>	Rice milk
<input type="checkbox"/>	Soy milk

Oils and Fats	
<input type="checkbox"/>	Almond oil
<input type="checkbox"/>	Avocado oil
<input type="checkbox"/>	Canola oil
<input type="checkbox"/>	Coconut butter
<input type="checkbox"/>	Coconut oil
<input type="checkbox"/>	Grapeseed oil
<input type="checkbox"/>	Macadamia oil
<input type="checkbox"/>	Olive oil
<input type="checkbox"/>	Rice bran oil
<input type="checkbox"/>	Sesame oil

Whole Grains	
<input type="checkbox"/>	Amaranth
<input type="checkbox"/>	Barley
<input type="checkbox"/>	Black Rice
<input type="checkbox"/>	Brown Rice
<input type="checkbox"/>	Buckwheat
<input type="checkbox"/>	Bulgar
<input type="checkbox"/>	Cornmeal
<input type="checkbox"/>	Farro
<input type="checkbox"/>	Freekeh
<input type="checkbox"/>	Kamut
<input type="checkbox"/>	Millet
<input type="checkbox"/>	Oats
<input type="checkbox"/>	Orzo
<input type="checkbox"/>	Rye
<input type="checkbox"/>	Sorghum
<input type="checkbox"/>	Spelt
<input type="checkbox"/>	Wheatberries
<input type="checkbox"/>	Whole-wheat flour
<input type="checkbox"/>	Wild Rice

Refined Grains	
<input type="checkbox"/>	Bread (white)
<input type="checkbox"/>	Couscous
<input type="checkbox"/>	Pasta
<input type="checkbox"/>	Rice (white)
<input type="checkbox"/>	Seitan
<input type="checkbox"/>	Tortilla
<input type="checkbox"/>	White flour

Sweeteners	
<input type="checkbox"/>	Agave syrup
<input type="checkbox"/>	Coconut sugar
<input type="checkbox"/>	Maple syrup
<input type="checkbox"/>	Molasis
<input type="checkbox"/>	Rice syrup

Condiments	
<input type="checkbox"/>	Apple Cidar Vinegar
<input type="checkbox"/>	Apple Sauce
<input type="checkbox"/>	Baked Beans
<input type="checkbox"/>	Balsamic Vinegar
<input type="checkbox"/>	Curry Paste (check if it contains shrimp)
<input type="checkbox"/>	Dark Soy Sauce
<input type="checkbox"/>	Guacamole
<input type="checkbox"/>	Hummus
<input type="checkbox"/>	Kombucha
<input type="checkbox"/>	Lemon Juice
<input type="checkbox"/>	Liquid Aminos
<input type="checkbox"/>	Miso Paste
<input type="checkbox"/>	Mustard
<input type="checkbox"/>	Rice Vinegar
<input type="checkbox"/>	Salsa
<input type="checkbox"/>	Soy Sauce
<input type="checkbox"/>	Water Kefir

Other	
<input type="checkbox"/>	Kimchi
<input type="checkbox"/>	Natto
<input type="checkbox"/>	Nutritional Yeast
<input type="checkbox"/>	Sauerkraut
<input type="checkbox"/>	Seaweed
<input type="checkbox"/>	Vegetable Broth

Fake Meat	
<input type="checkbox"/>	Beyond Meat Burger Patties
<input type="checkbox"/>	Field Roast FRuffalo Wings
<input type="checkbox"/>	Field Roast Vegan Sausages
<input type="checkbox"/>	Gardein Classic Meatless Meatballs
<input type="checkbox"/>	Sweet Earth Foods Hickory & Sage Benevolent Bacon
<input type="checkbox"/>	Tofurky Treehouse Tempeh Smoky Maple Bacon Marinated Strips
<input type="checkbox"/>	Upton's Naturals Chili Lime Carnitas Jackfruit
<input type="checkbox"/>	Yves Veggie Pepperoni Slices

Breakfast	
<input type="checkbox"/>	Bagels
<input type="checkbox"/>	Cereal
<input type="checkbox"/>	Granola
<input type="checkbox"/>	Muesli
<input type="checkbox"/>	Pancake Mix
<input type="checkbox"/>	Waffle Mix

Snacks	
<input type="checkbox"/>	Corn Chips
<input type="checkbox"/>	Crackers
<input type="checkbox"/>	Donuts
<input type="checkbox"/>	Potato Chips
<input type="checkbox"/>	Pretzels

Sweets	
<input type="checkbox"/>	Candies (check that they don't contain gelatin)
<input type="checkbox"/>	Chocolate
<input type="checkbox"/>	Cookies
<input type="checkbox"/>	Oreos
<input type="checkbox"/>	Popcorn

Supplements	
<input type="checkbox"/>	B12
<input type="checkbox"/>	DHA/EHA
<input type="checkbox"/>	Iodene
<input type="checkbox"/>	Iron
<input type="checkbox"/>	Vitamin D3