

<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Millet
<input type="checkbox"/> Kamut	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Oats
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)
<input type="checkbox"/> Malt	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)
<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Potato Flour (gluten free)
<input type="checkbox"/> Oats	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Starch (gluten free)
<input type="checkbox"/> Orzo	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Panko	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Rye	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice, Basmati (gluten free)
<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Black (gluten free)
<input type="checkbox"/> Spelt	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, Brown (gluten free)
<input type="checkbox"/> Teechino	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Japonica (gluten free)
<input type="checkbox"/> Triticale	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Purple (gluten free)
<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Red (gluten free)
<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, White (gluten free)
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran
<input type="checkbox"/> Couscous	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)
<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Farro	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers
<input type="checkbox"/> Gluten	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers

<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> White Beans	<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Bean, Red (see also Bean, Kidney)	<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)
<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Glucomannan Flour (konjacfoods.com)
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Duck	<input type="checkbox"/> Whey	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Hops
<input type="checkbox"/> Ostrich		<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Pheasant	<input type="checkbox"/> <b>Miscellaneous</b>	<input type="checkbox"/> Konjac Glucomannan Flour
<input type="checkbox"/> Quail	<input type="checkbox"/> Antimony	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Malt
<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Chewing Gum, Xylitechew®	<input type="checkbox"/> Pycnogenol

<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Silver	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Tofu (Organic)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Cola Nut (aka Kola Nut)
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)		<input type="checkbox"/> Cottonseed/Cottonseed Oil
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b>	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Almond	<input type="checkbox"/> Flax Oil
<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Flax Seed
<input type="checkbox"/> Latex	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Grapeseed Oil, Organic
<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Skinny Crisps® (Plain Jane)	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Macadamia Nut Oil
	<input type="checkbox"/> Cashews	<input type="checkbox"/> Macadamia Nuts
	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Olive Leaf Extract
	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Olive Oil, Virgin

- ☐ Psyllium Husk
- ☐ Onion, Green
- ☐ Onion, Maui
- ☐ Onion, Red
- ☐ Onion, Sweet
- ☐ Onion, Yellow
- ☐ Chives
- ☐ Shallots
- ☐ Tomato, Red
- ☐ Tomato, Roma
- ☐ Tomato, Sun-dried
- ☐ Tomato, Yellow
- ☐ Truffle
- ☐ Turnip Greens
- ☐ Turnips
- ☐ Water Chestnut
- ☐ Watercress
- ☐ Yams, Garnett
- ☐ Yams, Japanese
- ☐ Yucca
- ☐ Zucchini
- ☐ Alfalfa Sprouts