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|--|--|---|
| <input type="checkbox"/> Fruits                | <input type="checkbox"/> Grape, Green        | <input type="checkbox"/> Mulberry                     |
| <input type="checkbox"/> Acai                  | <input type="checkbox"/> Grape, Purple       | <input type="checkbox"/> Nectarines                   |
| <input type="checkbox"/> Apple (all types)     | <input type="checkbox"/> Grape, Red          | <input type="checkbox"/> Noni                         |
| <input type="checkbox"/> Apricot               | <input type="checkbox"/> Grape, White        | <input type="checkbox"/> Orange                       |
| <input type="checkbox"/> Banana                | <input type="checkbox"/> Grapefruit          | <input type="checkbox"/> Orange, Blood                |
| <input type="checkbox"/> Bilberry              | <input type="checkbox"/> Grapefruit Juice    | <input type="checkbox"/> Orange Juice                 |
| <input type="checkbox"/> Blackberry            | <input type="checkbox"/> Guava               | <input type="checkbox"/> Orange Peel/Rind             |
| <input type="checkbox"/> Blueberry             | <input type="checkbox"/> Huckleberry         | <input type="checkbox"/> Papaya                       |
| <input type="checkbox"/> Boysenberry           | <input type="checkbox"/> Jack fruit          | <input type="checkbox"/> Passion Fruit                |
| <input type="checkbox"/> Cantaloupe            | <input type="checkbox"/> Kiwi                | <input type="checkbox"/> Peach                        |
| <input type="checkbox"/> Cherry                | <input type="checkbox"/> Kumquat             | <input type="checkbox"/> Pear                         |
| <input type="checkbox"/> Clementine            | <input type="checkbox"/> Lemon               | <input type="checkbox"/> Pear, Asian                  |
| <input type="checkbox"/> Cranberry             | <input type="checkbox"/> Lemon Juice         | <input type="checkbox"/> Persimmons                   |
| <input type="checkbox"/> Cranberry Juice       | <input type="checkbox"/> Lemon Rind/Peel     | <input type="checkbox"/> Pineapple                    |
| <input type="checkbox"/> Currant               | <input type="checkbox"/> Lime                | <input type="checkbox"/> Plantain                     |
| <input type="checkbox"/> Dates                 | <input type="checkbox"/> Lime Juice          | <input type="checkbox"/> Plum                         |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Pomegranate                  |
| <input type="checkbox"/> Dried Fruit           | <input type="checkbox"/> Loganberry          | <input type="checkbox"/> Pomelo                       |
| <input type="checkbox"/> Elderberry            | <input type="checkbox"/> Loquat              | <input type="checkbox"/> Prune                        |
| <input type="checkbox"/> Fig                   | <input type="checkbox"/> Mango               | <input type="checkbox"/> Quince                       |
| <input type="checkbox"/> Goji Berry            | <input type="checkbox"/> Mangosteen          | <input type="checkbox"/> Raisin (unsulfured, organic) |
| <input type="checkbox"/> Golden Berry          | <input type="checkbox"/> Maqui               | <input type="checkbox"/> Raspberry                    |
| <input type="checkbox"/> Gooseberry            | <input type="checkbox"/> Melon, Honeydew     | <input type="checkbox"/> Star Fruit                   |
| <input type="checkbox"/> Grape                 | <input type="checkbox"/> Monk Fruit (Pure)   | <input type="checkbox"/> Strawberry                   |

