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

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

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|---|--|--|
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Golden Berry |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Gooseberry |
| <input type="checkbox"/> Tomato | <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Grape |
| <input type="checkbox"/> Tomatoes, Big Beef | <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Grape, Green |
| <input type="checkbox"/> Tomato, Cherry | <input type="checkbox"/> Apricot | <input type="checkbox"/> Grape, Purple |
| <input type="checkbox"/> Tomato, Heirloom | <input type="checkbox"/> Banana | <input type="checkbox"/> Grape, Red |
| <input type="checkbox"/> Tomato, Orange | <input type="checkbox"/> Bilberry | <input type="checkbox"/> Grape, White |
| <input type="checkbox"/> Tomato, Red | <input type="checkbox"/> Blackberry | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Tomato, Roma | <input type="checkbox"/> Blueberry | <input type="checkbox"/> Grapefruit Juice |
| <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Guava |
| <input type="checkbox"/> Tomato, Yellow | <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Huckleberry |
| <input type="checkbox"/> Truffle | <input type="checkbox"/> Cherry | <input type="checkbox"/> Jack fruit |
| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Clementine | <input type="checkbox"/> Kiwi |
| <input type="checkbox"/> Turnips | <input type="checkbox"/> Cranberry | <input type="checkbox"/> Kumquat |
| <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Yams, Garnett | <input type="checkbox"/> Date(s) | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Yams, Japanese | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Lime Juice |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Elderberry | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Fig | <input type="checkbox"/> Loganberry |
| <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Loquat |

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|---|--|---|
| <input type="checkbox"/> Mango | <input type="checkbox"/> Pomelo | <input type="checkbox"/> Brazil Nut |
| <input type="checkbox"/> Mangosteen | <input type="checkbox"/> Prune | <input type="checkbox"/> Canola/Rapeseed Oil |
| <input type="checkbox"/> Maqui | <input type="checkbox"/> Quince | <input type="checkbox"/> Caraway Seed |
| <input type="checkbox"/> Melon, Honeydew | <input type="checkbox"/> Raisin (unsulfured, organic) | <input type="checkbox"/> Cashews |
| <input type="checkbox"/> Monk Fruit | <input type="checkbox"/> Raspberry | <input type="checkbox"/> Cashew Butter |
| <input type="checkbox"/> Mulberry | <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Cashew Meal |
| <input type="checkbox"/> Nectarines | <input type="checkbox"/> Strawberry | <input type="checkbox"/> Chestnut |
| <input type="checkbox"/> Noni | <input type="checkbox"/> Tamarind | <input type="checkbox"/> Chia Seed (1/4 cup, max) |
| <input type="checkbox"/> Orange | <input type="checkbox"/> Tangelo | <input type="checkbox"/> Coconut Butter |
| <input type="checkbox"/> Orange, Blood | <input type="checkbox"/> Tangerine | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Watermelon | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Cola Nut (aka Kola Nut) |
| <input type="checkbox"/> Papaya | <input type="checkbox"/> Youngberry | <input type="checkbox"/> Corn Oil |
| <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Nuts, Seeds, & Oils | <input type="checkbox"/> Cottonseed/Cottonseed Oil |
| <input type="checkbox"/> Peach | <input type="checkbox"/> Almond | <input type="checkbox"/> Flax Meal |
| <input type="checkbox"/> Pear | <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Flax Oil |
| <input type="checkbox"/> Pear, Asian | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Flax Seed |
| <input type="checkbox"/> Persimmons | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Grapeseed Oil, Organic |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Plantain | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Hazelnut/Filbert |
| <input type="checkbox"/> Plum | <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Hemp Meal |
| <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Arrowroot Flour/powder | <input type="checkbox"/> Hemp Protein (Powder) |

