

☐ Beverages & Protein Powders☐ Almond Milk, unsweetened (no tapioca)☐ Apple Juice☐ Beer☐ Carrot Juice☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk(Native Forest or Natural Value)☐ Coconut Water (low sugar)☐ Coffee☐ Coffee, Instant (has gluten)☐ Collagen Protein (Powder)☐ 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 (gluten free)☐ Soy Milk/Soy Cheese (Organic)☐ Soy Protein (Organic)☐ Sparkling Water, unflavored☐ Tea, Black☐ Tea, Chamomile☐ Tea, Green☐ Tea, Oolong☐ Tea, Ramon☐ Tea, Roobios☐ Tea, unflavored/caffeine-free only☐ Tea, White☐ Teechino☐ Water☐ Wine, Red☐ Wine, White (Champagne)☐ Yerba Matte Tea (Organic/Pure)☐ Coffee Bean, Organic☐ Condiments☐ Apple Cider Vinegar (Bragg's®)☐ Balsamic Vinegar MiaBella NoCaramel/WineVinegar☐ Balsamic Vinegar (with Red Wine Vinegar)☐ Balsamic Vinegar (Caramel/Red W. Vinegar)☐ Carob☐ Coconut Vinegar (Coconut Secret)☐ Earth Balance® Coconut Spread☐ Earth Balance® Avocado Oil Butter Spread☐ Horseradish Sauce, Gluten-free (Annie's®)☐ Hummus☐ Ketchup (Organicville)☐ Mayonnaise☐ Mustard, Brown (Eden® gf mustard)☐ Sauerkraut (Bubbies® Brand only)☐ Ume Plum Vinegar☐ Veganise Soy-free (Follow Your Heart®)☐ Vinegar☐ Vinegar, Distilled☐ Vinegar, Malt☐ Vinegar, Red Wine☐ Vinegar, Rice

<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Hake	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Herring	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Lobster	
<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil	<input type="checkbox"/> Mackerel	<input type="checkbox"/> <b>Fruits</b>
<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Acai
<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil	<input type="checkbox"/> Mussel	<input type="checkbox"/> Apple (all types)
<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Apple Cider
<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Oyster	<input type="checkbox"/> Apple Juice
<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/> Perch	<input type="checkbox"/> Bilberry
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Blackberry
	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Blueberry
<input type="checkbox"/> <b>Corn-Derived Foods</b>	<input type="checkbox"/> Sardines	<input type="checkbox"/> Boysenberry
	<input type="checkbox"/> Scallop	<input type="checkbox"/> Cantaloupe
<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Cherry
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Sole	<input type="checkbox"/> Clementine
<input type="checkbox"/> Catfish	<input type="checkbox"/> Squid	<input type="checkbox"/> Cranberry
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Swai	<input type="checkbox"/> Cranberry Juice
<input type="checkbox"/> Clam	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Currant
<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Date(s)
<input type="checkbox"/> Corvina	<input type="checkbox"/> Trout	<input type="checkbox"/> Dragon Fruit (Pitaya)
<input type="checkbox"/> Crab	<input type="checkbox"/> Tuna	<input type="checkbox"/> Dried Fruit
<input type="checkbox"/> Crayfish	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Elderberry

<input type="checkbox"/> Fig	<input type="checkbox"/> Loquat	<input type="checkbox"/> Pomegranate
<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Mango	<input type="checkbox"/> Pomelo
<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Prune
<input type="checkbox"/> Grape	<input type="checkbox"/> Maqui	<input type="checkbox"/> Quince
<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Raisin (unsulfured, organic)
<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Raspberry
<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Mulberry	<input type="checkbox"/> Star Fruit
<input type="checkbox"/> Grape, White	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Strawberry
<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Noni	<input type="checkbox"/> Tamarind
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Orange	<input type="checkbox"/> Tangelo
<input type="checkbox"/> Guava	<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Tangerine
<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Watermelon
<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Wolfberry
<input type="checkbox"/> Kiwi	<input type="checkbox"/> Papaya	<input type="checkbox"/> Youngberry
<input type="checkbox"/> Kumquat	<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Banana
<input type="checkbox"/> Lemon	<input type="checkbox"/> Peach	<input type="checkbox"/> Apricot
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Pear	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Apple Sauce
<input type="checkbox"/> Lime	<input type="checkbox"/> Persimmons	
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Pineapple	
<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Plantain	
<input type="checkbox"/> Loganberry	<input type="checkbox"/> Plum	

