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|--|---|---|
| <input type="checkbox"/> Vegetables            | <input type="checkbox"/> Carrot Juice         | <input type="checkbox"/> Garlic                   |
| <input type="checkbox"/> Aloe Vera             | <input type="checkbox"/> Carrot, Orange       | <input type="checkbox"/> Hearts of Palm           |
| <input type="checkbox"/> Beet                  | <input type="checkbox"/> Carrot, Purple       | <input type="checkbox"/> Horseradish              |
| <input type="checkbox"/> Beet Greens           | <input type="checkbox"/> Carrot, White        | <input type="checkbox"/> Jicama                   |
| <input type="checkbox"/> Bell Pepper           | <input type="checkbox"/> Carrot, Yellow       | <input type="checkbox"/> Kale, all types          |
| <input type="checkbox"/> Bell Pepper, Green    | <input type="checkbox"/> Cassava (see Tapioca | <input type="checkbox"/> Kelp/Dulse               |
| <input type="checkbox"/> Bell Pepper, Orange   | <input type="checkbox"/> Cauliflower          | <input type="checkbox"/> Kohlrabi                 |
| <input type="checkbox"/> Bell Pepper, Red      | <input type="checkbox"/> Cauliflower, Purple  | <input type="checkbox"/> Kombu                    |
| <input type="checkbox"/> Bell Pepper, Yellow   | <input type="checkbox"/> Celery               | <input type="checkbox"/> Leeks                    |
| <input type="checkbox"/> Bok Choy              | <input type="checkbox"/> Chard                | <input type="checkbox"/> Lettuce, all types       |
| <input type="checkbox"/> Broccoli              | <input type="checkbox"/> Chayote              | <input type="checkbox"/> Mushrooms                |
| <input type="checkbox"/> Broccoli Rabe         | <input type="checkbox"/> Chives               | <input type="checkbox"/> Mushrooms, Button        |
| <input type="checkbox"/> Broccoli Sprouts      | <input type="checkbox"/> Coconut (raw and     | <input type="checkbox"/> Mushrooms,               |
| <input type="checkbox"/> Broccolini            | <input type="checkbox"/> Coconut Concentrate  | <input type="checkbox"/> Mushrooms, Maitake       |
| <input type="checkbox"/> Brussels Sprout       | <input type="checkbox"/> Collard Greens       | <input type="checkbox"/> Mushrooms, Shiitake      |
| <input type="checkbox"/> Burdock               | <input type="checkbox"/> Cucumber             | <input type="checkbox"/> Mustard Greens           |
| <input type="checkbox"/> Cabbage, Chinese (see | <input type="checkbox"/> Daikon Radish        | <input type="checkbox"/> Nori                     |
| <input type="checkbox"/> Cabbage, Green        | <input type="checkbox"/> Dandelion Greens     | <input type="checkbox"/> Okra                     |
| <input type="checkbox"/> Cabbage, Purple       | <input type="checkbox"/> Dandelion Root       | <input type="checkbox"/> Olives (without vinegar) |
| <input type="checkbox"/> Cactus (Nopales)      | <input type="checkbox"/> Eggplant             | <input type="checkbox"/> Onion, Green             |
| <input type="checkbox"/> Capers                | <input type="checkbox"/> Endive               | <input type="checkbox"/> Onion, Maui              |
| <input type="checkbox"/> Capsicum              | <input type="checkbox"/> Fennel               | <input type="checkbox"/> Onion, Red               |

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| <input type="checkbox"/> Onion, Sweet            | <input type="checkbox"/> Potato, Red           | <input type="checkbox"/> Squash, Acorn         |
| <input type="checkbox"/> Onion, Yellow           | <input type="checkbox"/> Potato, Russet        | <input type="checkbox"/> Squash, Butternut     |
| <input type="checkbox"/> Parsley                 | <input type="checkbox"/> Potato, Sweet         | <input type="checkbox"/> Squash, Green         |
| <input type="checkbox"/> Parsnip                 | <input type="checkbox"/> Potato, White         | <input type="checkbox"/> Squash, Spaghetti     |
| <input type="checkbox"/> Pea, Black-Eyed         | <input type="checkbox"/> Potato, Yukon Gold    | <input type="checkbox"/> Squash, Summer        |
| <input type="checkbox"/> Pea, Green              | <input type="checkbox"/> Prickly Pear          | <input type="checkbox"/> Squash, Winter        |
| <input type="checkbox"/> Pea, Snap               | <input type="checkbox"/> Psyllium Husk         | <input type="checkbox"/> Squash, Yellow        |
