

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Endive
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Fennel
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Garlic
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Ginger
<input type="checkbox"/> Arugula	<input type="checkbox"/> Capers	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Avocado	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Jicama
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Kombu
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Leeks
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Celery	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Chard	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Chives	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Bitter Melon	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Comfrey	<input type="checkbox"/> Nori
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Burdock	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Onion, Red

<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Radish	<input type="checkbox"/> Tomato, Yellow
<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomatoes, Big Beef
<input type="checkbox"/> Paprika	<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Parsley	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Truffle
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Scallions	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Turnips
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Seaweed	<input type="checkbox"/> Wasabi Root
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Shallots	<input type="checkbox"/> Water Chestnut
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Spinach	<input type="checkbox"/> Watercress
<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Spirulina	<input type="checkbox"/> Yams, Garnett
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Yams, Japanese
<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Swede	<input type="checkbox"/> Fruits
<input type="checkbox"/> Pepper, Tabasco	<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Acai
<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Apple (all types)
<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Apricot
<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Banana
<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Tomato	<input type="checkbox"/> Bilberry
<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Blackberry
<input type="checkbox"/> Potato, White	<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Blueberry
<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Boysenberry
<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Carambola
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Cherry
<input type="checkbox"/> Radicchio	<input type="checkbox"/> Tomato, Sun-dried	

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| <input type="checkbox"/> Clementine            | <input type="checkbox"/> Kumquat           | <input type="checkbox"/> Peach                        |
| <input type="checkbox"/> Cranberry             | <input type="checkbox"/> Lemon             | <input type="checkbox"/> Pear                         |
| <input type="checkbox"/> Cranberry Juice       | <input type="checkbox"/> Lemon Juice       | <input type="checkbox"/> Pear, Asian                  |
| <input type="checkbox"/> Currant               | <input type="checkbox"/> Lemon Rind/Peel   | <input type="checkbox"/> Persimmons                   |
| <input type="checkbox"/> Dates                 | <input type="checkbox"/> Lime              | <input type="checkbox"/> Pineapple                    |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime Juice        | <input type="checkbox"/> Plantain                     |
| <input type="checkbox"/> Dried Fruit           | <input type="checkbox"/> Loganberry        | <input type="checkbox"/> Plum                         |
| <input type="checkbox"/> Durian Fruit          | <input type="checkbox"/> Longan Fruit      | <input type="checkbox"/> Pomegranate                  |
| <input type="checkbox"/> Elderberry            | <input type="checkbox"/> Loquat            | <input type="checkbox"/> Pomelo                       |
| <input type="checkbox"/> Fig                   | <input type="checkbox"/> Lychee            | <input type="checkbox"/> Prune                        |
| <input type="checkbox"/> Goji Berry            | <input type="checkbox"/> Mango             | <input type="checkbox"/> Quince                       |
| <input type="checkbox"/> Golden Berry          | <input type="checkbox"/> Mangosteen        | <input type="checkbox"/> Raisin (unsulfured, organic) |
| <input type="checkbox"/> Gooseberries          | <input type="checkbox"/> Maqui             | <input type="checkbox"/> Rambutan                     |
| <input type="checkbox"/> Grape                 | <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Raspberry                    |
| <input type="checkbox"/> Grape, Green          | <input type="checkbox"/> Mulberry          | <input type="checkbox"/> Star Fruit                   |
| <input type="checkbox"/> Grape, Purple         | <input type="checkbox"/> Nectarines        | <input type="checkbox"/> Strawberry                   |
| <input type="checkbox"/> Grape, Red            | <input type="checkbox"/> Noni              | <input type="checkbox"/> Tangelo                      |
| <input type="checkbox"/> Grape, White          | <input type="checkbox"/> Orange            | <input type="checkbox"/> Tangerine                    |
| <input type="checkbox"/> Grapefruit            | <input type="checkbox"/> Orange, Blood     | <input type="checkbox"/> Watermelon                   |
| <input type="checkbox"/> Grapefruit Juice      | <input type="checkbox"/> Orange Juice      | <input type="checkbox"/> Wolfberry                    |
| <input type="checkbox"/> Guava                 | <input type="checkbox"/> Orange Peel/Rind  | <input type="checkbox"/> Youngberry                   |
| <input type="checkbox"/> Huckleberry           | <input type="checkbox"/> Oranges, Mandarin |   |
| <input type="checkbox"/> Jack fruit            | <input type="checkbox"/> Papaya            |   |
| <input type="checkbox"/> Kiwi                  | <input type="checkbox"/> Passion Fruit     |   |

