

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

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|---|---|--|
| <input type="checkbox"/> Onion, Red                       | <input type="checkbox"/> Sea Vegetables         | <input type="checkbox"/> Watercress      |
| <input type="checkbox"/> Onion, Sweet                     | <input type="checkbox"/> Seaweed                | <input type="checkbox"/> Alfalfa Sprouts |
| <input type="checkbox"/> Onion, Yellow                    | <input type="checkbox"/> Shallots               | <input type="checkbox"/> Psyllium Husk   |
| <input type="checkbox"/> Parsley                          | <input type="checkbox"/> Spinach                |  |
| <input type="checkbox"/> Parsnip                          | <input type="checkbox"/> Spirulina              | <input type="checkbox"/> <b>Fruits</b>   |
| <input type="checkbox"/> Pepper, Anaheim                  | <input type="checkbox"/> Swiss Chard            | <input type="checkbox"/> Acai            |
| <input type="checkbox"/> Pepper, Chili                    | <input type="checkbox"/> Tomatillo              | <input type="checkbox"/> Agar Gum        |
| <input type="checkbox"/> Pepper, Green                    | <input type="checkbox"/> Tomato Paste (gluten & | <input type="checkbox"/> Currant         |
| <input type="checkbox"/> Pepper, Habanero                 | <input type="checkbox"/> Tomato Sauce (gluten & | <input type="checkbox"/> Goji Berry      |
| <input type="checkbox"/> Pepper, Jalapeño                 | <input type="checkbox"/> Tomato                 | <input type="checkbox"/> Gooseberry      |
| <input type="checkbox"/> Pepper, Poblano                  | <input type="checkbox"/> Tomatoes, Big Beef     | <input type="checkbox"/> Grapefruit      |
| <input type="checkbox"/> Pepper, Red                      | <input type="checkbox"/> Tomato, Cherry         | <input type="checkbox"/> Lemon           |
| <input type="checkbox"/> Pepper, Serrano                  | <input type="checkbox"/> Tomato, Heirloom       | <input type="checkbox"/> Lemon Juice     |
| <input type="checkbox"/> Pickles, Bubbies® brand only     | <input type="checkbox"/> Tomato, Orange         | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Pimento                          | <input type="checkbox"/> Tomato, Red            | <input type="checkbox"/> Lime            |
| <input type="checkbox"/> Radicchio                        | <input type="checkbox"/> Tomato, Roma           | <input type="checkbox"/> Lime Juice      |
| <input type="checkbox"/> Radish                           | <input type="checkbox"/> Tomato, Sun-dried      | <input type="checkbox"/> Mulberry        |
| <input type="checkbox"/> Rainbow Chard                    | <input type="checkbox"/> Tomato, Yellow         | <input type="checkbox"/> Passion Fruit   |
| <input type="checkbox"/> Rhubarb                          | <input type="checkbox"/> Truffle                |  |
| <input type="checkbox"/> Rutabaga                         | <input type="checkbox"/> Turnip Greens          |  |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Turnips                |  |
| <input type="checkbox"/> Scallions                        | <input type="checkbox"/> Water Chestnut         |  |

<input type="checkbox"/> Nuts, Seeds, & Oils	<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sunflower Seed Butter
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sunflower Seed Lecithin
<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sunflower Seed Oil
<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sunflower Seeds
<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Tahini
<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Tiger Nuts
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Cashews	<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Walnut (few)
<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Pecan	<input type="checkbox"/> Walnut Oil
<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Walnut, Black (few)
<input type="checkbox"/> Chestnut	<input type="checkbox"/> Pepitas	<input type="checkbox"/> Almond
<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pine Nut	
<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pistachios	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Coconut, shredded (raw,	<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Sacha Inchi Seeds	
<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Sesame Seed Oil	