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| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Bean, Green |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Bean, Italian |
| <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Bean, Kidney |
| <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Sunflower Seed Butter | <input type="checkbox"/> Bean, Lima |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sunflower Seed Lecithin | <input type="checkbox"/> Bean, Mung |
| <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Sunflower Seed Oil | <input type="checkbox"/> Bean, Navy/Ninja |
| <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Bean, Pinto/Frijole |
| <input type="checkbox"/> Pecan | <input type="checkbox"/> Tahini | <input type="checkbox"/> Bean, Red (see also
Bean, Kidney) |
| <input type="checkbox"/> Pecan Flour | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Chickpea (see also
Garbanzo Bean) |
| <input type="checkbox"/> Pepitas | <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Edamame (must be
organic) |
| <input type="checkbox"/> Pili Nuts | <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Fava Bean |
| <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Vegetable Shortening
(Spectrum®) | <input type="checkbox"/> Fava Bean Flour |
| <input type="checkbox"/> Pistachios | <input type="checkbox"/> Walnut (few) | <input type="checkbox"/> Garbanzo Bean |
| <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Garbanzo Flour |
| <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Walnut, Black (few) | <input type="checkbox"/> Lentil(s) |
| <input type="checkbox"/> Pumpkin Oil | <input type="checkbox"/> Legumes & Pulses | <input type="checkbox"/> Miso |
| <input type="checkbox"/> Pumpkin Seed Oil | <input type="checkbox"/> Bean, Azuki | <input type="checkbox"/> Pea, Snap |
| <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Bean, Black | <input type="checkbox"/> Pea, Snow |
| <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Bean, Butter | <input type="checkbox"/> Pea, Split |
| <input type="checkbox"/> Rice, Wild (Lundberg® -
not the blend) | <input type="checkbox"/> Bean, Cannellini | <input type="checkbox"/> Peanut (Organic,
Valencia) |
| <input type="checkbox"/> Safflower/Safflower Seed
Oil | <input type="checkbox"/> Bean, Chana Dahl | <input type="checkbox"/> Peanut Butter (Organic,
Maranatha®) |
| <input type="checkbox"/> Sacha Inchi Seeds | <input type="checkbox"/> Bean, Chili | <input type="checkbox"/> Peanut Oil (Organic) |

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| <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Lobster | <input type="checkbox"/> Meat & Poultry |
| <input type="checkbox"/> Soy Beans (must be organic) | <input type="checkbox"/> Mackerel | <input type="checkbox"/> Applegate® organic baco |
| <input type="checkbox"/> Soy Beans Oil (must be organic) | <input type="checkbox"/> Mahi Mahi | <input type="checkbox"/> Applegate® organic black forest ham |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Mussel | <input type="checkbox"/> Applegate® organic chicken |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Orange Roughy | <input type="checkbox"/> Applegate® organic ham |
| <input type="checkbox"/> White Beans | <input type="checkbox"/> Oyster | <input type="checkbox"/> Applegate® organic herb roasted turkey |
| <input type="checkbox"/> Fish & Shellfish | <input type="checkbox"/> Perch | <input type="checkbox"/> Applegate® organic hot dogs |
| <input type="checkbox"/> Anchovy | <input type="checkbox"/> Red Snapper | <input type="checkbox"/> Applegate® organic roast beef |
| <input type="checkbox"/> Bass | <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Applegate® organic andouille sausage |
| <input type="checkbox"/> Catfish | <input type="checkbox"/> Sardines | <input type="checkbox"/> Applegate® organic chicken/apple sausage |
| <input type="checkbox"/> Chilean Sea Bass | <input type="checkbox"/> Scallop | <input type="checkbox"/> Applegate® organic red pepper sausage |
| <input type="checkbox"/> Clam | <input type="checkbox"/> Shrimp | <input type="checkbox"/> Applegate® organic spinach & feta sausage |
| <input type="checkbox"/> Cod/ Cod Liver Oil | <input type="checkbox"/> Sole | <input type="checkbox"/> Applegate® organic sausage sweet italian |
| <input type="checkbox"/> Corvina | <input type="checkbox"/> Squid | <input type="checkbox"/> Applegate® organic smoked chicken breast |
| <input type="checkbox"/> Crab | <input type="checkbox"/> Swai | <input type="checkbox"/> Applegate® organic smoked turkey breast |
| <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Swordfish | <input type="checkbox"/> Applegate® organic turkey bacon |
| <input type="checkbox"/> Crayfish | <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Applegate® organic turkey bacon |
| <input type="checkbox"/> Flounder | <input type="checkbox"/> Trout | <input type="checkbox"/> Beef, Grass-fed only (organic) |
| <input type="checkbox"/> Haddock | <input type="checkbox"/> Tuna | <input type="checkbox"/> Bison (see also Buffalo) |
| <input type="checkbox"/> Hake | <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Buffalo (see also Bison) |
| <input type="checkbox"/> Halibut | <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Chicken Broth (Imagine® of/low sodium) |
| <input type="checkbox"/> Herring | | <input type="checkbox"/> Chicken, free range (organic) |