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| <input type="checkbox"/> Tamarind                              | <input type="checkbox"/> Coconut Butter            | <input type="checkbox"/> Pine Nut                               |
| <input type="checkbox"/> Tangelo                               | <input type="checkbox"/> Coconut Oil               | <input type="checkbox"/> Pistachios                             |
| <input type="checkbox"/> Tangerine                             | <input type="checkbox"/> Cola Nut (aka Kola Nut)   | <input type="checkbox"/> Poppy seeds                            |
| <input type="checkbox"/> Watermelon                            | <input type="checkbox"/> Corn Oil                  | <input type="checkbox"/> Psyllium Husk                          |
| <input type="checkbox"/> Wolfberry                             | <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Pumpkin Oil                            |
| <input type="checkbox"/> Youngberry                            | <input type="checkbox"/> Flax Meal                 | <input type="checkbox"/> Pumpkin Seed Oil                       |
| <input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b> | <input type="checkbox"/> Flax Oil                  | <input type="checkbox"/> Pumpkin Seeds                          |
| <input type="checkbox"/> Almond                                | <input type="checkbox"/> Flax Seed                 | <input type="checkbox"/> Ramon Seeds                            |
| <input type="checkbox"/> Almond, Marcona                       | <input type="checkbox"/> Grapeseed Oil, Organic    | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) |
| <input type="checkbox"/> Almond Butter (Artisana®)             | <input type="checkbox"/> Hazelnut/Filbert          | <input type="checkbox"/> Rice Bran Oil                          |
| <input type="checkbox"/> Almond Flavor (natural, gluten free)  | <input type="checkbox"/> Hazelnut Flour            | <input type="checkbox"/> Sacha Inchi Seeds                      |
| <input type="checkbox"/> Almond Flour (gluten free)            | <input type="checkbox"/> Hemp Meal                 | <input type="checkbox"/> Safflower/Safflower Seed Oil           |
| <input type="checkbox"/> Almond Meal (gluten free)             | <input type="checkbox"/> Hemp Protein (Powder)     | <input type="checkbox"/> Sunflower Seed Butter                  |
| <input type="checkbox"/> Annatto Seed                          | <input type="checkbox"/> Hemp Seed                 | <input type="checkbox"/> Sunflower Seed Lecithin                |
| <input type="checkbox"/> Avocado Oil                           | <input type="checkbox"/> Hydrogenated Oils         | <input type="checkbox"/> Sunflower Seed Oil                     |
| <input type="checkbox"/> Brazil Nut                            | <input type="checkbox"/> Macadamia Nut Oil         | <input type="checkbox"/> Sunflower Seeds                        |
| <input type="checkbox"/> Canola/Rapeseed Oil                   | <input type="checkbox"/> Macadamia Nuts            | <input type="checkbox"/> Tahini                                 |
| <input type="checkbox"/> Caraway Seed                          | <input type="checkbox"/> Olive Leaf Extract        | <input type="checkbox"/> Tea, Ramon                             |
| <input type="checkbox"/> Cashew Butter                         | <input type="checkbox"/> Olive Oil, Virgin         | <input type="checkbox"/> Tiger Nuts                             |
| <input type="checkbox"/> Cashew Meal                           | <input type="checkbox"/> Palm Kernel Oil           | <input type="checkbox"/> Truffle Oil                            |
| <input type="checkbox"/> Cashews                               | <input type="checkbox"/> Pecan Flour               | <input type="checkbox"/> Truffle Oil, Black                     |
| <input type="checkbox"/> Chestnut                              | <input type="checkbox"/> Pecans                    | <input type="checkbox"/> Vegetable Oil                          |
| <input type="checkbox"/> Coconut, shredded (raw, unsweetened)  | <input type="checkbox"/> Pepitas                   | <input type="checkbox"/> Vegetable Shortening (Spectrum®)       |
|  | <input type="checkbox"/> Pili Nuts                 | <input type="checkbox"/> Walnut Oil                             |