<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Panko	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Barley	<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive)	<input type="checkbox"/> Rye	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread
<input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive)	<input type="checkbox"/> Semolina	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Beer	<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> <b>Flax Meal</b>
<input type="checkbox"/> Bran	<input type="checkbox"/> Spelt	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Bread	<input type="checkbox"/> Teechino	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Triticale	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Vinegar	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Couscous	<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Millet
<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Oats
<input type="checkbox"/> Gluten	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)
<input type="checkbox"/> Graham (wheat)		<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)
<input type="checkbox"/> Kamut	<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Potato Flour (gluten free)
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Potato Starch (gluten free)
<input type="checkbox"/> Malt	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> Oats	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Orzo	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Rice, Basmati (gluten free)

<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Simple Mills Everything Sprouted Seed Cracker	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Cloves
<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Rice, Purple (gluten free)		<input type="checkbox"/> Cloves, Penang
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cramp Bark Extract
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Allspice	<input type="checkbox"/> Cream of Tartar
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Cumin
<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Anise	<input type="checkbox"/> Curcumin
<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Curry (must be GF)
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Astragalus	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers	<input type="checkbox"/> Basil	<input type="checkbox"/> Dill
<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Dong Quai
<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Echinacea
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Fennel
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garlic
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic Pepper
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Powder
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Garlic Salt
<input type="checkbox"/> Teff	<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Ginger
<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Chipotle Seasoning	<input type="checkbox"/> Ginkgo Biloba
<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)
<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Goldenseal

<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Spearmint
<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> St. John's Wort
<input type="checkbox"/> Guarana	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Taco Seasoning
<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Tarragon
<input type="checkbox"/> Hickory	<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Thyme
<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Oregano	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Parsley	<input type="checkbox"/> Turmeric
<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Uva Ursi
<input type="checkbox"/> Lavender	<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Valerian
<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Vanilla (gluten and corn-free)
<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Peppermint	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> White Willow Bark Extract
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> Wintergreen
<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Maca Root	<input type="checkbox"/> Rosemary	<input type="checkbox"/> Pepper, Sichuan
<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Saffron	<input type="checkbox"/> Pepper, Szechuan
<input type="checkbox"/> Marjoram	<input type="checkbox"/> Sage	<input type="checkbox"/> Onion Powder
<input type="checkbox"/> Mesquite	<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Onion
<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Shallots
<input type="checkbox"/> Mint	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Paprika (smoked)

<input type="checkbox"/>	Paprika	<input type="checkbox"/>	Garbanzo Flour	<input type="checkbox"/>	Applegate® organic hot dogs
<input type="checkbox"/>		<input type="checkbox"/>	Lentil(s)	<input type="checkbox"/>	Applegate® organic andouille sausage
<input type="checkbox"/>	<b>Legumes &amp; Pulses</b>	<input type="checkbox"/>	Miso	<input type="checkbox"/>	Applegate® organic chicken/apple sausage
<input type="checkbox"/>	Bean, Azuki	<input type="checkbox"/>	Pea, Snap	<input type="checkbox"/>	Applegate® organic red pepper sausage
<input type="checkbox"/>	Bean, Black	<input type="checkbox"/>	Pea, Snow	<input type="checkbox"/>	Applegate® organic spinach & feta sausage
<input type="checkbox"/>	Bean, Butter	<input type="checkbox"/>	Pea, Split	<input type="checkbox"/>	Applegate® organic sausage sweet italian
<input type="checkbox"/>	Bean, Cannellini	<input type="checkbox"/>	Peanut (Organic, Valencia)	<input type="checkbox"/>	Applegate® organic smoked chicken breast
<input type="checkbox"/>	Bean, Chana Dahl	<input type="checkbox"/>	Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/>	Applegate® organic smoked turkey breast
<input type="checkbox"/>	Bean, Chili	<input type="checkbox"/>	Peanut Oil (Organic)	<input type="checkbox"/>	Applegate® organic turkey
<input type="checkbox"/>	Bean, Green	<input type="checkbox"/>	Red Bean Paste	<input type="checkbox"/>	Applegate® organic turkey bacon
<input type="checkbox"/>	Bean, Italian	<input type="checkbox"/>	Soy Beans (must be organic)	<input type="checkbox"/>	Bison (see also Buffalo)
<input type="checkbox"/>	Bean, Kidney	<input type="checkbox"/>	Soy Beans Oil (must be organic)	<input type="checkbox"/>	Chicken Broth (Imagine® g/low sodium)
<input type="checkbox"/>	Bean, Lima	<input type="checkbox"/>	Vanilla Bean	<input type="checkbox"/>	Deer (see also Venison)
<input type="checkbox"/>	Bean, Mung	<input type="checkbox"/>	Vanilla Powder	<input type="checkbox"/>	Goat, Grass-fed only (organic)
<input type="checkbox"/>	Bean, Navy/Ninja	<input type="checkbox"/>	White Beans	<input type="checkbox"/>	Ostrich
<input type="checkbox"/>	Bean, Pinto/Frijole	<input type="checkbox"/>	Coffee Bean, Organic	<input type="checkbox"/>	Pheasant
<input type="checkbox"/>	Bean, Red (see also Bean, Kidney)			<input type="checkbox"/>	Quail
<input type="checkbox"/>	Chickpea (see also Garbanzo Bean)	<input type="checkbox"/>	<b>Meat &amp; Poultry</b>	<input type="checkbox"/>	Rabbit
<input type="checkbox"/>	Edamame (must be organic)	<input type="checkbox"/>	Applegate® organic bacon	<input type="checkbox"/>	Venison (see also Deer)
<input type="checkbox"/>	Fava Bean	<input type="checkbox"/>	Applegate® organic black forest ham		
<input type="checkbox"/>	Fava Bean Flour	<input type="checkbox"/>	Applegate® organic chicken		
<input type="checkbox"/>	Garbanzo Bean	<input type="checkbox"/>	Applegate® organic herb roasted turkey		