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| <input type="checkbox"/> Deer (see also Venison) | <input type="checkbox"/> Sriracha Sauce
Organicville gluten-free | <input type="checkbox"/> Sriracha Sauce
Organicville gluten-free |
| <input type="checkbox"/> Duck | <input type="checkbox"/> Condiments | <input type="checkbox"/> Ume Plum Vinegar |
| <input type="checkbox"/> Goat, Grass-fed only
(organic) | <input type="checkbox"/> Apple Cider Vinegar
(Bragg's®) | <input type="checkbox"/> Veganaise Soy-free
(Follow Your Heart®) |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Balsamic Vinegar MiaBella
(No Caramel/Wine Vinegar) | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Ostrich | <input type="checkbox"/> Balsamic Vinegar (with
Red Wine Vinegar) | <input type="checkbox"/> Vinegar, Distilled |
| <input type="checkbox"/> Pheasant | <input type="checkbox"/> Balsamic Vinegar
(Caramel/Red W. Vinegar) | <input type="checkbox"/> Vinegar, Malt |
| <input type="checkbox"/> Pork, (organic) | <input type="checkbox"/> Barbeque Sauce, GF
Annie's® Sweet & Spicy | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Quail | <input type="checkbox"/> BodyPro Almond Mayo
Grade B Maple Syrup | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Rabbit | <input type="checkbox"/> BodyPro Almond Mayo
with Yacon Syrup | <input type="checkbox"/> Vinegar, White |
| <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> BodyPro Avocado Oil
Mayonnaise | <input type="checkbox"/> Vinegar, White Wine |
| <input type="checkbox"/> Veal (organic) | <input type="checkbox"/> Coconut Vinegar (Coconut
Secret) | <input type="checkbox"/> Worcestershire Sauce
(The Wizard's® GF) |
| <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Dressing, Primal Kitchen
Greek Avocado Oil | <input type="checkbox"/> Sweeteners |
| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Dressing, Primal Kitchen
Honey Mustard | <input type="checkbox"/> Agave Nectar |
| <input type="checkbox"/> Almond Milk,
unsweetened (no tapioca) | <input type="checkbox"/> Earth Balance® Coconut
Spread | <input type="checkbox"/> Aspartame/Nutrasweet |
| <input type="checkbox"/> Almond Yogurt,
unsweetened | <input type="checkbox"/> Earth Balance® Avocado
Oil-Butter Spread | <input type="checkbox"/> BodyPro Almond Mayo
Grade B Maple Syrup |
| <input type="checkbox"/> BodyPro Avocado Oil
Mayonnaise | <input type="checkbox"/> Horseradish Sauce,
Gluten-free (Annie's®) | <input type="checkbox"/> BodyPro Almond Mayo
with Yacon Syrup |
| <input type="checkbox"/> Cheese, Daiya (Coconut,
tapioca, yeast, A....) | <input type="checkbox"/> Hummus | <input type="checkbox"/> Brown Rice Syrup
(contains MSG/Gluten) |
| <input type="checkbox"/> Cheese, Soy (Organic)
(see Sov) | <input type="checkbox"/> Ketchup (Organicville) | <input type="checkbox"/> Chocolate, Dark |
| <input type="checkbox"/> Coconut Kefir (No
Tapioca, Caradeenan) | <input type="checkbox"/> Mayonnaise, Primal
Kitchen Avocado Oil | <input type="checkbox"/> Chocolate, Milk |
| <input type="checkbox"/> Coconut Milk (Native
Forest or Natural Value) | <input type="checkbox"/> Mayonnaise, Primal
Kitchen Chipotle Avocado | <input type="checkbox"/> Chocolate, White |
| <input type="checkbox"/> Egg, Whites,
Pasture-raised | <input type="checkbox"/> Mustard, Brown (Eden® gf
mustard) | <input type="checkbox"/> Coconut Palm Sugar |
| <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Sauerkraut (Bubbies®
Brand only) | <input type="checkbox"/> Date Sugar |

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|---|---|--|
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Cloves |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source) | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Cloves, Penang |
| <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Honey, Manuka | <input type="checkbox"/> Allspice | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Honey, Wildflower from Mahava® | <input type="checkbox"/> Almond Flavor natural, (gluten free) | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Anise | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> Lo Han | <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Maltodextrin (Can be Wheat-derived) | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) | <input type="checkbox"/> Basil | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Molasses | <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Monk Fruit | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Nutrasweet® | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Sorbitol | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Garlic Salt |
| <input type="checkbox"/> Splenda | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Sucanat | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginkgo Biloba |
| <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Grapefruit Seed Extract |