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|---|---|---|
| <input type="checkbox"/> Legumes, Pods, & Pulses              | <input type="checkbox"/> Cottonseed/Cottonseed Oil              | <input type="checkbox"/> Sunflower Seed Butter                |
| <input type="checkbox"/> Vanilla Bean                         | <input type="checkbox"/> Duck Fat                               | <input type="checkbox"/> Sunflower Seed Flour                 |
| <input type="checkbox"/> Nuts, Seeds, Drupes & Oils           | <input type="checkbox"/> Flax Meal                              | <input type="checkbox"/> Sunflower Seed Lecithin              |
| <input type="checkbox"/> Almond                               | <input type="checkbox"/> Flax Oil                               | <input type="checkbox"/> Sunflower Seed Oil                   |
| <input type="checkbox"/> Almond, Marcona                      | <input type="checkbox"/> Flax Seed                              | <input type="checkbox"/> Sunflower Seeds                      |
| <input type="checkbox"/> Almond Butter (Artisana®)            | <input type="checkbox"/> Grapeseed Oil, Organic                 | <input type="checkbox"/> Tahini                               |
| <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Hazelnut/Filbert                       | <input type="checkbox"/> Truffle Oil                          |
| <input type="checkbox"/> Almond Flour (gluten free)           | <input type="checkbox"/> Hazelnut Flour                         | <input type="checkbox"/> Truffle Oil, Black                   |
| <input type="checkbox"/> Almond Meal (gluten free)            | <input type="checkbox"/> Hemp Meal                              | <input type="checkbox"/> Vegetable Shortening (Spectrum®)     |
| <input type="checkbox"/> Almond Oil                           | <input type="checkbox"/> Hemp Protein (Powder)                  | <input type="checkbox"/> Herbs & Spices                       |
| <input type="checkbox"/> Annatto Seed                         | <input type="checkbox"/> Hemp Seed                              | <input type="checkbox"/> Allspice                             |
| <input type="checkbox"/> Avocado Oil                          | <input type="checkbox"/> Krill Oil                              | <input type="checkbox"/> Almond Flavor (natural, gluten free) |
| <input type="checkbox"/> Brazil Nut                           | <input type="checkbox"/> Lard/Tallow (pork)                     | <input type="checkbox"/> Anise                                |
| <input type="checkbox"/> Canola/Rapeseed Oil                  | <input type="checkbox"/> Macadamia Nut Oil                      | <input type="checkbox"/> Astragalus                           |
| <input type="checkbox"/> Canola Oil, Non-GMO                  | <input type="checkbox"/> Macadamia Nuts                         | <input type="checkbox"/> Basil                                |
| <input type="checkbox"/> Cashew Butter                        | <input type="checkbox"/> MCT Oil                                | <input type="checkbox"/> Bay Leaf                             |
| <input type="checkbox"/> Cashew Meal                          | <input type="checkbox"/> Olive Leaf Extract                     | <input type="checkbox"/> Bell Pepper, Red                     |
| <input type="checkbox"/> Cashews                              | <input type="checkbox"/> Olive Oil, Virgin                      | <input type="checkbox"/> Black Cohosh                         |
| <input type="checkbox"/> Chestnut                             | <input type="checkbox"/> Palm Kernel Oil                        | <input type="checkbox"/> Capsicum                             |
| <input type="checkbox"/> Chia Seed (1/4 cup, max)             | <input type="checkbox"/> Pine Nut                               | <input type="checkbox"/> Cardamom                             |
| <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Pistachios                             | <input type="checkbox"/> Catnip                               |
| <input type="checkbox"/> Coconut Butter                       | <input type="checkbox"/> Poppy seeds                            | <input type="checkbox"/> Celery Powder                        |
| <input type="checkbox"/> Coconut Oil                          | <input type="checkbox"/> Psyllium Husk                          | <input type="checkbox"/> Celery Seed                          |
|   | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) |   |

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<input type="checkbox"/> Chaparral	<input type="checkbox"/> Ginger Powder	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Chervil	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Onion
<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Onion Powder
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Orange Peel/Rind
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Orange Salt
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Oregano
<input type="checkbox"/> Clove Powder	<input type="checkbox"/> Guarana	<input type="checkbox"/> Paprika
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Paprika (smoked)
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Parsley
<input type="checkbox"/> Comfrey	<input type="checkbox"/> Hickory	<input type="checkbox"/> Pau D'arco
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pepper, Cayenne
<input type="checkbox"/> Cumin	<input type="checkbox"/> Lavender	<input type="checkbox"/> Pepper, Red
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Pepper, Sichuan
<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Pepper, Szechuan
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Pepper/Peppercorns
<input type="checkbox"/> Dill	<input type="checkbox"/> Maca Root	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Echinacea	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Fennel	<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Garlic	<input type="checkbox"/> Mint	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Saffron
<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Sage
<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Sassafras

<input type="checkbox"/> Savory	<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Perch
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Shallots	<input type="checkbox"/> Bass	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Catfish	<input type="checkbox"/> Sardines
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Scallop
<input type="checkbox"/> Sumac	<input type="checkbox"/> Clam	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Sole
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Corvina	<input type="checkbox"/> Squid
<input type="checkbox"/> Thyme	<input type="checkbox"/> Crab	<input type="checkbox"/> Swai
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Flounder	<input type="checkbox"/> Tilapia (Wild, Non-farmed)
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Haddock	<input type="checkbox"/> Trout
<input type="checkbox"/> Valerian	<input type="checkbox"/> Hake	<input type="checkbox"/> Tuna
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Halibut	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Herring	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Krill	<input type="checkbox"/> <b>Meat &amp; Poultry</b>
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Lobster	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Lox	<input type="checkbox"/> Applegate® organic black forest ham
	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Applegate® organic chicken
	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic chicken/apple sausage
	<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic ham
	<input type="checkbox"/> Octopus	<input type="checkbox"/> Applegate® organic herb roasted turkey
	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic hot dogs
	<input type="checkbox"/> Oyster	