| <input type="checkbox"/> Pea, Snow               | <input type="checkbox"/> Pumpkin               | <input type="checkbox"/> Sugar Beet            |
| <input type="checkbox"/> Pea, Split              | <input type="checkbox"/> Pumpkin Powder        | <input type="checkbox"/> Sweet Potato, Red     |
| <input type="checkbox"/> Pea Protein             | <input type="checkbox"/> Radicchio             | <input type="checkbox"/> Sweet Potatoes, White |
| <input type="checkbox"/> Pepper, Anaheim         | <input type="checkbox"/> Radish                | <input type="checkbox"/> Swiss Chard           |
| <input type="checkbox"/> Pepper, Chili           | <input type="checkbox"/> Rainbow Chard         | <input type="checkbox"/> Truffle               |
| <input type="checkbox"/> Pepper, Green           | <input type="checkbox"/> Rhubarb               | <input type="checkbox"/> Turnip Greens         |
| <input type="checkbox"/> Pepper, Habanero        | <input type="checkbox"/> Rutabaga              | <input type="checkbox"/> Turnips               |
| <input type="checkbox"/> Pepper, Jalapeño        | <input type="checkbox"/> Sauerkraut (Bubbies®) | <input type="checkbox"/> Water Chestnut        |
| <input type="checkbox"/> Pepper, Poblano         | <input type="checkbox"/> Scallions             | <input type="checkbox"/> Watercress            |
| <input type="checkbox"/> Pepper, Red             | <input type="checkbox"/> Sea Vegetables        | <input type="checkbox"/> Yams, Garnett         |
| <input type="checkbox"/> Pepper, Serrano         | <input type="checkbox"/> Seaweed               | <input type="checkbox"/> Yams, Japanese        |
| <input type="checkbox"/> Pickles, Bubbies® brand | <input type="checkbox"/> Shallots              | <input type="checkbox"/> Yucca                 |
| <input type="checkbox"/> Pimento                 | <input type="checkbox"/> Spinach               | <input type="checkbox"/> Zucchini              |
| <input type="checkbox"/> Potato, Fingerling      | <input type="checkbox"/> Spirulina             | <input type="checkbox"/> Alfalfa Sprouts       |
| <input type="checkbox"/> Potato, Purple          | <input type="checkbox"/> Squash                |  |

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| <input type="checkbox"/> Fruits                | <input type="checkbox"/> Goji Berry          | <input type="checkbox"/> Loquat           |
| <input type="checkbox"/> Acai                  | <input type="checkbox"/> Golden Berry        | <input type="checkbox"/> Mango            |
| <input type="checkbox"/> Agar Gum              | <input type="checkbox"/> Gooseberry          | <input type="checkbox"/> Mangosteen       |
| <input type="checkbox"/> Apple (all types)     | <input type="checkbox"/> Grape               | <input type="checkbox"/> Maqui            |
| <input type="checkbox"/> Apple Cider           | <input type="checkbox"/> Grape, Green        | <input type="checkbox"/> Melon, Honeydew  |
| <input type="checkbox"/> Apple Juice           | <input type="checkbox"/> Grape, Purple       | <input type="checkbox"/> Monk Fruit       |
| <input type="checkbox"/> Apple Sauce           | <input type="checkbox"/> Grape, Red          | <input type="checkbox"/> Mulberry         |
| <input type="checkbox"/> Bilberry              | <input type="checkbox"/> Grape, White        | <input type="checkbox"/> Nectarines       |
| <input type="checkbox"/> Blackberry            | <input type="checkbox"/> Grapefruit          | <input type="checkbox"/> Noni             |
| <input type="checkbox"/> Blueberry             | <input type="checkbox"/> Grapefruit Juice    | <input type="checkbox"/> Orange           |
| <input type="checkbox"/> Boysenberry           | <input type="checkbox"/> Guava               | <input type="checkbox"/> Orange, Blood    |
| <input type="checkbox"/> Cantaloupe            | <input type="checkbox"/> Huckleberry         | <input type="checkbox"/> Orange Juice     |
| <input type="checkbox"/> Cherry                | <input type="checkbox"/> Jack fruit          | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Clementine            | <input type="checkbox"/> Kiwi                | <input type="checkbox"/> Papaya           |
| <input type="checkbox"/> Cranberry             | <input type="checkbox"/> Kumquat             | <input type="checkbox"/> Passion Fruit    |
