

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Chives
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Burdock	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Capers	<input type="checkbox"/> Endive
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Fennel
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Jicama
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kombu
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Leeks
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote	<input type="checkbox"/> Mushrooms, Button

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| <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Mushrooms, Maitake | <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Mushrooms, Shiitake | <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Rainbow Chard |
| <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Red Pepper Flake |
| <input type="checkbox"/> Nori | <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Onion, Green | <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Sea Vegetables |
| <input type="checkbox"/> Onion, Maui | <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Seaweed |
| <input type="checkbox"/> Onion, Red | <input type="checkbox"/> Pimento | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Onion, Sweet | <input type="checkbox"/> Potato, Fingerling | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Onion, Yellow | <input type="checkbox"/> Potato, Purple | <input type="checkbox"/> Spirulina |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Potato, Red | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Potato, Russet | <input type="checkbox"/> Squash, Acorn |
| <input type="checkbox"/> Parsnip | <input type="checkbox"/> Potato, Sweet | <input type="checkbox"/> Squash, Butternut |
| <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Potato, White | <input type="checkbox"/> Squash, Green |
| <input type="checkbox"/> Pea, Black-Eyed | <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Squash, Spaghetti |
| <input type="checkbox"/> Pea, Green | <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Squash, Summer |
| <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Squash, Winter |
| <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Squash, Yellow |
| <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Sugar Beet |

<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Yucca	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Grape
<input type="checkbox"/> Swiss Chard		<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Fruits	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato	<input type="checkbox"/> Acai	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Cherry	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Lemon
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Truffle	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lime
<input type="checkbox"/> Turnips	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Litchi (aka Lychee)
<input type="checkbox"/> Watercress	<input type="checkbox"/> Fig	<input type="checkbox"/> Loganberry
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Loquat
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Mango

<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Maqui	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Strawberry	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Cola Nut (aka Kola Nut)
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Tangelo	<input type="checkbox"/> Cottonseed/Cottonseed Oil
<input type="checkbox"/> Noni	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Orange	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Flax Oil
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Flax Seed
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Grapeseed Oil, Organic
<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Papaya		<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Pear	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Macadamia Nut Oil
<input type="checkbox"/> Plum	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Prune	<input type="checkbox"/> Cashews	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Quince	<input type="checkbox"/> Chestnut	<input type="checkbox"/> Pecan Flour

<input type="checkbox"/> Pepitas	<input type="checkbox"/> Walnuts	<input type="checkbox"/> Octopus
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Walnuts, Black	<input type="checkbox"/> Orange Roughy
<input type="checkbox"/> Pine Nut		<input type="checkbox"/> Oyster
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Perch
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Bass	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Catfish	<input type="checkbox"/> Sardines
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Scallop
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Clam	<input type="checkbox"/> Sole
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Squid
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Corvina	<input type="checkbox"/> Swai
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Crab	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Tilapia (Wild, Non-farmed)
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Trout
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Flounder	<input type="checkbox"/> Tuna
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Haddock	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Hake	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Tahini	<input type="checkbox"/> Halibut	
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Herring	
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Lobster	
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Mackerel	
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Mahi Mahi	

<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Quail	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)
<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil
<input type="checkbox"/> Applegate® organic ham		<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard
<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread
<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Ketchup (Organicville)
<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil
<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Paleo Cheese (Julianbakery.com or	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Deer (see also Venison)		<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Duck	<input type="checkbox"/> Condiments, Spreads & Sauces	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Lamb	<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	<input type="checkbox"/> Tabasco Sauce
<input type="checkbox"/> Ostrich	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Carob	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Ume Plum Vinegar

☐ Veganaise Soy-free (Follow Your Heart®)☐ Vegetable Shortening (Spectrum®)☐ Vinegar, Beet☐ Vinegar, Distilled☐ Vinegar, Red Wine☐ Vinegar, Rice☐ Vinegar, White☐ Vinegar, White Wine☐ White/Distilled Vinegar☐ Sweeteners☐ Agave Nectar☐ Aspartame☐ Brown Rice Syrup (contains MSG/Gluten)☐ Cane Syrup☐ Chocolate, Dark☐ Coconut Palm Sugar☐ Coconut Sugar☐ Date Sugar☐ Fruit Pectin☐ Honey, (Organic)☐ Honey, Manuka☐ Honey, Wildflower from Mahava®☐ Jerusalem Artichoke Syrup☐ Just Like Sugar®☐ Lo Han☐ Maltodextrin (Tapioca-based)☐ Maple Sugar☐ Maple Syrup (Grade A Dark Amber Organic)☐ Molasses☐ Monk Fruit (Pure)☐ Monk Fruit Extract☐ Nutrasweet®☐ Rebiana Leaf (Stevia)☐ Sorbitol☐ Splenda☐ Sucanat☐ Sucralose☐ Sugar Beet☐ Sugar Cane☐ Sweetleaf® Stevia☐ Tapioca Dextrose☐ Xyla (Birchwood Xylitol)☐ Yacon Syrup☐ Herbs & Spices☐ Allspice☐ Anise☐ Ashwaganda☐ Astragalus☐ Basil☐ Bay Leaf☐ Bell Pepper, Red☐ Black Cohosh☐ Capsicum☐ Caramel Coloring☐ Caraway Seed☐ Cardamom☐ Celery Powder☐ Chicory Root☐ Chili Powder☐ Chipotle Seasoning☐ Cilantro/Coriander☐ Cinnamon☐ Cinnamon, Ceylon☐ Cloves☐ Cloves, Madagascar