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|---|---|---|
| <input type="checkbox"/> Walnuts            | <input type="checkbox"/> Red Snapper                        | <input type="checkbox"/> Avocado                              |
| <input type="checkbox"/> Walnuts, Black     | <input type="checkbox"/> Salmon, wild (fresh)               | <input type="checkbox"/> Bamboo Shoot                         |
| <input type="checkbox"/> Fish & Shellfish   | <input type="checkbox"/> Sardines                           | <input type="checkbox"/> Bean Sprout                          |
| <input type="checkbox"/> Anchovy            | <input type="checkbox"/> Scallop                            | <input type="checkbox"/> Beet                                 |
| <input type="checkbox"/> Bass               | <input type="checkbox"/> Shrimp                             | <input type="checkbox"/> Beet Greens                          |
| <input type="checkbox"/> Catfish            | <input type="checkbox"/> Sole                               | <input type="checkbox"/> Bell Pepper                          |
| <input type="checkbox"/> Chilean Sea Bass   | <input type="checkbox"/> Squid                              | <input type="checkbox"/> Bell Pepper, Green                   |
| <input type="checkbox"/> Clam               | <input type="checkbox"/> Swai                               | <input type="checkbox"/> Bell Pepper, Orange                  |
| <input type="checkbox"/> Cod/ Cod Liver Oil | <input type="checkbox"/> Swordfish                          | <input type="checkbox"/> Bell Pepper, Red                     |
| <input type="checkbox"/> Corvina            | <input type="checkbox"/> Tilapia (Wild, Non-farmed)         | <input type="checkbox"/> Bell Pepper, Yellow                  |
| <input type="checkbox"/> Crab               | <input type="checkbox"/> Trout                              | <input type="checkbox"/> Bok Choy                             |
| <input type="checkbox"/> Crayfish           | <input type="checkbox"/> Tuna                               | <input type="checkbox"/> Broccoli                             |
| <input type="checkbox"/> Flounder           | <input type="checkbox"/> Walleye Pike                       | <input type="checkbox"/> Broccolini                           |
| <input type="checkbox"/> Haddock            | <input type="checkbox"/> Whitefish/Turbot                   | <input type="checkbox"/> Broccoli Rabe                        |
| <input type="checkbox"/> Hake               | <input type="checkbox"/> Vegetables                         | <input type="checkbox"/> Broccoli Sprouts                     |
| <input type="checkbox"/> Halibut            | <input type="checkbox"/> Agave Nectar                       | <input type="checkbox"/> Brussels Sprout                      |
| <input type="checkbox"/> Herring            | <input type="checkbox"/> Alfalfa Grass                      | <input type="checkbox"/> Burdock                              |
| <input type="checkbox"/> Mackerel           | <input type="checkbox"/> Alfalfa Sprouts                    | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) |
| <input type="checkbox"/> Mahi Mahi          | <input type="checkbox"/> Aloe Vera                          | <input type="checkbox"/> Cabbage, Green                       |
| <input type="checkbox"/> Octopus            | <input type="checkbox"/> Artichoke (not pickled)            | <input type="checkbox"/> Cabbage, Purple                      |
| <input type="checkbox"/> Orange Roughy      | <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Cactus (Nopales)                     |
| <input type="checkbox"/> Oyster             | <input type="checkbox"/> Arugula                            | <input type="checkbox"/> Capers                               |
| <input type="checkbox"/> Perch              | <input type="checkbox"/> Asparagus                          | <input type="checkbox"/> Capsicum                             |
|   |   | <input type="checkbox"/> Carrot, Orange                       |

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| <input type="checkbox"/> Carrot, Purple                  | <input type="checkbox"/> Garlic                     | <input type="checkbox"/> Onion, Yellow                |
| <input type="checkbox"/> Carrot, White                   | <input type="checkbox"/> Hearts of Palm             | <input type="checkbox"/> Paprika                      |
| <input type="checkbox"/> Carrot, Yellow                  | <input type="checkbox"/> Horseradish                | <input type="checkbox"/> Parsley                      |
| <input type="checkbox"/> Carrot Juice                    | <input type="checkbox"/> Hydrogenated Oils          | <input type="checkbox"/> Parsnip                      |
| <input type="checkbox"/> Cassava (see Tapioca and Yucca) | <input type="checkbox"/> Jicama                     | <input type="checkbox"/> Pea, Green                   |
| <input type="checkbox"/> Cauliflower                     | <input type="checkbox"/> Kale, all types            | <input type="checkbox"/> Pea, Snap                    |
| <input type="checkbox"/> Cauliflower, Purple             | <input type="checkbox"/> Kelp/Dulse                 | <input type="checkbox"/> Pea, Snow                    |
| <input type="checkbox"/> Celery                          | <input type="checkbox"/> Kohlrabi                   | <input type="checkbox"/> Pea, Split                   |
| <input type="checkbox"/> Chard                           | <input type="checkbox"/> Kombu                      | <input type="checkbox"/> Pea Protein                  |
| <input type="checkbox"/> Chayote                         | <input type="checkbox"/> Leeks                      | <input type="checkbox"/> Pepper, Anaheim              |
| <input type="checkbox"/> Chives                          | <input type="checkbox"/> Lettuce, all types         | <input type="checkbox"/> Pepper, Cayenne              |
| <input type="checkbox"/> Coconut (raw and unsweetened)   | <input type="checkbox"/> Mushrooms                  | <input type="checkbox"/> Pepper, Chili                |
| <input type="checkbox"/> Coconut Concentrate             | <input type="checkbox"/> Mushrooms, Button          | <input type="checkbox"/> Pepper, Green                |
| <input type="checkbox"/> Collard Greens                  | <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Pepper, Habanero             |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO)    | <input type="checkbox"/> Mushrooms, Maitake         | <input type="checkbox"/> Pepper, Jalapeño             |
| <input type="checkbox"/> Corn, Blue                      | <input type="checkbox"/> Mushrooms, Shiitake        | <input type="checkbox"/> Pepper, Poblano              |
| <input type="checkbox"/> Corn, White                     | <input type="checkbox"/> Mustard Greens             | <input type="checkbox"/> Pepper, Red                  |
| <input type="checkbox"/> Cucumber                        | <input type="checkbox"/> Nori                       | <input type="checkbox"/> Pepper, Serrano              |
| <input type="checkbox"/> Daikon Radish                   | <input type="checkbox"/> Okra                       | <input type="checkbox"/> Pickles, Bubbies® brand only |
| <input type="checkbox"/> Dandelion Greens                | <input type="checkbox"/> Olives (without vinegar)   | <input type="checkbox"/> Pimento                      |
| <input type="checkbox"/> Dandelion Root                  | <input type="checkbox"/> Onion, Green               | <input type="checkbox"/> Potato, Fingerling           |
| <input type="checkbox"/> Eggplant                        | <input type="checkbox"/> Onion, Maui                | <input type="checkbox"/> Potato, Purple               |
| <input type="checkbox"/> Endive                          | <input type="checkbox"/> Onion, Red                 | <input type="checkbox"/> Potato, Red                  |
| <input type="checkbox"/> Fennel                          | <input type="checkbox"/> Onion, Sweet               | <input type="checkbox"/> Potato, Russet               |