<input type="checkbox"/>	<b>Milk-Containing Foods</b>	<input type="checkbox"/>	Cheese, Ricotta	<input type="checkbox"/>	<b>Miscellaneous</b>
<input type="checkbox"/>	Applegate® organic spinach & feta sausage	<input type="checkbox"/>	Cheese, Romano	<input type="checkbox"/>	Antimony
<input type="checkbox"/>	Butter, Raw and Pasture-raised	<input type="checkbox"/>	Cheese, Provolone	<input type="checkbox"/>	Arabic Gum
<input type="checkbox"/>	Buttermilk	<input type="checkbox"/>	Cheese, Sheep	<input type="checkbox"/>	Baking Soda (Arm & Hammer®)
<input type="checkbox"/>	Casein	<input type="checkbox"/>	Cheese, String (Mozzarella)	<input type="checkbox"/>	Beef broth (Imagine® low sodium/GF)
<input type="checkbox"/>	Cheese, American	<input type="checkbox"/>	Cheese, Swiss	<input type="checkbox"/>	Carrageenan Gum
<input type="checkbox"/>	Cheese, Asiago	<input type="checkbox"/>	Chocolate, Milk	<input type="checkbox"/>	Chewing Gum, Xylitew®
<input type="checkbox"/>	Cheese, Bleu	<input type="checkbox"/>	Chocolate, White	<input type="checkbox"/>	Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/>	Cheese, Brie	<input type="checkbox"/>	Cream, Raw and Unpasteurized	<input type="checkbox"/>	Chicory Root
<input type="checkbox"/>	Cheese, Cheddar (Raw)	<input type="checkbox"/>	Ghee (Pasture-Raised, Organic)	<input type="checkbox"/>	Cocoa/Cacao (raw, pure, & unsweetened)
<input type="checkbox"/>	Cheese, Cottage	<input type="checkbox"/>	Goat Cheese	<input type="checkbox"/>	Coconut Aminos®
<input type="checkbox"/>	Cheese, Goat	<input type="checkbox"/>	Goat Kefir	<input type="checkbox"/>	Coconut Cream
<input type="checkbox"/>	Cheese, Gorgonzola	<input type="checkbox"/>	Kefir, Raw	<input type="checkbox"/>	Collagen Protein (Powder)
<input type="checkbox"/>	Cheese, Gouda	<input type="checkbox"/>	Lactoalbumin	<input type="checkbox"/>	Garam Masala
<input type="checkbox"/>	Cheese, Havarti	<input type="checkbox"/>	Milk Chocolate	<input type="checkbox"/>	GemWraps®, Sandwich Wrap (Kale-Apple)
<input type="checkbox"/>	Cheese, Machego	<input type="checkbox"/>	Milk, Cow	<input type="checkbox"/>	GemWraps®, Sandwich Wrap (Mango/Chl.)
<input type="checkbox"/>	Cheese, Mascapone	<input type="checkbox"/>	Milk, Goat	<input type="checkbox"/>	GemWraps®, Sandwich Wrap (Tomato)
<input type="checkbox"/>	Cheese, Mozzarella (Raw)	<input type="checkbox"/>	Milk, Sheep	<input type="checkbox"/>	Glucmannon Flour (konjacfoods.com)
<input type="checkbox"/>	Cheese, Muenster	<input type="checkbox"/>	Mozzarella Cheese	<input type="checkbox"/>	Great Lake's® Beef Gelatin
<input type="checkbox"/>	Cheese, Parmesan	<input type="checkbox"/>	Sour Cream, Raw and Unpasteurized	<input type="checkbox"/>	Guar Gum
<input type="checkbox"/>	Cheese, Pecorino	<input type="checkbox"/>	Whey	<input type="checkbox"/>	Hops
<input type="checkbox"/>	Cheese, Raw and Pasture-raised	<input type="checkbox"/>	Cheese, Feta	<input type="checkbox"/>	Julian Bakery Paleo Wraps