☐ Fish & Shellfish☐ Anchovy☐ Bass☐ Catfish☐ Chilean Sea Bass☐ Clam☐ Cod/ Cod Liver Oil☐ Corvina☐ Crab☐ Crayfish☐ Flounder☐ Haddock☐ Hake☐ Halibut☐ Herring☐ Lobster☐ Mackerel☐ Mahi Mahi☐ Mussel☐ Orange Roughy☐ Oyster☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Scallop☐ Shrimp☐ Sole☐ Squid☐ Swai☐ Swordfish☐ Tilapia (Non-farmed)☐ Trout☐ Tuna☐ Walleye Pike☐ Whitefish/Turbot☐ Meat & Poultry☐ Applegate® organic black forest☐ Applegate® organic ham☐ Applegate® organic herb roasted☐ Applegate® organic hot dogs☐ Applegate® organic roast beef☐ Applegate® organic red pepper☐ Applegate® organic sausage sweet☐ Applegate® organic smoked turkey☐ Applegate® organic turkey☐ Beef, Grass-fed only (organic)☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ 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)

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| <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>         | <input type="checkbox"/> Sweetleaf® Stevia                   | <input type="checkbox"/> Cloves, Madagascar      |
| <input type="checkbox"/> Almond Milk, unsweetened (no        | <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn    | <input type="checkbox"/> Cloves, Penang          |
| <input type="checkbox"/> Almond Yogurt, unsweetened          |  | <input type="checkbox"/> Cramp Bark Extract      |
| <input type="checkbox"/> Coconut Kefir (No Tapioca,          | <input type="checkbox"/> <b>Herbs &amp; Spices</b>           | <input type="checkbox"/> Cream of Tartar         |
| <input type="checkbox"/> Coconut Milk(Native Forest or       | <input type="checkbox"/> Allspice                            | <input type="checkbox"/> Cumin                   |
| <input type="checkbox"/> Egg, Pasture-raised (from a farmer) | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Curcumin                |
| <input type="checkbox"/> Egg, Vital Farms® or Pasture        | <input type="checkbox"/> Anise                               | <input type="checkbox"/> Curry (must be GF)      |
| <input type="checkbox"/> Egg, Whites, Pasture-raised         | <input type="checkbox"/> Ashwaganda                          | <input type="checkbox"/> Dandelion Root          |
| <input type="checkbox"/> Egg, Yolks Pasture-raised           | <input type="checkbox"/> Astragalus                          | <input type="checkbox"/> Dill                    |
| <input type="checkbox"/> Egg                                 | <input type="checkbox"/> Basil                               | <input type="checkbox"/> Dong Quai               |
|  | <input type="checkbox"/> Bay Leaf                            | <input type="checkbox"/> Echinacea               |
| <input type="checkbox"/> <b>Condiments</b>                   | <input type="checkbox"/> Black Cohosh                        | <input type="checkbox"/> Fennel                  |
| <input type="checkbox"/> Carob                               | <input type="checkbox"/> Caraway Seed                        | <input type="checkbox"/> Garlic                  |
| <input type="checkbox"/> Coconut Vinegar (Coconut Secret)    | <input type="checkbox"/> Cardamom                            | <input type="checkbox"/> Garlic Pepper           |
| <input type="checkbox"/> Earth Balance® Coconut Spread       | <input type="checkbox"/> Celery Powder                       | <input type="checkbox"/> Garlic Powder           |
| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard)   | <input type="checkbox"/> Chicory Root                        | <input type="checkbox"/> Garlic Salt             |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only)    | <input type="checkbox"/> Chili Powder                        | <input type="checkbox"/> Ginger                  |
|  | <input type="checkbox"/> Chipotle Seasoning                  | <input type="checkbox"/> Ginkgo Biloba           |
| <input type="checkbox"/> <b>Sweeteners</b>                   | <input type="checkbox"/> Cilantro/Coriander                  | <input type="checkbox"/> Ginseng (All Types)     |
| <input type="checkbox"/> Coconut Palm Sugar                  | <input type="checkbox"/> Cinnamon                            | <input type="checkbox"/> Goldenseal              |
| <input type="checkbox"/> Just Like Sugar®                    | <input type="checkbox"/> Cinnamon, Ceylon                    | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Rebiana Leaf (Stevia)               | <input type="checkbox"/> Cloves                              | <input type="checkbox"/> Gymnema Silvestre       |