<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Lactic Acid (milk-derived)
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Milk, Buffalo
<input type="checkbox"/> Duck	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Lamb	<input type="checkbox"/> Cheese, Mascapone	<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Mozzarella Cheese
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized
<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Whey
<input type="checkbox"/> Quail	<input type="checkbox"/> Cheese, Pecorino	
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Cheese, Provolone	
<input type="checkbox"/> Turkey (organic)		

<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Distilled White Vinegar
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Mikey's Original English Muffin	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Mikey's Pizza crust	<input type="checkbox"/> Harissa
<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Horseradish Mustard, Gluten-free (Annie's®)
<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Ketchup (Organicville)
<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Kosher Salt
<input type="checkbox"/> Egg Whites, Pasture-raised	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Egg Yolks, Pasture-raised	<input type="checkbox"/> Sunflower Seed Flour	<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil
<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Amaranth	<input type="checkbox"/> No foods in this Category	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> <b>Corn-Derived Foods</b>	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> No foods in this Category	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> <b>Condiments, Spreads &amp; Sauces</b>	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Tabasco Sauce
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/> Ume Plum Vinegar
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Vinegar, Beet
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Vinegar, Distilled
		<input type="checkbox"/> Vinegar, White Wine



<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Splenda	<input type="checkbox"/> Green Tea
<input type="checkbox"/> Aspartame	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/> Sucralose	<input type="checkbox"/> Komboucha Tea
<input type="checkbox"/> Brown Sugar	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Xyla (Birchwood Xylitol)	<input type="checkbox"/> Milk, Buffalo
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Tea, Black
<input type="checkbox"/> Lo Han	<input type="checkbox"/> Casein	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Cocoa	<input type="checkbox"/> Tea, Chicory Root
<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Molasses	<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Tea, Komboucha
<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, White
		<input type="checkbox"/> Vodka, Potato

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|---|---|---|
| <input type="checkbox"/> Water                                  | <input type="checkbox"/> Yeast, Brewer's                | <input type="checkbox"/> Vegan Natural Flavors (with MSG) |
| <input type="checkbox"/> Whey                                   | <input type="checkbox"/> Yeast, Nutritional             |   |
| <input type="checkbox"/> Wine, White (Champagne)                | <input type="checkbox"/> Snacks                         |   |
| <input type="checkbox"/> Yerba Matte Tea (Organic/Pure)         | <input type="checkbox"/> Apple Sauce                    |   |
| <input type="checkbox"/> Zevia Drinks                           | <input type="checkbox"/> Dates                          |   |
| <input type="checkbox"/> Miscellaneous                          | <input type="checkbox"/> Food Additives                 |   |
| <input type="checkbox"/> Antimony                               | <input type="checkbox"/> Agar Gum                       |   |
| <input type="checkbox"/> Baking Soda (Arm & Hammer®)            | <input type="checkbox"/> Annatto Coloring               |   |
| <input type="checkbox"/> Beef broth (Imagine® low sodium/GF)    | <input type="checkbox"/> Blue Food Dye                  |   |
| <input type="checkbox"/> Bone Broth, Beef                       | <input type="checkbox"/> Carrageenan Gum                |   |
| <input type="checkbox"/> Cacao (Raw, Pure, & Unsweetened)       | <input type="checkbox"/> Chicory Root                   |   |
| <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium) | <input type="checkbox"/> Formaldehyde                   |   |
| <input type="checkbox"/> Cocoa                                  | <input type="checkbox"/> Inulin                         |   |
| <input type="checkbox"/> Collagen Protein (Powder)              | <input type="checkbox"/> Lactic Acid (beet-derived)     |   |
| <input type="checkbox"/> Great Lake's® Beef Gelatin             | <input type="checkbox"/> Lactic Acid (milk-derived)     |   |
| <input type="checkbox"/> Latex                                  | <input type="checkbox"/> MSG/MonosodiumGlutamate        |   |
| <input type="checkbox"/> Lycopene                               | <input type="checkbox"/> Palm Wax                       |   |
| <input type="checkbox"/> Pycnogenol                             | <input type="checkbox"/> Potato Protein                 |   |
| <input type="checkbox"/> Red Tomato Paste (gluten free)         | <input type="checkbox"/> Red Food Dye                   |   |
| <input type="checkbox"/> Resveratrol                            | <input type="checkbox"/> Sodium Alginate                |   |
| <input type="checkbox"/> Silver                                 | <input type="checkbox"/> Tricalcium Phosphate           |   |
| <input type="checkbox"/> Tobacco                                | <input type="checkbox"/> Vegan Enzyme                   |   |
| <input type="checkbox"/> Yeast, Baker's                         | <input type="checkbox"/> Vegan Natural Flavors (no MSG) |   |