

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Alfalfa Sprouts	<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 & Non-GMO)
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Avocado	<input type="checkbox"/> Capers	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Bamboo Shoot	<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 and Yucca)	<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

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|---|---|---|
| <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Nori | <input type="checkbox"/> Pimento | <input type="checkbox"/> Squash, Acorn |
| <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <input type="checkbox"/> Potato, Fingerling | <input type="checkbox"/> Squash, Butternut |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Potato, Purple | <input type="checkbox"/> Squash, Green |
| <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Potato, Red | <input type="checkbox"/> Squash, Spaghetti |
| <input type="checkbox"/> Onion, Green | <input type="checkbox"/> Potato, Russet | <input type="checkbox"/> Squash, Summer |
| <input type="checkbox"/> Onion, Maui | <input type="checkbox"/> Potato, Sweet | <input type="checkbox"/> Squash, Winter |
| <input type="checkbox"/> Onion, Red | <input type="checkbox"/> Potato, White | <input type="checkbox"/> Squash, Yellow |
| <input type="checkbox"/> Onion, Sweet | <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> Onion, Yellow | <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Sweet Potato, Red |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Sweet Potatoes, White |
| <input type="checkbox"/> Parsnip | <input type="checkbox"/> Radicchio | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Pea, Black-Eyed | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |
| <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Scallions | <input type="checkbox"/> Tomato, Cherry |
| <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Sea Vegetables | <input type="checkbox"/> Tomato, Heirloom |
| <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Seaweed | <input type="checkbox"/> Tomato, Orange |
| <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Shallots | <input type="checkbox"/> Tomato, Red |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Spinach | <input type="checkbox"/> Tomato, Roma |
| <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Spirulina | <input type="checkbox"/> Tomato, Sun-dried |

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|---|--|--|
| <input type="checkbox"/> Tomato, Yellow | <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Kumquat |
| <input type="checkbox"/> Tomatoes, Big Beef | <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Lemon |
| <input type="checkbox"/> Truffle | <input type="checkbox"/> Clementine | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Cranberry | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Currant | <input type="checkbox"/> Loganberry |
| <input type="checkbox"/> Yams, Garnett | <input type="checkbox"/> Date(s) | <input type="checkbox"/> Loquat |
| <input type="checkbox"/> Yams, Japanese | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Mangosteen |
| <input type="checkbox"/> Yucca | <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Maqui |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Elderberry | <input type="checkbox"/> Melon, Honeydew |
| | <input type="checkbox"/> Fig | <input type="checkbox"/> Monk Fruit (Pure) |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Mulberry |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Noni |
| <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Grape | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Grape, Red | <input type="checkbox"/> Orange, Blood |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Grape, White | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Guava | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Pear |

<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Almond	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Plantain	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Plum	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Macadamia Nut Oil
<input type="checkbox"/> Prune	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Quince	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Pecan
<input type="checkbox"/> Strawberry	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Pecan Flour
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Cashews	<input type="checkbox"/> Pepitas
<input type="checkbox"/> Tangelo	<input type="checkbox"/> Chestnut	<input type="checkbox"/> Pili Nuts
<input type="checkbox"/> Tangerine	<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pistachios
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Psyllium Husk
	<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Ramon Seeds
	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
	<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Sacha Inchi Seeds
	<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Sunflower Seed Butter

<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Tilapia (Non-farmed)
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Flounder	<input type="checkbox"/> Trout
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Haddock	<input type="checkbox"/> Tuna
<input type="checkbox"/> Tahini	<input type="checkbox"/> Hake	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Halibut	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Herring	
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Lobster	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Octopus	<input type="checkbox"/> Applegate® organic chicken/apple sausage
	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic herb roasted turkey
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Bass	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> Catfish	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic smoked chicken breast
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic smoked turkey breast
<input type="checkbox"/> Clam	<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic turkey
<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic turkey bacon
<input type="checkbox"/> Corvina	<input type="checkbox"/> Sole	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Crab	<input type="checkbox"/> Swai	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Buffalo (see also Bison)

☐ Chicken Broth (Imagine® gf/low sodium)☐ Chicken, free range (organic)☐ Deer (see also Venison)☐ Duck☐ Goat, Grass-fed only (organic)☐ Lamb (organic)☐ Lard (pork)☐ Ostrich☐ Pheasant☐ Pork, (organic)☐ Quail☐ Rabbit☐ Turkey (organic)☐ Veal (organic)☐ Venison (see also Deer)☐ **Non-Dairy & Eggs**☐ Almond Milk, unsweetened (no tapioca)☐ Almond Yogurt, unsweetened☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk(Native Forest or Natural Value)☐ Paleo Cheese (Julianbakery.com or☐ **Condiments**☐ Apple Cider Vinegar (Bragg's®)☐ Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)☐ Barbeque Sauce, GF Annie's® Sweet & Spicy☐ BodyPro Almond Mayo Grade A Maple Syrup☐ BodyPro Almond Mayo with Yacon Syrup☐ Carob☐ Coconut Vinegar (Coconut Secret)☐ Dressing, Primal Kitchen Greek Avocado Oil☐ Dressing, Primal Kitchen Honey Mustard☐ Earth Balance® Avocado Oil Butter Spread☐ Earth Balance® Coconut Spread☐ Harissa☐ Horseradish Sauce, Gluten-free (Annie's®)☐ Ketchup (Organicville)☐ Liquid Smoke gluten free (natural)☐ Mayonnaise, Primal Kitchen Avocado Oil☐ Mustard, Brown (Eden® gf mustard)☐ Sauerkraut (Bubbies® Brand only)☐ Sriracha Sauce Organicville gluten-free☐ Tabasco Sauce☐ Veganise Soy-free (Follow Your Heart®)☐ Vinegar, Beet☐ **Sweeteners**☐ Agave Nectar☐ Aspartame☐ BodyPro Almond Mayo Grade A Maple Syrup☐ Cane Syrup☐ Chocolate, Dark☐ Coconut Palm Sugar☐ Coconut Sugar☐ Date Sugar☐ Erythritol (non-GMO)☐ Fructose☐ Fruit Pectin☐ Honey, (Organic)☐ Honey, Manuka☐ Honey, Wildflower from Mahava®☐ Jerusalem Artichoke Syrup☐ Just Like Sugar®☐ Lo Han☐ Maltodextrin (Corn-based, non-GMO)☐ Maltodextrin (Tapioca-based)