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

☐ **Milk-Containing Foods**☐ Applegate® organic spinach & feta sausage☐ Butter, Raw and Pasture-raised☐ Buttermilk☐ Casein☐ Cheese, American☐ Cheese, Asiago☐ Cheese, Bleu☐ Cheese, Brie☐ Cheese, Cheddar (Raw)☐ Cheese, Cottage☐ Cheese, Feta☐ Cheese, Goat☐ Cheese, Gorgonzola☐ Cheese, Gouda☐ Cheese, Havarti☐ Cheese, Machego☐ Cheese, Marscapone☐ Cheese, Mozzarella (Raw)☐ Cheese, Muenster☐ Cheese, Parmesan☐ Cheese, Pecorino☐ Cheese, Raw and Pasture-raised☐ Cheese, Ricotta☐ Cheese, Romano☐ Cheese, Provolone☐ Cheese, Sheep☐ Cheese, String (Mozzarella)☐ Cheese, Swiss☐ Chocolate, Milk☐ Chocolate, White☐ Cream, Raw and Unpasteurized☐ Ghee (Pasture-Raised, Organic)☐ Goat Cheese☐ Goat Kefir☐ Kefir, Raw☐ Lactoalbumin☐ Milk Chocolate☐ Milk, Cow☐ Milk, Goat☐ Milk, Sheep☐ Mozzarella Cheese☐ Sour Cream, Raw and Unpasteurized☐ Whey☐ Yogurt (See Xanthan Gum)☐ **Gluten-Free Grains**☐ Almond Flour (gluten free)☐ Amaranth☐ Arrowroot Flour/powder☐ Basmati Rice (gluten free)☐ Buckwheat☐ Buckwheat Flour☐ Chicory Root☐ Coconut Flour (gluten free)☐ Coconut Meal (gluten free)☐ Corn (Gluten-free & Non-GMO)☐ Corn, Blue☐ Corn, White☐ Corn Starch (gluten free)☐ Ener-G Brown Rice Yeast-Free Bread☐ Fava Bean Flour☐ Flax Meal☐ Garbanzo Flour☐ Glucomannon Flour (koniacfoods.com)☐ Hazelnut Flour☐ Hemp Meal

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| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Cheese, Bleu |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers | <input type="checkbox"/> Chewing Gum (has gluten and corn) |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers | <input type="checkbox"/> Coffee, Instant (has gluten) |
| <input type="checkbox"/> Millet | <input type="checkbox"/> Sorghum | <input type="checkbox"/> Couscous |
| <input type="checkbox"/> Oats | <input type="checkbox"/> Sweet Potato Flour (gluten free) | <input type="checkbox"/> Crab, Immitation |
| <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Teff | <input type="checkbox"/> Durum Wheat |
| <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta | <input type="checkbox"/> Farro |
| <input type="checkbox"/> Potato Flour (gluten free) | <input type="checkbox"/> Tolerant Red or Green Lentil Pasta | <input type="checkbox"/> Gluten |
| <input type="checkbox"/> Potato Starch (gluten free) | <input type="checkbox"/> Tortilla, Siete Almond | <input type="checkbox"/> Graham (wheat) |
| <input type="checkbox"/> Quinoa (gluten free) | <input type="checkbox"/> Tortilla, Siete Cassava & Coconut | <input type="checkbox"/> Kamut |
| <input type="checkbox"/> Quinoa, Black (gluten free) | <input type="checkbox"/> Tortilla, Siete Chia & Cassava | <input type="checkbox"/> Liquid Smoke (can have gluten) |
| <input type="checkbox"/> Quinoa, Red (gluten free) | <input type="checkbox"/> Simple Mills Everything Sprouted Seed Cracker | <input type="checkbox"/> Malt |
| <input type="checkbox"/> Rice, Basmati (gluten free) | <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Maltodextrin (Can be Wheat-derived) |
| <input type="checkbox"/> Rice, Black (gluten free) | <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Oats |
| <input type="checkbox"/> Rice, Brown (gluten free) | <input type="checkbox"/> Barley | <input type="checkbox"/> Orzo |
| <input type="checkbox"/> Rice, Japonica (gluten free) | <input type="checkbox"/> Barley Greens (Not for Gluten Sensitive) | <input type="checkbox"/> Panko |
| <input type="checkbox"/> Rice, Purple (gluten free) | <input type="checkbox"/> Barley Juice (Not for Gluten Sensitive) | <input type="checkbox"/> Polish Wheat |
| <input type="checkbox"/> Rice, Red (gluten free) | <input type="checkbox"/> Beer | <input type="checkbox"/> Semolina |
| <input type="checkbox"/> Rice, White (gluten free) | <input type="checkbox"/> Bran | <input type="checkbox"/> Soy Sauce |
| <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Bread | <input type="checkbox"/> Spelt |
| <input type="checkbox"/> Rice Bran | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Teechino |
| <input type="checkbox"/> Rice Flour (gluten free) | <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Teriyaki Sauce |