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|---|---|---|
| <input type="checkbox"/> Potato, Sweet                    | <input type="checkbox"/> Squash, Spaghetti                    | <input type="checkbox"/> Water Chestnut                           |
| <input type="checkbox"/> Potato, White                    | <input type="checkbox"/> Squash, Summer                       | <input type="checkbox"/> Watercress                               |
| <input type="checkbox"/> Potato, Yukon Gold               | <input type="checkbox"/> Squash, Winter                       | <input type="checkbox"/> Yams, Garnett                            |
| <input type="checkbox"/> Prickly Pear                     | <input type="checkbox"/> Squash, Yellow                       | <input type="checkbox"/> Yams, Japanese                           |
| <input type="checkbox"/> Psyllium Husk                    | <input type="checkbox"/> Sugar Beet                           | <input type="checkbox"/> Yucca                                    |
| <input type="checkbox"/> Pumpkin                          | <input type="checkbox"/> Sweet Potato, Red                    | <input type="checkbox"/> Zucchini                                 |
| <input type="checkbox"/> Pumpkin Powder                   | <input type="checkbox"/> Sweet Potatoes, White                | <input type="checkbox"/> <b>Meat &amp; Poultry</b>                |
| <input type="checkbox"/> Radicchio                        | <input type="checkbox"/> Swiss Chard                          | <input type="checkbox"/> Applegate® organic bacon                 |
| <input type="checkbox"/> Radish                           | <input type="checkbox"/> Tomatillo                            | <input type="checkbox"/> Applegate® organic black forest ham      |
| <input type="checkbox"/> Rainbow Chard                    | <input type="checkbox"/> Tomato                               | <input type="checkbox"/> Applegate® organic chicken               |
| <input type="checkbox"/> Red Pepper Flake                 | <input type="checkbox"/> Tomato, Cherry                       | <input type="checkbox"/> Applegate® organic chicken/apple sausage |
| <input type="checkbox"/> Rhubarb                          | <input type="checkbox"/> Tomato, Heirloom                     | <input type="checkbox"/> Applegate® organic ham                   |
| <input type="checkbox"/> Rutabaga                         | <input type="checkbox"/> Tomato, Orange                       | <input type="checkbox"/> Applegate® organic herb roasted turkey   |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Tomato, Red                          | <input type="checkbox"/> Applegate® organic hot dogs              |
| <input type="checkbox"/> Scallions                        | <input type="checkbox"/> Tomato, Roma                         | <input type="checkbox"/> Applegate® organic smoked chicken breast |
| <input type="checkbox"/> Sea Vegetables                   | <input type="checkbox"/> Tomato, Sun-dried                    | <input type="checkbox"/> Applegate® organic smoked turkey breast  |
| <input type="checkbox"/> Seaweed                          | <input type="checkbox"/> Tomato, Yellow                       | <input type="checkbox"/> Applegate® organic turkey                |
| <input type="checkbox"/> Shallots                         | <input type="checkbox"/> Tomatoes, Big Beef                   | <input type="checkbox"/> Applegate® organic turkey bacon          |
| <input type="checkbox"/> Spinach                          | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | <input type="checkbox"/> Beef, Grass-fed only (organic)           |
| <input type="checkbox"/> Spirulina                        | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <input type="checkbox"/> Bison (see also Buffalo)                 |
| <input type="checkbox"/> Squash                           | <input type="checkbox"/> Truffle                              | <input type="checkbox"/> Buffalo (see also Bison)                 |
| <input type="checkbox"/> Squash, Acorn                    | <input type="checkbox"/> Turnip Greens                        | <input type="checkbox"/> Chicken, free range (organic)            |
| <input type="checkbox"/> Squash, Butternut                | <input type="checkbox"/> Turnips                              | <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)   |
| <input type="checkbox"/> Squash, Green                    | <input type="checkbox"/> Vegetable Oil                        |   |