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|---|--|---|
| <input type="checkbox"/> Herbs De Provence                  | <input type="checkbox"/> Orange Salt                     | <input type="checkbox"/> Taco Seasoning               |
| <input type="checkbox"/> Hickory                            | <input type="checkbox"/> Oregano                         | <input type="checkbox"/> Tarragon                     |
| <input type="checkbox"/> Himalayan Salt                     | <input type="checkbox"/> Paprika                         | <input type="checkbox"/> Thyme                        |
| <input type="checkbox"/> Jamaican Jerk                      | <input type="checkbox"/> Paprika (smoked)                | <input type="checkbox"/> Tomatillo                    |
| <input type="checkbox"/> Lavender                           | <input type="checkbox"/> Parsley                         | <input type="checkbox"/> Turmeric                     |
| <input type="checkbox"/> Lemon Balm (Melissa Officinalis)   | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon | <input type="checkbox"/> Uva Ursi                     |
| <input type="checkbox"/> Lemon Pepper                       | <input type="checkbox"/> Pepper, Cayenne                 | <input type="checkbox"/> Valerian                     |
| <input type="checkbox"/> Lemongrass                         | <input type="checkbox"/> Pepper/Peppercorns              | <input type="checkbox"/> Vanilla Bean                 |
| <input type="checkbox"/> Licorice Root                      | <input type="checkbox"/> Pepper/Peppercorns, Szechuan    | <input type="checkbox"/> Vanilla Powder               |
| <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Pepper, Red                     | <input type="checkbox"/> White Willow Bark Extract    |
| <input type="checkbox"/> Maca Root                          | <input type="checkbox"/> Peppermint                      | <input type="checkbox"/> Wintergreen                  |
| <input type="checkbox"/> Mace Spice                         | <input type="checkbox"/> Pine Bark Extract               | <input type="checkbox"/> Rose Hips                    |
| <input type="checkbox"/> Marjoram                           | <input type="checkbox"/> Red Pepper Flake                |   |
| <input type="checkbox"/> Mesquite                           | <input type="checkbox"/> Rosemary                        | <input type="checkbox"/> <b>Milk-Containing Foods</b> |
| <input type="checkbox"/> Milk Thistle                       | <input type="checkbox"/> Saffron                         |   |
| <input type="checkbox"/> Mint                               | <input type="checkbox"/> Sage                            | <input type="checkbox"/> <b>Gluten-Free Grains</b>    |
| <input type="checkbox"/> Mustard (as a Powder)              | <input type="checkbox"/> Saw Plametto                    | <input type="checkbox"/> Almond Flour (gluten free)   |
| <input type="checkbox"/> Mustard Seeds (gluten free)        | <input type="checkbox"/> Sesame Seeds                    | <input type="checkbox"/> Amaranth                     |
| <input type="checkbox"/> Nutmeg                             | <input type="checkbox"/> Sesame Seeds, Black             | <input type="checkbox"/> Chicory Root                 |
| <input type="checkbox"/> Olive Leaf Extract                 | <input type="checkbox"/> Shallots                        | <input type="checkbox"/> Coconut Flour (gluten free)  |
| <input type="checkbox"/> Onion                              | <input type="checkbox"/> Spearmint                       | <input type="checkbox"/> Coconut Meal (gluten free)   |
| <input type="checkbox"/> Onion Powder                       | <input type="checkbox"/> St. John's Wort                 | <input type="checkbox"/> Flax Meal                    |