| <input type="checkbox"/> Cranberry Juice       | <input type="checkbox"/> Lemon               | <input type="checkbox"/> Peach            |
| <input type="checkbox"/> Currant               | <input type="checkbox"/> Lemon Juice         | <input type="checkbox"/> Pear             |
| <input type="checkbox"/> Date(s)               | <input type="checkbox"/> Lemon Rind/Peel     | <input type="checkbox"/> Pear, Asian      |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime                | <input type="checkbox"/> Persimmons       |
| <input type="checkbox"/> Dried Fruit           | <input type="checkbox"/> Lime Juice          | <input type="checkbox"/> Pineapple        |
| <input type="checkbox"/> Elderberry            | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Plum             |
| <input type="checkbox"/> Fig                   | <input type="checkbox"/> Loganberry          | <input type="checkbox"/> Pomegranate      |

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|---|---|---|
| <input type="checkbox"/> Pomelo                         | <input type="checkbox"/> Caraway Seed             | <input type="checkbox"/> Macadamia Nuts           |
| <input type="checkbox"/> Prune                          | <input type="checkbox"/> Cashews                  | <input type="checkbox"/> Olive Leaf Extract       |
| <input type="checkbox"/> Quince                         | <input type="checkbox"/> Cashew Butter            | <input type="checkbox"/> Olive Oil, Virgin        |
| <input type="checkbox"/> Raisin (unsulfured,            | <input type="checkbox"/> Cashew Meal              | <input type="checkbox"/> Palm Kernel Oil          |
| <input type="checkbox"/> Raspberry                      | <input type="checkbox"/> Chestnut                 | <input type="checkbox"/> Pecan                    |
| <input type="checkbox"/> Star Fruit                     | <input type="checkbox"/> Chia Seed (1/4 cup, max) | <input type="checkbox"/> Pecan Flour              |
| <input type="checkbox"/> Strawberry                     | <input type="checkbox"/> Coconut Butter           | <input type="checkbox"/> Pepitas                  |
| <input type="checkbox"/> Tamarind                       | <input type="checkbox"/> Coconut Oil              | <input type="checkbox"/> Pili Nuts                |
| <input type="checkbox"/> Tangelo                        | <input type="checkbox"/> Coconut, shredded (raw,  | <input type="checkbox"/> Pine Nut                 |
| <input type="checkbox"/> Tangerine                      | <input type="checkbox"/> Cola Nut (aka Kola Nut)  | <input type="checkbox"/> Pistachios               |
| <input type="checkbox"/> Watermelon                     | <input type="checkbox"/> Cottonseed/Cottonseed    | <input type="checkbox"/> Poppy seeds              |
| <input type="checkbox"/> Wolfberry                      | <input type="checkbox"/> Flax Meal                | <input type="checkbox"/> Psyllium Husk            |
| <input type="checkbox"/> Youngberry                     | <input type="checkbox"/> Flax Oil                 | <input type="checkbox"/> Pumpkin Oil              |
| <input type="checkbox"/> <b>Nuts, Seeds, &amp; Oils</b> | <input type="checkbox"/> Flax Seed                | <input type="checkbox"/> Pumpkin Seed Oil         |
| <input type="checkbox"/> Almond Butter                  | <input type="checkbox"/> Grapeseed Oil, Organic   | <input type="checkbox"/> Pumpkin Seeds            |
| <input type="checkbox"/> Almond Flavor natural,         | <input type="checkbox"/> Hazelnut Flour           | <input type="checkbox"/> Ramon Seeds              |
| <input type="checkbox"/> Almond Flour (gluten free)     | <input type="checkbox"/> Hazelnut/Filbert         | <input type="checkbox"/> Rice, Wild (Lundberg® -  |
| <input type="checkbox"/> Almond Meal (gluten free)      | <input type="checkbox"/> Hemp Meal                | <input type="checkbox"/> Safflower/Safflower Seed |
| <input type="checkbox"/> Almond, Marcona                | <input type="checkbox"/> Hemp Protein (Powder)    | <input type="checkbox"/> Sacha Inchi Seeds        |
| <input type="checkbox"/> Annatto Seed                   | <input type="checkbox"/> Hemp Seed                | <input type="checkbox"/> Sesame Seed Oil          |
| <input type="checkbox"/> Brazil Nut                     | <input type="checkbox"/> Hydrogenated Oils        | <input type="checkbox"/> Sesame Seeds             |
