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

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|---|---|--|
| <input type="checkbox"/> Mushrooms, Button | <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Rainbow Chard |
| <input type="checkbox"/> Mushrooms, | <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Mushrooms, Maitake | <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Mushrooms, Shiitake | <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Sauerkraut (Bubbies®) |
| <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Nori | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Sea Vegetables |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Seaweed |
| <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Pickles, Bubbies® | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Onion, Green | <input type="checkbox"/> Pimento | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Onion, Maui | <input type="checkbox"/> Potato, Fingerling | <input type="checkbox"/> Spirulina |
| <input type="checkbox"/> Onion, Red | <input type="checkbox"/> Potato, Purple | <input type="checkbox"/> Squash |
| <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 |

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| <input type="checkbox"/> Truffle | <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Guava |
| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Huckleberry |
| <input type="checkbox"/> Turnips | <input type="checkbox"/> Cherry | <input type="checkbox"/> Jack fruit |
| <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Clementine | <input type="checkbox"/> Kiwi |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Cranberry | <input type="checkbox"/> Kumquat |
| <input type="checkbox"/> Yams, Garnett | <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon |
| <input type="checkbox"/> Yams, Japanese | <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Yucca | <input type="checkbox"/> Date(s) | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Lime Juice |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Elderberry | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Fig | <input type="checkbox"/> Loganberry |
| <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Loquat |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Grape | <input type="checkbox"/> Maqui |
| <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Melon, Honeydew |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Monk Fruit |
| <input type="checkbox"/> Banana | <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 |

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| <input type="checkbox"/> Orange, Blood | <input type="checkbox"/> Tangerine | <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"/> Papaya | <input type="checkbox"/> Youngberry | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Nuts, Seeds, & Oils | <input type="checkbox"/> Hazelnut/Filbert |
| <input type="checkbox"/> Peach | <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Hemp Meal |
| <input type="checkbox"/> Pear | <input type="checkbox"/> Arrowroot Flour/powder | <input type="checkbox"/> Hemp Protein (Powder) |
| <input type="checkbox"/> Pear, Asian | <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Hemp Seed |
| <input type="checkbox"/> Persimmons | <input type="checkbox"/> Canola/Rapeseed Oil | <input type="checkbox"/> Hydrogenated Oils |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Macadamia Nut Oil |
| <input type="checkbox"/> Plantain | <input type="checkbox"/> Cashews | <input type="checkbox"/> Macadamia Nuts |
| <input type="checkbox"/> Plum | <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Pomelo | <input type="checkbox"/> Chestnut | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Prune | <input type="checkbox"/> Chia Seed (1/4 cup, | <input type="checkbox"/> Pecan |
| <input type="checkbox"/> Quince | <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Pecan Flour |
| <input type="checkbox"/> Raisin (unsulfured, | <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Pepitas |
| <input type="checkbox"/> Raspberry | <input type="checkbox"/> Coconut, shredded | <input type="checkbox"/> Pili Nuts |
| <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Cola Nut (aka Kola Nut) | <input type="checkbox"/> Pine Nut |
| <input type="checkbox"/> Strawberry | <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Tamarind | <input type="checkbox"/> Cottonseed/Cottonseed | <input type="checkbox"/> Poppy seeds |
| <input type="checkbox"/> Tangelo | <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Psyllium Husk |

- ☐ Pumpkin Oil
- ☐ Pumpkin Seed Oil
- ☐ Pumpkin Seeds
- ☐ Ramon Seeds
- ☐ Rice, Wild (Lundberg® -
- ☐ Safflower/Safflower
- ☐ Sacha Inchi Seeds
- ☐ Sesame Seed Oil
- ☐ Sesame Seeds
- ☐ Sesame Seeds, Black
- ☐ Sunflower Seed Butter
- ☐ Sunflower Seed
- ☐ Sunflower Seed Oil
- ☐ Sunflower Seeds
- ☐ Tahini
- ☐ Tea, Ramon
- ☐ Tiger Nuts
- ☐ Vegetable Oil
- ☐ Vegetable Shortening
- ☐ Walnut (few)
- ☐ Walnut Oil
- ☐ Walnut, Black (few)