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| <input type="checkbox"/> Triticale | <input type="checkbox"/> Sriracha Sauce | <input type="checkbox"/> Komboucha Tea |
| <input type="checkbox"/> Vinegar | <input type="checkbox"/> Organicville gluten-free | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Vinegar, Malt | <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Licorice Tea |
| <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Lime Juice |
| <input type="checkbox"/> Wheat (All Types) | <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Milk, Cow |
| <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated) | <input type="checkbox"/> Yogurt (See Xanthan Gum) | <input type="checkbox"/> Milk, Goat |
| <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Milk, Sheep |
| <input type="checkbox"/> Baking Powder | <input type="checkbox"/> Beverages & Protein Powders | <input type="checkbox"/> Milk, Soy (Organic) |
| <input type="checkbox"/> Barbeque Sauce, GF | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) | <input type="checkbox"/> Mineral Water |
| <input type="checkbox"/> Annie's® Sweet & Spicy | <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, A....) | <input type="checkbox"/> Beer | <input type="checkbox"/> Pea Protein |
| <input type="checkbox"/> Cheese, Soy (Organic) (see Sov) | <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Rice Protein Powder (gluten free) |
| <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Soy Milk/Soy Cheese (Organic) |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Soy Protein (Organic) |
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Coconut Water (low sugar) | <input type="checkbox"/> Sparkling Water, unflavored |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Tea, Black |
| <input type="checkbox"/> Corn Gluten | <input type="checkbox"/> Coffee | <input type="checkbox"/> Tea, Chamomile |
| <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Tea, Green |
| <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Tea, Oolong |
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Tea, Ramon |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Tea, Roobios |
| <input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot) | <input type="checkbox"/> Green Tea | <input type="checkbox"/> Tea, unflavored/caffeine-free only |
| <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) | <input type="checkbox"/> Hemp Protein (Powder) | |

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| <input type="checkbox"/> Tea, White | <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) |
| <input type="checkbox"/> Teechino | <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Red Tomato Paste (gluten free) |
| <input type="checkbox"/> Water | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot) | <input type="checkbox"/> Resveratrol |
| <input type="checkbox"/> Wine, Red | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple) | <input type="checkbox"/> Sherry Vinegar |
| <input type="checkbox"/> Wine, White (Champagne) | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.) | <input type="checkbox"/> Silver |
| <input type="checkbox"/> Yerba Matte Tea (Organic/Pure) | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato) | <input type="checkbox"/> Skinny Crisps®(Plain Jane) |
| <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Glucomannon Flour (koniacfoods.com) | <input type="checkbox"/> Tagacanth Gum |
| <input type="checkbox"/> Acacia Gum | <input type="checkbox"/> Great Lake's® Beef Gelatin | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Guar Gum | <input type="checkbox"/> Tofu (Organic) |
| <input type="checkbox"/> Antimony | <input type="checkbox"/> Hops | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |
| <input type="checkbox"/> Arabic Gum | <input type="checkbox"/> Julian Bakery Paleo Wraps | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <input type="checkbox"/> Baking Powder | <input type="checkbox"/> Julian Bakery Almond Bread | <input type="checkbox"/> Tragacanth Gum |
| <input type="checkbox"/> Baking Soda (Arm & Hammer®) | <input type="checkbox"/> Julian Bakery Coconut Bread | <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium) |
| <input type="checkbox"/> Beef broth (Imagine® low sodium/GF) | <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Carrageenan Gum | <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Liquid Aminos (Braams®)(has Soy) | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Chewing Gum, Xylite® | <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Chicken Broth (Imagine® of/low sodium) | <input type="checkbox"/> Lycopene | <input type="checkbox"/> Vinegar, White Wine |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Malt | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened) | <input type="checkbox"/> Maltodextrin (Can be wheat-derived) | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Coconut Aminos® | <input type="checkbox"/> Palm Wax | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Pycnogenol | <input type="checkbox"/> Yeast, Nutritional |