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|---|--|---|
| <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Allspice | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Molasses | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Anise | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Monk Fruit Extract | <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Nutrasweet® | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Basil | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Sorbitol | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Splenda | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Garlic Salt |
| <input type="checkbox"/> Sucanat | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Ginkgo Biloba |
| <input type="checkbox"/> Sucralose | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Grapeseed Extract |
| <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Guarana |
| <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Tapioca Dextrose | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source) | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> xyz | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Jamaican Jerk |
| | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Juniper Berry |
| | <input type="checkbox"/> Cumin | <input type="checkbox"/> Lavender |
| | <input type="checkbox"/> Curcumin | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |

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| <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pepper, Sichuan | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Szechuan | <input type="checkbox"/> Wintergreen |
| <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper/Peppercorns | <input type="checkbox"/> Wormwood |
| <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Peppermint | |
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> Milk-Containing Foods |
| <input type="checkbox"/> Mesquite | <input type="checkbox"/> Red Pepper Flake | |
| <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Legumes & Pulses |
| <input type="checkbox"/> Mint | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Coffee Bean, Organic |
| <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Saffron | |
| <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Sage | <input type="checkbox"/> Gluten-Free Grains |
| <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Almond Flour (gluten free) |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Shallots | <input type="checkbox"/> Amaranth |
| <input type="checkbox"/> Onion | <input type="checkbox"/> Spearmint | <input type="checkbox"/> Arrowroot Flour/powder |
| <input type="checkbox"/> Onion Powder | <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Basmati Rice (gluten free) |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Sumac | <input type="checkbox"/> Buckwheat |
| <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Taco Seasoning | <input type="checkbox"/> Buckwheat Flour |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Tarragon | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Thyme | <input type="checkbox"/> Coconut Flour (gluten free) |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Coconut Meal (gluten free) |
| <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> Turmeric | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) |
| <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Corn Meal (gluten free) |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Valerian | <input type="checkbox"/> Corn Starch (gluten free) |

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|--|--|---|
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Rice, White (gluten free) | <input type="checkbox"/> Corn, White |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Erythritol (non-GMO) |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Sorghum | <input type="checkbox"/> Fructose |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Sweet Potato Flour (gluten free) | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot) |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Tapioca | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Tapioca Flour (gluten free) | <input type="checkbox"/> Sriracha Sauce Organicville gluten-free |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Tapioca Starch (gluten free) | <input type="checkbox"/> Swerve® Xylitol |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Teff | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Millet | <input type="checkbox"/> Tortilla, Siete Almond | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Tortilla, Siete Cassava & Coconut | |
| <input type="checkbox"/> Oats (Certified GF) | | <input type="checkbox"/> Beverages & Protein Powders |
| <input type="checkbox"/> Potato Flour (gluten free) | <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) |
| <input type="checkbox"/> Potato Starch (gluten free) | <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Apple Juice |
| <input type="checkbox"/> Rice Bran | | <input type="checkbox"/> Bone Broth Protein, Beef |
| <input type="checkbox"/> Rice Flour (gluten free) | <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Carrot Juice |
| <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) |
| <input type="checkbox"/> Rice, Basmati (gluten free) | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) |
| <input type="checkbox"/> Rice, Black (gluten free) | <input type="checkbox"/> Corn Gluten | <input type="checkbox"/> Coconut Water (low sugar) |
| <input type="checkbox"/> Rice, Brown (gluten free) | <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Coffee |
| <input type="checkbox"/> Rice, Japonica (gluten free) | <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Coffee Bean, Organic |
| <input type="checkbox"/> Rice, Purple (gluten free) | <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Collagen Protein (Powder) |
| <input type="checkbox"/> Rice, Red (gluten free) | <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Echinacea Tea |

<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Hops
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Inulin
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Antimony	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Latex
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Bone Broth, Beef	<input type="checkbox"/> Modified Food Starch (Tapioca-based)
<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Chewing Gum, Xylichew®	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Red Food Dye
<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Tea, unflavored/caffeine-free only	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Tea, White	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Rice Starch (if certified gluten free)
<input type="checkbox"/> Water	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Silver
<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Tragacanth Gum
	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Vegetable Oil
	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Xanthan Gum

☐ Snacks

☐ Apple Sauce

☐ Date(s)

☐ Simple Mills Chocolate Chip
Cookies