| <input type="checkbox"/> Canola/Rapeseed Oil            | <input type="checkbox"/> Macadamia Nut Oil        | <input type="checkbox"/> Sesame Seeds, Black      |

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| <input type="checkbox"/> Sunflower Seed Butter       | <input type="checkbox"/> Peanut (Organic,            | <input type="checkbox"/> Mahi Mahi            |
| <input type="checkbox"/> Sunflower Seed Lecithin     | <input type="checkbox"/> Peanut Butter (Organic,     | <input type="checkbox"/> Mussel               |
| <input type="checkbox"/> Sunflower Seed Oil          | <input type="checkbox"/> Peanut Oil (Organic)        | <input type="checkbox"/> Orange Roughy        |
| <input type="checkbox"/> Sunflower Seeds             | <input type="checkbox"/> Vanilla Bean                | <input type="checkbox"/> Oyster               |
| <input type="checkbox"/> Tahini                      | <input type="checkbox"/> Vanilla Powder              | <input type="checkbox"/> Perch                |
| <input type="checkbox"/> Tea, Ramon                  | <input type="checkbox"/> White Beans                 | <input type="checkbox"/> Red Snapper          |
| <input type="checkbox"/> Tiger Nuts                  | <input type="checkbox"/> <b>Fish &amp; Shellfish</b> | <input type="checkbox"/> Salmon, wild (fresh) |
| <input type="checkbox"/> Vegetable Shortening        | <input type="checkbox"/> Anchovy                     | <input type="checkbox"/> Sardines             |
| <input type="checkbox"/> Walnut (few)                | <input type="checkbox"/> Catfish                     | <input type="checkbox"/> Scallop              |
| <input type="checkbox"/> Walnut Oil                  | <input type="checkbox"/> Chilean Sea Bass            | <input type="checkbox"/> Shrimp               |
| <input type="checkbox"/> Walnut, Black (few)         | <input type="checkbox"/> Clam                        | <input type="checkbox"/> Sole                 |
| <input type="checkbox"/> Almond                      | <input type="checkbox"/> Cod/ Cod Liver Oil          | <input type="checkbox"/> Squid                |
| <input type="checkbox"/> <b>Legumes &amp; Pulses</b> | <input type="checkbox"/> Corvina                     | <input type="checkbox"/> Swai                 |
| <input type="checkbox"/> Chickpea (see also          | <input type="checkbox"/> Crab                        | <input type="checkbox"/> Swordfish            |
| <input type="checkbox"/> Fava Bean                   | <input type="checkbox"/> Crayfish                    | <input type="checkbox"/> Tilapia (Non-farmed) |
| <input type="checkbox"/> Fava Bean Flour             | <input type="checkbox"/> Flounder                    | <input type="checkbox"/> Trout                |
| <input type="checkbox"/> Garbanzo Bean               | <input type="checkbox"/> Haddock                     | <input type="checkbox"/> Tuna                 |
| <input type="checkbox"/> Garbanzo Flour              | <input type="checkbox"/> Hake                        | <input type="checkbox"/> Walleye Pike         |
| <input type="checkbox"/> Lentil(s)                   | <input type="checkbox"/> Halibut                     | <input type="checkbox"/> Whitefish/Turbot     |
| <input type="checkbox"/> Pea, Snap                   | <input type="checkbox"/> Herring                     | <input type="checkbox"/> Crab, Immitation     |
| <input type="checkbox"/> Pea, Snow                   | <input type="checkbox"/> Lobster                     |   |
| <input type="checkbox"/> Pea, Split                  | <input type="checkbox"/> Mackerel                    |   |

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| <input type="checkbox"/> <b>Meat &amp; Poultry</b>       | <input type="checkbox"/> Lard (pork)                 | <input type="checkbox"/> Carob                  |
| <input type="checkbox"/> Applegate® organic              | <input type="checkbox"/> Ostrich                     | <input type="checkbox"/> Coconut Vinegar        |
| <input type="checkbox"/> Applegate® organic black        | <input type="checkbox"/> Pheasant                    | <input type="checkbox"/> Earth Balance® Coconut |
| <input type="checkbox"/> Applegate® organic              | <input type="checkbox"/> Pork, (organic)             | <input type="checkbox"/> Horseradish Sauce,     |