- ☐ **Legumes & Pulses**
- ☐ Bean, Azuki
- ☐ Bean, Black
- ☐ Bean, Butter
- ☐ Bean, Cannellini
- ☐ Bean, Chana Dahl
- ☐ Bean, Chili
- ☐ Bean, Green
- ☐ Bean, Italian
- ☐ Bean, Kidney
- ☐ Bean, Lima
- ☐ Bean, Mung
- ☐ Bean, Navy/Ninja
- ☐ Bean, Pinto/Frijole
- ☐ Bean, Red (see also
- ☐ Chickpea (see also
- ☐ Edamame (must be
- ☐ Fava Bean
- ☐ Fava Bean Flour
- ☐ Garbanzo Bean
- ☐ Garbanzo Flour
- ☐ Lentil(s)

- ☐ Miso
- ☐ Pea, Snap
- ☐ Pea, Snow
- ☐ Pea, Split
- ☐ Peanut (Organic,
- ☐ Peanut Butter (Organic,
- ☐ Peanut Oil (Organic)
- ☐ Red Bean Paste
- ☐ Soy Beans (must be
- ☐ Soy Beans Oil (must be
- ☐ Vanilla Bean
- ☐ Vanilla Powder
- ☐ White Beans
- ☐ **Fish & Shellfish**
- ☐ Anchovy
- ☐ Bass
- ☐ Catfish
- ☐ Chilean Sea Bass
- ☐ Clam
- ☐ Cod/ Cod Liver Oil
- ☐ Corvina
- ☐ Crab

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|---|--|--|
| <input type="checkbox"/> Crayfish | <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Pork, (organic) |
| <input type="checkbox"/> Flounder | <input type="checkbox"/> Trout | <input type="checkbox"/> Quail |
| <input type="checkbox"/> Haddock | <input type="checkbox"/> Tuna | <input type="checkbox"/> Rabbit |
| <input type="checkbox"/> Hake | <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Turkey (organic) |
| <input type="checkbox"/> Halibut | <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Venison (see also Deer) |
| <input type="checkbox"/> Herring | <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Non-Dairy & Eggs |
| <input type="checkbox"/> Lobster | <input type="checkbox"/> Meat & Poultry | <input type="checkbox"/> BodyPro Avocado Oil |
| <input type="checkbox"/> Mackerel | <input type="checkbox"/> ApplegateÂ® organic | <input type="checkbox"/> Cheese, Daiya (Coconu |
| <input type="checkbox"/> Mahi Mahi | <input type="checkbox"/> ApplegateÂ® organic | <input type="checkbox"/> Cheese, Soy (Organic) |
| <input type="checkbox"/> Mussel | <input type="checkbox"/> ApplegateÂ® organic | <input type="checkbox"/> Coconut Kefir (No |
| <input type="checkbox"/> Orange Roughy | <input type="checkbox"/> ApplegateÂ® organic | <input type="checkbox"/> Coconut Milk(Native |
| <input type="checkbox"/> Oyster | <input type="checkbox"/> ApplegateÂ® organic | <input type="checkbox"/> Egg, Pasture-raised |
| <input type="checkbox"/> Perch | <input type="checkbox"/> ApplegateÂ® organic | <input type="checkbox"/> Egg, Vital FarmsÂ® or |
| <input type="checkbox"/> Red Snapper | <input type="checkbox"/> ApplegateÂ® organic | <input type="checkbox"/> Egg, Whites, |
| <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Bison (see also Buffalo) | <input type="checkbox"/> Egg, Yolks |
| <input type="checkbox"/> Sardines | <input type="checkbox"/> Buffalo (see also Bison) | <input type="checkbox"/> Milk, Soy (Organic) |
| <input type="checkbox"/> Scallop | <input type="checkbox"/> Deer (see also Venison) | <input type="checkbox"/> Sriracha Sauce |
| <input type="checkbox"/> Shrimp | <input type="checkbox"/> Duck | <input type="checkbox"/> Egg |
| <input type="checkbox"/> Sole | <input type="checkbox"/> Goat, Grass-fed only | |
| <input type="checkbox"/> Squid | <input type="checkbox"/> Lard (pork) | |
| <input type="checkbox"/> Swai | <input type="checkbox"/> Ostrich | |
| <input type="checkbox"/> Swordfish | <input type="checkbox"/> Pheasant | |