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|---|---|---|
| <input type="checkbox"/> Glucomannon Flour                      | <input type="checkbox"/> Echinacea Tea                      | <input type="checkbox"/> Arabic Gum                     |
| <input type="checkbox"/> Hemp Meal                              | <input type="checkbox"/> Green Tea                          | <input type="checkbox"/> Baking Soda (Arm & Hammer®)    |
| <input type="checkbox"/> Hemp Protein (Powder)                  | <input type="checkbox"/> Hemp Protein (Powder)              | <input type="checkbox"/> Carrageenan Gum                |
| <input type="checkbox"/> Hemp Seed                              | <input type="checkbox"/> Lemon Juice                        | <input type="checkbox"/> Chewing Gum, Xylichew®         |
| <input type="checkbox"/> Konjac Glucomannon Flour               | <input type="checkbox"/> Licorice Tea                       | <input type="checkbox"/> Chicory Root                   |
| <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond      | <input type="checkbox"/> Lime Juice                         | <input type="checkbox"/> Cocoa/Cacao (raw, pure, &      |
| <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta      | <input type="checkbox"/> Mineral Water                      | <input type="checkbox"/> Coconut Aminos®                |
| <input type="checkbox"/> Tolerant Red or Green Lentil Pasta     | <input type="checkbox"/> Sparkling Water, unflavored        | <input type="checkbox"/> Coconut Cream                  |
| <input type="checkbox"/> Tortilla, Siete Chia & Cassava         | <input type="checkbox"/> Tea, Black                         | <input type="checkbox"/> Collagen Protein (Powder)      |
| <input type="checkbox"/> <b>Gluten-Containing Foods</b>         | <input type="checkbox"/> Tea, Chamomile                     | <input type="checkbox"/> Garam Masala                   |
|   | <input type="checkbox"/> Tea, Green                         | <input type="checkbox"/> Glucomannon Flour              |
|   | <input type="checkbox"/> Tea, Oolong                        | <input type="checkbox"/> Great Lake's® Beef Gelatin     |
| <input type="checkbox"/> <b>Corn-Derived Foods</b>              | <input type="checkbox"/> Tea, Ramon                         | <input type="checkbox"/> Guar Gum                       |
|   | <input type="checkbox"/> Tea, Roobios                       | <input type="checkbox"/> Julian Bakery Almond Bread     |
| <input type="checkbox"/> <b>Beverages &amp; Protein Powders</b> | <input type="checkbox"/> Tea, unflavored/caffeine-free only | <input type="checkbox"/> Julian Bakery Coconut Bread    |
| <input type="checkbox"/> Almond Milk, unsweetened (no           | <input type="checkbox"/> Tea, White                         | <input type="checkbox"/> Konjac Glucomannon Flour       |
| <input type="checkbox"/> Coconut Kefir (No Tapioca,             | <input type="checkbox"/> Water                              | <input type="checkbox"/> Lard (pork)                    |
| <input type="checkbox"/> Coconut Milk(Native Forest or          | <input type="checkbox"/> Yerba Matte Tea (Organic/Pure)     | <input type="checkbox"/> Locust Bean Gum                |
| <input type="checkbox"/> Coconut Water (low sugar)              |   | <input type="checkbox"/> Lycopene                       |
| <input type="checkbox"/> Coffee Bean, Organic                   | <input type="checkbox"/> <b>Miscellaneous</b>               | <input type="checkbox"/> Palm Wax                       |
| <input type="checkbox"/> Coffee                                 | <input type="checkbox"/> Agar Gum                           | <input type="checkbox"/> Pycnogenol                     |
| <input type="checkbox"/> Collagen Protein (Powder)              | <input type="checkbox"/> Antimony                           | <input type="checkbox"/> Red Tomato Paste (gluten free) |

- ☐ Silver
- ☐ Tagacanth Gum
- ☐ Tomato Paste (gluten &
- ☐ Tomato Sauce (gluten &
- ☐ Tagacanth Gum
- ☐ Vegetable Shortening (Spectrum®)
- ☐ Latex
- ☐ Formaldehyde
- ☐ Red Dye
- ☐ Ispaghula/Psyllium
- ☐ Acacia Gum