| <input type="checkbox"/> Applegate® organic ham          | <input type="checkbox"/> Quail                       | <input type="checkbox"/> Hummus                 |
| <input type="checkbox"/> Applegate® organic hot          | <input type="checkbox"/> Rabbit                      | <input type="checkbox"/> Mustard, Brown (Eden®) |
| <input type="checkbox"/> Applegate® organic roast        | <input type="checkbox"/> Turkey (organic)            | <input type="checkbox"/> Sauerkraut (Bubbies®)  |
| <input type="checkbox"/> Applegate® organic              | <input type="checkbox"/> <b>Veal (organic)</b>       | <input type="checkbox"/> Ume Plum Vinegar       |
| <input type="checkbox"/> Applegate® organic              | <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b> | <input type="checkbox"/> Veganaise Soy-free     |
| <input type="checkbox"/> Applegate® organic red          | <input type="checkbox"/> Almond Milk,                | <input type="checkbox"/> Vinegar, Distilled     |
| <input type="checkbox"/> Applegate® organic              | <input type="checkbox"/> Almond Yogurt,              | <input type="checkbox"/> Vinegar, Red Wine      |
| <input type="checkbox"/> Applegate® organic              | <input type="checkbox"/> Coconut Kefir (No           | <input type="checkbox"/> Vinegar, Rice          |
| <input type="checkbox"/> Applegate® organic              | <input type="checkbox"/> Coconut Milk(Native         | <input type="checkbox"/> Vinegar, White         |
| <input type="checkbox"/> Applegate® organic              | <input type="checkbox"/> Egg, Pasture-raised (from   | <input type="checkbox"/> Vinegar, White Wine    |
| <input type="checkbox"/> <b>Beef, Grass-fed only</b>     | <input type="checkbox"/> Egg, Vital Farms® or        | <input type="checkbox"/> <b>Sweeteners</b>      |
| <input type="checkbox"/> Bison (see also Buffalo)        | <input type="checkbox"/> Egg, Whites,                | <input type="checkbox"/> Agave Nectar           |
| <input type="checkbox"/> <b>Buffalo (see also Bison)</b> | <input type="checkbox"/> Egg, Yolks Pasture-raised   | <input type="checkbox"/> BodyPro Almond Mayo    |
| <input type="checkbox"/> Chicken Broth (Imagine®)        | <input type="checkbox"/> Egg                         | <input type="checkbox"/> BodyPro Almond Mayo    |
| <input type="checkbox"/> Chicken, free range             | <input type="checkbox"/> <b>Condiments</b>           | <input type="checkbox"/> Brown Rice Syrup       |
| <input type="checkbox"/> <b>Duck</b>                     | <input type="checkbox"/> Apple Cider Vinegar         | <input type="checkbox"/> Chocolate, Dark        |
| <input type="checkbox"/> Goat, Grass-fed only            | <input type="checkbox"/> BodyPro Almond Mayo         | <input type="checkbox"/> Chocolate, Milk        |
| <input type="checkbox"/> Lamb (organic)                  | <input type="checkbox"/> BodyPro Almond Mayo         | <input type="checkbox"/> Chocolate, White       |

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| <input type="checkbox"/> Coconut Palm Sugar     | <input type="checkbox"/> <b>Herbs &amp; Spices</b> | <input type="checkbox"/> Curry (must be GF)      |
| <input type="checkbox"/> Date Sugar             | <input type="checkbox"/> Allspice                  | <input type="checkbox"/> Dandelion Root          |
| <input type="checkbox"/> Fruit Pectin           | <input type="checkbox"/> Almond Flavor natural,    | <input type="checkbox"/> Dill                    |
| <input type="checkbox"/> Honey, (Organic)       | <input type="checkbox"/> Anise                     | <input type="checkbox"/> Dong Quai               |
| <input type="checkbox"/> Honey, Manuka          | <input type="checkbox"/> Black Cohosh              | <input type="checkbox"/> Echinacea               |
| <input type="checkbox"/> Honey, Wildflower from | <input type="checkbox"/> Caramel Coloring          | <input type="checkbox"/> Fennel                  |
| <input type="checkbox"/> Just Like SugarÂ®      | <input type="checkbox"/> Caraway Seed              | <input type="checkbox"/> Garlic                  |
| <input type="checkbox"/> Lo Han                 | <input type="checkbox"/> Cardamom                  | <input type="checkbox"/> Garlic Pepper           |
| <input type="checkbox"/> Maple Sugar            | <input type="checkbox"/> Celery Powder             | <input type="checkbox"/> Garlic Powder           |