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|---|---|--|
| <input type="checkbox"/> Condiments | <input type="checkbox"/> Veganaise Soy-free | <input type="checkbox"/> Lo Han |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Vinegar | <input type="checkbox"/> Maltodextrin (Can be |
| <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Vinegar, Distilled | <input type="checkbox"/> Maltodextrin |
| <input type="checkbox"/> Balsamic Vinegar (with | <input type="checkbox"/> Vinegar, Malt | <input type="checkbox"/> Maple Sugar |
| <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Vinegar, Red Wine | <input type="checkbox"/> Maple Syrup (Grade A |
| <input type="checkbox"/> Barbeque Sauce, GF | <input type="checkbox"/> Vinegar, Rice | <input type="checkbox"/> Molasses |
| <input type="checkbox"/> BodyPro Avocado Oil | <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Monk Fruit |
| <input type="checkbox"/> Carob | <input type="checkbox"/> Vinegar, White Wine | <input type="checkbox"/> Nutrasweet® |
| <input type="checkbox"/> Coconut Vinegar | <input type="checkbox"/> Worcestershire Sauce | <input type="checkbox"/> Rebiana Leaf (Stevia) |
| <input type="checkbox"/> Dressing, Primal | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Sorbitol |
| <input type="checkbox"/> Dressing, Primal | <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Splenda |
| <input type="checkbox"/> Earth Balance® | <input type="checkbox"/> Aspartame/Nutrasweet | <input type="checkbox"/> Sucanat |
| <input type="checkbox"/> Earth Balance® | <input type="checkbox"/> Brown Rice Syrup | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> Horseradish Sauce, | <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Sugar Cane |
| <input type="checkbox"/> Hummus | <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Sweetleaf® Stevia |
| <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Swerve® Xylitol |
| <input type="checkbox"/> Mayonnaise, Primal | <input type="checkbox"/> Fructose | <input type="checkbox"/> Xyla (Birchwood |
| <input type="checkbox"/> Mayonnaise, Primal | <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Yacon Syrup |
| <input type="checkbox"/> Mustard, Brown (Eden®) | <input type="checkbox"/> Honey, (Organic) | |
| <input type="checkbox"/> Sauerkraut (Bubbies®) | <input type="checkbox"/> Honey, Manuka | |
| <input type="checkbox"/> Sriracha Sauce | <input type="checkbox"/> Honey, Wildflower from | |
| <input type="checkbox"/> Ume Plum Vinegar | <input type="checkbox"/> Just Like Sugar® | |

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|---|--|--|
| <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Cumin | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Curcumin | <input type="checkbox"/> Jamaican Jerk |
| <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Juniper Berry |
| <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lavender |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Balm (Melissa) |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lemon Pepper |
| <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemongrass |
| <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root |
| <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic | <input type="checkbox"/> Liquid Smoke (can |
| <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Liquid Smoke gluten |
| <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Maca Root |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Mace Spice |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Ginger | <input type="checkbox"/> Marjoram |
| <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mesquite |
| <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Milk Thistle |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Mint |
| <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard (as a Powder) |
| <input type="checkbox"/> Cloves | <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Mustard Seeds (gluten |
| <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Guarana | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Onion |

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|---|---|---|
| <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Shallots | <input type="checkbox"/> Cheese, Bleu |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Spearmint | <input type="checkbox"/> Cheese, Brie |
| <input type="checkbox"/> Orange Salt | <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Cheese, Cheddar |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Taco Seasoning | <input type="checkbox"/> Cheese, Cottage |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Cheese, Cream |
| <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Tarragon | <input type="checkbox"/> Cheese, Goat |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Thyme | <input type="checkbox"/> Cheese, Gorgonzola |
| <input type="checkbox"/> Pepper, Black (see | <input type="checkbox"/> Turmeric | <input type="checkbox"/> Cheese, Gouda |
| <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Cheese, Havarti |
| <input type="checkbox"/> Pepper/Peppercorns | <input type="checkbox"/> Valerian | <input type="checkbox"/> Cheese, Machego |
| <input type="checkbox"/> Pepper/Peppercorns, | <input type="checkbox"/> Vanilla (gluten and | <input type="checkbox"/> Cheese, Marscapone |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Cheese, Mozzarella |
| <input type="checkbox"/> Peppermint | <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Cheese, Muenster |
| <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> White Willow Bark | <input type="checkbox"/> Cheese, Parmesan |
| <input type="checkbox"/> Red Chili Paste Thai | <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Cheese, Pecorino |
| <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Cheese, Raw and |
| <input type="checkbox"/> Rosemary | <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Cheese, Ricotta |
| <input type="checkbox"/> Saffron | <input type="checkbox"/> Butter, Raw and | <input type="checkbox"/> Cheese, Romano |
| <input type="checkbox"/> Sage | <input type="checkbox"/> Buttermilk | <input type="checkbox"/> Cheese, Provolone |
| <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Casein | <input type="checkbox"/> Cheese, Sheep |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Cheese, American | <input type="checkbox"/> Cheese, String |
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Cheese, Asiago | <input type="checkbox"/> Cheese, Swiss |