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| <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Paprika (smoked) |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Lavender | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Curcumin | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) |
| <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Sichuan |
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper, Szechuan |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Pepper/Peppercorns |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Mesquite | <input type="checkbox"/> Pine Bark Extract |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Red Pepper Flake |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mint | <input type="checkbox"/> Rose Hips |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Saw Plametto |
| <input type="checkbox"/> Guarana | <input type="checkbox"/> Onion | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Hickory | <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Sumac |

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| <input type="checkbox"/> Tarragon | <input type="checkbox"/> Milk, Goat | <input type="checkbox"/> Coffee Bean, Organic |
| <input type="checkbox"/> Thyme | <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> Fava Bean |
| <input type="checkbox"/> Tomatillo | | <input type="checkbox"/> Fava Bean Flour |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Legumes & Pulses | <input type="checkbox"/> Garbanzo Bean |
| <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Bean, Azuki | <input type="checkbox"/> Garbanzo Flour |
| <input type="checkbox"/> Valerian | <input type="checkbox"/> Bean, Black | <input type="checkbox"/> Kidney Bean |
| <input type="checkbox"/> Vanilla (gluten and corn-free) | <input type="checkbox"/> Bean, Butter | <input type="checkbox"/> Lentil(s) |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Bean, Cannellini | <input type="checkbox"/> Pea, Snap |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Bean, Chana Dahl | <input type="checkbox"/> Pea, Snow |
| <input type="checkbox"/> White Willow Bark Extract | <input type="checkbox"/> Bean, Chili | <input type="checkbox"/> Pea, Split |
| <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Bean, Green | <input type="checkbox"/> Peanut (Organic, Valencia) |
| <input type="checkbox"/> Wormwood | <input type="checkbox"/> Bean, Italian | <input type="checkbox"/> Peanut Butter (Organic, Maranatha®) |
| | <input type="checkbox"/> Bean, Kidney | <input type="checkbox"/> Peanut Oil (Organic) |
| <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Bean, Lima | <input type="checkbox"/> Red Bean Paste |
| <input type="checkbox"/> Cheese, Feta | <input type="checkbox"/> Bean, Mung | <input type="checkbox"/> Vanilla Bean |
| <input type="checkbox"/> Cheese, Goat | <input type="checkbox"/> Bean, Navy | <input type="checkbox"/> Vanilla Powder |
| <input type="checkbox"/> Cheese, Machego | <input type="checkbox"/> Bean, Ninja | |
| <input type="checkbox"/> Cheese, Pecorino | <input type="checkbox"/> Bean, Pinto/Frijole | |
| <input type="checkbox"/> Cheese, Ricotta | <input type="checkbox"/> Bean, Red | |
| <input type="checkbox"/> Cheese, Sheep | <input type="checkbox"/> Bean, White | |
| <input type="checkbox"/> Goat Cheese | <input type="checkbox"/> Beans | |
| <input type="checkbox"/> Goat Kefir | <input type="checkbox"/> Chickpea (see also Garbanzo Bean) | |

<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> ProGranola (Julian Bakery)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Quinoa, Black (gluten free)	
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Gluten-Containing Foods
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Gluten
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Kamut
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Oats
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Oats, GF (not Certified) can have gluten
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Rye
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Spelt
<input type="checkbox"/> Millet	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Triticale
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Tapioca Starch (gluten free)	
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Teff	
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	

<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Miscellaneous
	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Antimony
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Coffee	<input type="checkbox"/> Tea, Komboucha	<input type="checkbox"/> Chewing Gum, Xylitol®
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle)
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Water	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> Hops
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Inulin
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Milk, Goat		<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Milk, Sheep		<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Mineral Water		<input type="checkbox"/> Lard (pork)

- ☐ Latex
- ☐ Locust Bean Gum
- ☐ Lycopene
- ☐ Modified Food Starch
(Tapioca-based)
- ☐ Palm Wax
- ☐ Pycnogenol
- ☐ Red Food Dye
- ☐ Red Tomato Paste (gluten free)
- ☐ Resveratrol
- ☐ Rice Starch (if certified gluten
free)
- ☐ Silver
- ☐ Tragacanth Gum
- ☐ Vinegar, Red Wine
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional

☐ **Snacks**

- ☐ Simple Mills Chocolate Chip
Cookies