| <input type="checkbox"/> Maple Syrup (Grade A   | <input type="checkbox"/> Chicory Root              | <input type="checkbox"/> Garlic Salt             |
| <input type="checkbox"/> Molasses               | <input type="checkbox"/> Chili Powder              | <input type="checkbox"/> Ginger                  |
| <input type="checkbox"/> Monk Fruit             | <input type="checkbox"/> Chipotle Seasoning        | <input type="checkbox"/> Ginkgo Biloba           |
| <input type="checkbox"/> Rebiana Leaf (Stevia)  | <input type="checkbox"/> Cilantro/Coriander        | <input type="checkbox"/> Ginseng (All Types)     |
| <input type="checkbox"/> Sorbitol               | <input type="checkbox"/> Cinnamon                  | <input type="checkbox"/> Goldenseal              |
| <input type="checkbox"/> Splenda                | <input type="checkbox"/> Cinnamon, Ceylon          | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Sucanat                | <input type="checkbox"/> Cloves                    | <input type="checkbox"/> Grapeseed Extract       |
| <input type="checkbox"/> Sugar Beet             | <input type="checkbox"/> Cloves, Madagascar        | <input type="checkbox"/> Guarana                 |
| <input type="checkbox"/> Sugar Cane             | <input type="checkbox"/> Cloves, Penang            | <input type="checkbox"/> Gymnema Silvestre       |
| <input type="checkbox"/> SweetleafÂ® Stevia     | <input type="checkbox"/> Cramp Bark Extract        | <input type="checkbox"/> Herbs De Provence       |
| <input type="checkbox"/> SwerveÂ® Xylitol       | <input type="checkbox"/> Cream of Tartar           | <input type="checkbox"/> Hickory                 |
| <input type="checkbox"/> Xyla (Birchwood        | <input type="checkbox"/> Cumin                     | <input type="checkbox"/> Himalayan Salt          |
| <input type="checkbox"/> Yacon Syrup            | <input type="checkbox"/> Curcumin                  | <input type="checkbox"/> Jamaican Jerk           |

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| <input type="checkbox"/> Juniper Berry            | <input type="checkbox"/> Oregano             | <input type="checkbox"/> Tarragon                     |
| <input type="checkbox"/> Lavender                 | <input type="checkbox"/> Paprika             | <input type="checkbox"/> Thyme                        |
| <input type="checkbox"/> Lemon Balm (Melissa      | <input type="checkbox"/> Paprika (smoked)    | <input type="checkbox"/> Turmeric                     |
| <input type="checkbox"/> Lemon Pepper             | <input type="checkbox"/> Parsley             | <input type="checkbox"/> Uva Ursi                     |
| <input type="checkbox"/> Lemongrass               | <input type="checkbox"/> Pepper, Black (see  | <input type="checkbox"/> Valerian                     |
| <input type="checkbox"/> Licorice Root            | <input type="checkbox"/> Pepper, Cayenne     | <input type="checkbox"/> Vanilla (gluten and          |
| <input type="checkbox"/> Liquid Smoke (can have   | <input type="checkbox"/> Pepper/Peppercorns  | <input type="checkbox"/> Vanilla Bean                 |
| <input type="checkbox"/> Liquid Smoke gluten free | <input type="checkbox"/> Pepper/Peppercorns, | <input type="checkbox"/> Vanilla Powder               |
| <input type="checkbox"/> Maca Root                | <input type="checkbox"/> Pepper, Red         | <input type="checkbox"/> White Willow Bark Extract    |
| <input type="checkbox"/> Mace Spice               | <input type="checkbox"/> Peppermint          | <input type="checkbox"/> Wintergreen                  |
| <input type="checkbox"/> Marjoram                 | <input type="checkbox"/> Pine Bark Extract   | <input type="checkbox"/> Rose Hips                    |
| <input type="checkbox"/> Mesquite                 | <input type="checkbox"/> Red Pepper Flake    | <input type="checkbox"/> <b>Milk-Containing Foods</b> |
| <input type="checkbox"/> Milk Thistle             | <input type="checkbox"/> Rosemary            | <input type="checkbox"/> Applegate® organic           |
| <input type="checkbox"/> Mint                     | <input type="checkbox"/> Saffron             | <input type="checkbox"/> Butter, Raw and              |
| <input type="checkbox"/> Mustard (as a Powder)    | <input type="checkbox"/> Sage                | <input type="checkbox"/> Buttermilk                   |