<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Egg, Whites, Pasture-raised
<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Egg, Yolks Pasture-raised
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Yeast, Baker's	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)	<input type="checkbox"/> Yeast, Brewer's	<input type="checkbox"/> BodyPro Avocado Oil Mayonnalse
<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> Yeast, Nutritional	
<input type="checkbox"/> Lycopene	<input type="checkbox"/> Latex	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils
<input type="checkbox"/> Malt	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Almond
<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Almond Butter (Artisana®)
<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> Skinny Crisps®(Plain Jane)	<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Sherry Vinegar	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Silver		<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Tofu (Organic)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Cola Nut (aka Kola Nut)
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Cottonseed/Cottonseed Oil
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Flax Meal

<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Snacks
<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Date(s)
<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Simple Mills Chocolate Chip Cookies
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Apple Sauce
<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Sweeteners
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Aspartame/Nutrasweet
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Chocolate, Dark
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Coconut Palm Sugar
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Date Sugar
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Fruit Pectin
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tahini	<input type="checkbox"/> Honey, (Organic)
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Honey, Manuka
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Honey, Wildflower from Mahava®
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Just Like Sugar®
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Lo Han
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Maple Sugar
<input type="checkbox"/> Psyllium Husk		<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)

<input type="checkbox"/> Molasses	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Cauliflower, Purple
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Celery
<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Chard
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Chayote
<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Beet	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Splenda	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Sucanat	<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Burdock	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Eggplant
<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Endive
<input type="checkbox"/> Sucralose	<input type="checkbox"/> Capers	<input type="checkbox"/> Fennel
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Garlic
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Vegetables	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Jicama
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Arugula	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Kohlrabi
	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kombu

<input type="checkbox"/> Leeks	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Scallions
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Sea Vegetables
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Seaweed
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Spinach
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pimento	<input type="checkbox"/> Squash
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Nori	<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash, Butternut
<input type="checkbox"/> Okra	<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Summer
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, White	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Squash, Yellow
<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Sweet Potato, Red
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Sweet Potatoes, White
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Radish	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomato

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|---|--|
| <input type="checkbox"/> Tomatoes, Big Beef | <input type="checkbox"/> Onion, Sweet        |
| <input type="checkbox"/> Tomato, Cherry     | <input type="checkbox"/> Onion, Yellow       |
| <input type="checkbox"/> Tomato, Heirloom   | <input type="checkbox"/> Chives              |
| <input type="checkbox"/> Tomato, Orange     | <input type="checkbox"/> Shallots            |
| <input type="checkbox"/> Tomato, Red        | <input type="checkbox"/> Bell Pepper         |
| <input type="checkbox"/> Tomato, Roma       | <input type="checkbox"/> Bell Pepper, Yellow |
| <input type="checkbox"/> Tomato, Sun-dried  | <input type="checkbox"/> Bell Pepper, Orange |
| <input type="checkbox"/> Tomato, Yellow     |  |
| <input type="checkbox"/> Truffle            |  |
| <input type="checkbox"/> Turnip Greens      |  |
| <input type="checkbox"/> Turnips            |  |
| <input type="checkbox"/> Water Chestnut     |  |
| <input type="checkbox"/> Watercress         |  |
| <input type="checkbox"/> Yams, Garnett      |  |
| <input type="checkbox"/> Yams, Japanese     |  |
| <input type="checkbox"/> Yucca              |  |
| <input type="checkbox"/> Zucchini           |  |
| <input type="checkbox"/> Alfalfa Sprouts    |  |
| <input type="checkbox"/> Psyllium Husk      |  |
| <input type="checkbox"/> Onion, Green       |  |
| <input type="checkbox"/> Onion, Maui        |  |
| <input type="checkbox"/> Onion, Red         |  |