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| <input type="checkbox"/> Cream, Raw and | <input type="checkbox"/> Coconut Meal (gluten | <input type="checkbox"/> Quinoa, Black (gluten |
| <input type="checkbox"/> Ghee (Pasture-Raised, | <input type="checkbox"/> Corn (Gluten-free & | <input type="checkbox"/> Quinoa, Red (gluten |
| <input type="checkbox"/> Goat Cheese | <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Rice, Basmati (gluten |
| <input type="checkbox"/> Goat Kefir | <input type="checkbox"/> Corn, White | <input type="checkbox"/> Rice, Black (gluten free) |
| <input type="checkbox"/> Kefir, Raw | <input type="checkbox"/> Corn Starch (gluten | <input type="checkbox"/> Rice, Brown (gluten |
| <input type="checkbox"/> Lactoalbumin | <input type="checkbox"/> Ener-G Brown Rice | <input type="checkbox"/> Rice, Japonica (gluten |
| <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Rice, Purple (gluten |
| <input type="checkbox"/> Milk, Goat | <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Rice, Red (gluten free) |
| <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Rice, White (gluten |
| <input type="checkbox"/> Mozzarella Cheese | <input type="checkbox"/> Glucomannon Flour | <input type="checkbox"/> Rice, Wild (Lundberg® - |
| <input type="checkbox"/> Sour Cream, Raw and | <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Rice Bran |
| <input type="checkbox"/> Whey | <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Rice Flour (gluten free) |
| <input type="checkbox"/> Yogurt (See Xanthan | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Rice Protein Powder |
| <input type="checkbox"/> Cheese, Feta | <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Simple Mills Tomato & |
| <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Konjac Glucomannon | <input type="checkbox"/> Sorghum |
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Millet | <input type="checkbox"/> Sweet Potato Flour |
| <input type="checkbox"/> Arrowroot Flour/powder | <input type="checkbox"/> Oats | <input type="checkbox"/> Tapioca |
| <input type="checkbox"/> Basmati Rice (gluten | <input type="checkbox"/> Oats (Bob's Red Mill | <input type="checkbox"/> Tapioca Flour (gluten |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Oat Grass (Not For | <input type="checkbox"/> Tapioca Starch (gluten |
| <input type="checkbox"/> Buckwheat Flour | <input type="checkbox"/> Potato Flour (gluten | <input type="checkbox"/> Teff |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Potato Starch (gluten | <input type="checkbox"/> Tolerant Green Lentil & |
| <input type="checkbox"/> Coconut Flour (gluten | <input type="checkbox"/> Quinoa (gluten free) | <input type="checkbox"/> Tolerant Red or Green |