| <input type="checkbox"/> Mustard Seeds (gluten    | <input type="checkbox"/> Saw Plametto        | <input type="checkbox"/> Casein                       |
| <input type="checkbox"/> Nutmeg                   | <input type="checkbox"/> Sesame Seeds        | <input type="checkbox"/> Cheese, American             |
| <input type="checkbox"/> Olive Leaf Extract       | <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Cheese, Asiago               |
| <input type="checkbox"/> Onion                    | <input type="checkbox"/> Shallots            | <input type="checkbox"/> Cheese, Bleu                 |
| <input type="checkbox"/> Onion Powder             | <input type="checkbox"/> Spearmint           | <input type="checkbox"/> Cheese, Brie                 |
| <input type="checkbox"/> Orange Peel/Rind         | <input type="checkbox"/> St. John's Wort     | <input type="checkbox"/> Cheese, Cheddar (Raw)        |
| <input type="checkbox"/> Orange Salt              | <input type="checkbox"/> Taco Seasoning      | <input type="checkbox"/> Cheese, Cottage              |



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|--|---|---|
| <input type="checkbox"/> Cheese, Goat          | <input type="checkbox"/> Goat Kefir                 | <input type="checkbox"/> Garbanzo Flour             |
| <input type="checkbox"/> Cheese, Gorgonzola    | <input type="checkbox"/> Kefir, Raw                 | <input type="checkbox"/> Glucomannon Flour          |
| <input type="checkbox"/> Cheese, Gouda         | <input type="checkbox"/> Lactoalbumin               | <input type="checkbox"/> Hazelnut Flour             |
| <input type="checkbox"/> Cheese, Havarti       | <input type="checkbox"/> Milk Chocolate             | <input type="checkbox"/> Hemp Meal                  |
| <input type="checkbox"/> Cheese, Machego       | <input type="checkbox"/> Milk, Cow                  | <input type="checkbox"/> Hemp Protein (Powder)      |
| <input type="checkbox"/> Cheese, Marscapone    | <input type="checkbox"/> Milk, Goat                 | <input type="checkbox"/> Hemp Seed                  |
| <input type="checkbox"/> Cheese, Mozzarella    | <input type="checkbox"/> Milk, Sheep                | <input type="checkbox"/> Konjac Glucomannon         |
| <input type="checkbox"/> Cheese, Muenster      | <input type="checkbox"/> Mozzarella Cheese          | <input type="checkbox"/> Millet                     |
| <input type="checkbox"/> Cheese, Parmesan      | <input type="checkbox"/> Sour Cream, Raw and        | <input type="checkbox"/> Oats                       |
| <input type="checkbox"/> Cheese, Pecorino      | <input type="checkbox"/> Whey                       | <input type="checkbox"/> Oats (Bob's Red Mill)      |
| <input type="checkbox"/> Cheese, Raw and       | <input type="checkbox"/> Cheese, Feta               | <input type="checkbox"/> Oat Grass (Not For         |
| <input type="checkbox"/> Cheese, Ricotta       | <input type="checkbox"/> <b>Gluten-Free Grains</b>  | <input type="checkbox"/> Potato Flour (gluten free) |
| <input type="checkbox"/> Cheese, Romano        | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Potato Starch (gluten      |
| <input type="checkbox"/> Cheese, Provolone     | <input type="checkbox"/> Amaranth                   | <input type="checkbox"/> Quinoa (gluten free)       |
| <input type="checkbox"/> Cheese, Sheep         | <input type="checkbox"/> Buckwheat                  | <input type="checkbox"/> Quinoa, Black (gluten      |
| <input type="checkbox"/> Cheese, String        | <input type="checkbox"/> Buckwheat Flour            | <input type="checkbox"/> Quinoa, Red (gluten free)  |
| <input type="checkbox"/> Cheese, Swiss         | <input type="checkbox"/> Chicory Root               | <input type="checkbox"/> Rice, Basmati (gluten      |
| <input type="checkbox"/> Chocolate, Milk       | <input type="checkbox"/> Coconut Flour (gluten      | <input type="checkbox"/> Rice, Black (gluten free)  |
| <input type="checkbox"/> Chocolate, White      | <input type="checkbox"/> Coconut Meal (gluten       | <input type="checkbox"/> Rice, Brown (gluten free)  |
| <input type="checkbox"/> Cream, Raw and        | <input type="checkbox"/> Ener-G Brown Rice          | <input type="checkbox"/> Rice, Japonica (gluten     |
| <input type="checkbox"/> Ghee (Pasture-Raised, | <input type="checkbox"/> Fava Bean Flour            | <input type="checkbox"/> Rice, Purple (gluten free) |
