FRUITS

Apples
Apricot
Blackberries
Blueberries
Boysenberry
Cherries
Cantaloupe
Cranberry
Currants
Coconut (could be a trigger for some)
Elderberry
Goji berry
Grapes
Honeydew
Jackfruit
Lucuma
Mulberries
Mango
Nectarine
Peaches
Pears
Pumpkin
Pomegranate
Strawberries
Tamarind
Watermelon

SEEDS

Chia
Flax Seeds
Hemp
Sunflower
Sunbutter (made from sunflower seeds)
Sesame
Pumpkin/Pepita
Pumpkin Seed Butter
Poppy Seeds

SPICES

Anise
Amchoor(dried green mango)
Basil
Bay Leaf
Cayenne
Cardamom
Caraway
Celery Seed
Cinnamon (may trigger some)
Chaat Masala (look for any added MSG in pre-mixed bottles, but you can also make your own!)
Chili powders like regular, chipotle (watch ingredients in mixes)
Chervil
Chives
Chinese 5 spice
Cloves
Curry, including Thai curry (watch ingredients in mixes)
Coriander
Cilantro
Cumin
Cream of Tartar
Dill
Fenugreek
Fennel
Garlic
Ginger
Harissa
Horseradish (fresh, not mixed with additives)
Lavender
Lemongrass
Marjoram
Mustard
Mint
Oregano of all types
Paprika of all kinds
Parsley
Peppermint
Pepper - black, pasilla, guajillo
Pumpkin Pie Spice
Ras El Hanout
Rosemary
Sage
Saffron
Sumac
Dried Shallots
Sriracha (without sulfites)
Tarragon
Tamarind
Thyme
Turmeric
Truffle Oil
Wasabi
Za'atar

VEGETABLES

Asparagus
Artichokes
Bok Choy
Broccoli, Broccolini, Broccoli Rabe
Bell Pepper and all peppers
Beets (not marinated)
Brussels Sprouts
Carrot
Cauliflower
Celery
Cabbage
Corn
Cucumber
Chard
Chicory
Chives
Chickpeas
Endive
Eggplant
Green Bean
Jicama
Kale
Leeks
Mixed Greens
Mushrooms (may trigger some)
Olives (check ingredients/may trigger some)
Okra
Pea Shoots and Micro Greens
Peas without the pea pod (so NO snow peas)
Parsnips
Potatoes
Romaine
Radish
Rutabaga
Rhubarb
Spinach
Sprouts
Scallions
Shallots
Sunchokes
Squash of all types - spaghetti, butternut, acorn
Squash Blossom
Sweet Potato
Turnip
Tomatoes (may trigger some)
Tomatillos
Watercress
Zucchini