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|---|--|--|
| <input type="checkbox"/> Tortilla, Siete Almond | <input type="checkbox"/> Liquid Smoke (can | <input type="checkbox"/> Cheese, Cream |
| <input type="checkbox"/> Tortilla, Siete Cassava | <input type="checkbox"/> Malt | <input type="checkbox"/> Cheese, Daiya (Coconu |
| <input type="checkbox"/> Tortilla, Siete Chia & | <input type="checkbox"/> Maltodextrin (Can be | <input type="checkbox"/> Cheese, Soy (Organic) |
| <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Oats | <input type="checkbox"/> Chewing Gum (has |
| <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Orzo | <input type="checkbox"/> Corn (Gluten-free & |
| <input type="checkbox"/> Barley | <input type="checkbox"/> Panko | <input type="checkbox"/> Corn, Blue |
| <input type="checkbox"/> Barley Greens (Not for | <input type="checkbox"/> Polish Wheat | <input type="checkbox"/> Corn, White |
| <input type="checkbox"/> Barley Juice (Not for | <input type="checkbox"/> Rye | <input type="checkbox"/> Corn Gluten |
| <input type="checkbox"/> Beer | <input type="checkbox"/> Semolina | <input type="checkbox"/> Corn Meal (gluten free) |
| <input type="checkbox"/> Bran | <input type="checkbox"/> Soy Sauce | <input type="checkbox"/> Corn Oil |
| <input type="checkbox"/> Bread | <input type="checkbox"/> Spelt | <input type="checkbox"/> Corn Starch (gluten |
| <input type="checkbox"/> Brown Rice Syrup | <input type="checkbox"/> Teechino | <input type="checkbox"/> Erythritol (non-GMO) |
| <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Teriyaki Sauce | <input type="checkbox"/> Fructose |
| <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Triticale | <input type="checkbox"/> GemWraps®®, Sandwich |
| <input type="checkbox"/> Chewing Gum (has | <input type="checkbox"/> Vinegar | <input type="checkbox"/> Maltodextrin |
| <input type="checkbox"/> Coffee, Instant (has | <input type="checkbox"/> Vinegar, Malt | <input type="checkbox"/> Sriracha Sauce |
| <input type="checkbox"/> Couscous | <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Swerve® Xylitol |
| <input type="checkbox"/> Durum Wheat | <input type="checkbox"/> Wheat (All Types) | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Farro | <input type="checkbox"/> Wheat Grass (Is | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Gluten | <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Yogurt (See Xanthan |
| <input type="checkbox"/> Graham (wheat) | <input type="checkbox"/> Corn-Derived Foods | |
| <input type="checkbox"/> Kamut | <input type="checkbox"/> Barbeque Sauce, GF | |

☐ Beverages & Protein Powders

- ☐ Apple Juice
- ☐ Beer
- ☐ 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
- ☐ Milk, Goat
- ☐ Milk, Sheep

- ☐ Milk, Soy (Organic)
- ☐ Mineral Water
- ☐ Orange Juice
- ☐ Pea Protein
- ☐ Rice Protein Powder
- ☐ Soy Milk/Soy Cheese
- ☐ Soy Protein (Organic)
- ☐ Sparkling Water,
- ☐ Tea, Black
- ☐ Tea, Chamomile
- ☐ Tea, Green
- ☐ Tea, Oolong
- ☐ Tea, Ramon
- ☐ Tea, Roobios
- ☐ Tea,
- ☐ Tea, White
- ☐ Teechino
- ☐ Water
- ☐ Wine, Red
- ☐ Wine, White
- ☐ Yerba Matte Tea

☐ Miscellaneous

- ☐ Agar Gum
- ☐ Antimony
- ☐ Arabic Gum
- ☐ Baking Powder
- ☐ Baking Soda (Arm &
- ☐ Beef broth (Imagine®)
- ☐ Carrageenan Gum
- ☐ Chewing Gum (has
- ☐ Chewing Gum,
- ☐ Chicory Root
- ☐ Coconut Aminos®
- ☐ Coconut Cream
- ☐ Collagen Protein
- ☐ Garam Masala
- ☐ GemWraps®, Sandwich
- ☐ GemWraps®, Sandwich
- ☐ GemWraps®, Sandwich
- ☐ Glucomannon Flour
- ☐ Great Lake's® Beef
- ☐ Guar Gum
- ☐ Hops

- | | |
|--|--|
| <input type="checkbox"/> Julian Bakery Paleo | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Julian Bakery Almond | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Julian Bakery Coconut | <input type="checkbox"/> Vinegar, White Wine |
| <input type="checkbox"/> Konjac Glucomannon | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Liquid Aminos | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Lycopene | <input type="checkbox"/> Latex |
| <input type="checkbox"/> Malt | <input type="checkbox"/> Formaldehyde |
| <input type="checkbox"/> Maltodextrin (Can be | <input type="checkbox"/> Red Dye |
| <input type="checkbox"/> Palm Wax | <input type="checkbox"/> Acacia Gum |
| <input type="checkbox"/> Pycnogenol | <input type="checkbox"/> Ispaghula/Psyllium |
| <input type="checkbox"/> Red Chili Paste Thai | |
| <input type="checkbox"/> Resveratrol | |
| <input type="checkbox"/> Sherry Vinegar | |
| <input type="checkbox"/> Silver | |
| <input type="checkbox"/> Tagacanth Gum | |
| <input type="checkbox"/> Tamari (Wheat Free) | |
| <input type="checkbox"/> Tofu (Organic) | |
| <input type="checkbox"/> Tragacanth Gum | |
| <input type="checkbox"/> Vegetable Oil | |
| <input type="checkbox"/> Vegetable Shortening | |