| <input type="checkbox"/> Goat Cheese           | <input type="checkbox"/> Flax Meal                  | <input type="checkbox"/> Rice, Red (gluten free)    |

☐ Rice, White (gluten free)☐ Rice, Wild (Lundberg® -☐ Rice Bran☐ Rice Flour (gluten free)☐ Rice Protein Powder☐ Simple Mills Grnd Sea☐ Simple Mills Rosemary &☐ Sorghum☐ Sweet Potato Flour☐ Tapioca☐ Tapioca Flour (gluten☐ Tapioca Starch (gluten☐ Teff☐ Tolerant Green Lentil &☐ Tolerant Red or Green☐ Tortilla, Siete Almond☐ Tortilla, Siete Cassava &☐ Simple Mills EverythingSp☐ **Gluten-Containing Foods**☐ Bran☐ Bread☐ Brown Rice Syrup☐ Caramel Coloring☐ Cheese, Bleu☐ Coffee, Instant (has☐ Couscous☐ Durum Wheat☐ Farro☐ Gluten☐ Graham (wheat)☐ Kamut☐ Liquid Smoke (can have☐ Oats☐ Orzo☐ Panko☐ Polish Wheat☐ Rye☐ Semolina☐ Spelt☐ Triticale☐ Vinegar, White☐ Wheat (All Types)☐ Wheat Grass (Is☐ Crab, Immitation☐ **Corn-Derived Foods**☐ Swerve® Xylitol☐ **Beverages & Protein**☐ Almond Milk,☐ Apple Juice☐ Carrot Juice☐ Coconut Kefir (No☐ Coconut Milk(Native☐ Coconut Water (low☐ Coffee Bean, Organic☐ Coffee☐ Coffee, Instant (has☐ Collagen Protein☐ Echinacea Tea☐ Grapefruit Juice☐ Green Tea☐ Hemp Protein (Powder)☐ Komboucha Tea☐ Lemon Juice☐ Licorice Tea☐ Lime Juice☐ Milk, Cow

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Milk, Goat          | <input type="checkbox"/> Beef broth (Imagine® low | <input type="checkbox"/> Resveratrol          |
| <input type="checkbox"/> Milk, Sheep         | <input type="checkbox"/> Carrageenan Gum          | <input type="checkbox"/> Sherry Vinegar       |
| <input type="checkbox"/> Mineral Water       | <input type="checkbox"/> Chewing Gum, Xylichew®   | <input type="checkbox"/> Silver               |
| <input type="checkbox"/> Orange Juice        | <input type="checkbox"/> Chicken Broth (Imagine®) | <input type="checkbox"/> Skinny Crisps®(Plain |
| <input type="checkbox"/> Pea Protein         | <input type="checkbox"/> Chicory Root             | <input type="checkbox"/> Tagacanth Gum        |
| <input type="checkbox"/> Rice Protein Powder | <input type="checkbox"/> Cocoa/Cacao (raw, pure,  | <input type="checkbox"/> Tragacanth Gum       |
| <input type="checkbox"/> Sparkling Water,    | <input type="checkbox"/> Coconut Aminos®          | <input type="checkbox"/> Vegetable Shortening |
| <input type="checkbox"/> Tea, Black          | <input type="checkbox"/> Coconut Cream            | <input type="checkbox"/> Vinegar, Red Wine    |
| <input type="checkbox"/> Tea, Chamomile      | <input type="checkbox"/> Collagen Protein         | <input type="checkbox"/> Vinegar, Rice        |
| <input type="checkbox"/> Tea, Green          | <input type="checkbox"/> GemWraps®, Sandwich      | <input type="checkbox"/> Vinegar, White Wine  |
| <input type="checkbox"/> Tea, Oolong         | <input type="checkbox"/> Glucomannon Flour        | <input type="checkbox"/> Yeast, Baker's       |
| <input type="checkbox"/> Tea, Ramon          | <input type="checkbox"/> Great Lake's® Beef       | <input type="checkbox"/> Yeast, Brewer's      |
| <input type="checkbox"/> Tea, Roobios        | <input type="checkbox"/> Guar Gum                 | <input type="checkbox"/> Yeast, Nutritional   |
| <input type="checkbox"/> Tea,                | <input type="checkbox"/> Hops                     | <input type="checkbox"/> Latex                |
| <input type="checkbox"/> Tea, White          | <input type="checkbox"/> Julian Bakery Paleo      | <input type="checkbox"/> Formaldehyde         |
| <input type="checkbox"/> Water               | <input type="checkbox"/> Julian Bakery Coconut    | <input type="checkbox"/> Red Dye              |
| <input type="checkbox"/> Wine, Red           | <input type="checkbox"/> Konjac Glucomannon       | <input type="checkbox"/> Ispaghula/Psyllium   |
| <input type="checkbox"/> Wine, White         | <input type="checkbox"/> Lard (pork)              | <input type="checkbox"/> Acacia Gum           |
| <input type="checkbox"/> Yerba Matte Tea     | <input type="checkbox"/> Locust Bean Gum          |   |
| <input type="checkbox"/> Miscellaneous       | <input type="checkbox"/> Lycopene                 |   |
| <input type="checkbox"/> Agar Gum            | <input type="checkbox"/> Palm Wax                 |   |
| <input type="checkbox"/> Antimony            | <input type="checkbox"/> Pycnogenol               |   |