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|---|---|--|
| <input type="checkbox"/> Collagen Protein (Powder)                    | <input type="checkbox"/> Milk, Soy (Organic)                                    | <input type="checkbox"/> Red Tomato Paste (gluten free)          |
| <input type="checkbox"/> Deer (see also Venison)                      | <input type="checkbox"/> Paleo Cheese<br>(Julianbakery.com or                   | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only)        |
| <input type="checkbox"/> Duck   | <input type="checkbox"/> <b>Condiments, Spreads &amp; Sauces</b>                | <input type="checkbox"/> Sherry Vinegar                          |
| <input type="checkbox"/> Goat, Grass-fed only (organic)               | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®)                         | <input type="checkbox"/> Sriracha Sauce Organicville gluten-free |
| <input type="checkbox"/> Great Lake's® Beef Gelatin                   | <input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar) | <input type="checkbox"/> Tabasco Sauce                           |
| <input type="checkbox"/> Lamb   | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy              | <input type="checkbox"/> Tamari (Wheat Free)                     |
| <input type="checkbox"/> Lard (pork)                                  | <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup                | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)    |
| <input type="checkbox"/> Ostrich                                      | <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup                   | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)    |
| <input type="checkbox"/> Pheasant                                     | <input type="checkbox"/> Carob  | <input type="checkbox"/> Ume Plum Vinegar                        |
| <input type="checkbox"/> Pork, (organic)                              | <input type="checkbox"/> Cocoa Butter   | <input type="checkbox"/> Vegetable Shortening (Spectrum®)        |
| <input type="checkbox"/> Quail  | <input type="checkbox"/> Coconut Aminos®  | <input type="checkbox"/> Vinegar, Beet                           |
| <input type="checkbox"/> Rabbit                                       | <input type="checkbox"/> Coconut Cream  | <input type="checkbox"/> Vinegar, Distilled                      |
| <input type="checkbox"/> Turkey (organic)                             | <input type="checkbox"/> Coconut Vinegar (Coconut Secret)                       | <input type="checkbox"/> Vinegar, Rice                           |
| <input type="checkbox"/> Veal (organic)                               | <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard                 | <input type="checkbox"/> Vinegar, White Wine                     |
| <input type="checkbox"/> Venison (see also Deer)                      | <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread               | <input type="checkbox"/> White/Distilled Vinegar                 |
| <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>                  | <input type="checkbox"/> Earth Balance® Coconut Spread                          | <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)        | <input type="checkbox"/> Harissa  | <input type="checkbox"/> <b>Sweeteners</b>                       |
| <input type="checkbox"/> Almond Yogurt, unsweetened                   | <input type="checkbox"/> Ketchup (Organicville)                                 | <input type="checkbox"/> Agave Nectar                            |
| <input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,...)    | <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)                       | <input type="checkbox"/> Aspartame                               |
| <input type="checkbox"/> Cheese, Soy (Organic) (see Soy)              | <input type="checkbox"/> Liquid Smoke gluten free (natural)                     | <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)       | <input type="checkbox"/> Olives (without vinegar)                               | <input type="checkbox"/> Cane Syrup                              |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Red Bean Paste   | <input type="checkbox"/> Chocolate, Dark                         |
| <input type="checkbox"/> Egg, Yolks Pasture-raised                    | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)            | <input type="checkbox"/> Coconut Palm Sugar                      |

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

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

**Milk-Containing Foods**

No foods in this Category



☐ Legumes & Pulses

- ☐ Bean, Azuki
- ☐ Bean, Black
- ☐ Bean, Butter
- ☐ Bean, Cannellini
- ☐ Bean, Chana Dahl
- ☐ Bean, Chili
- ☐ Bean, Italian
- ☐ Bean, Kidney
- ☐ Bean, Lima
- ☐ Bean, Mung
- ☐ Bean, Navy
- ☐ Bean, Ninja
- ☐ Bean, Pinto/Frijole
- ☐ Bean, Red
- ☐ Bean, White
- ☐ Beans
- ☐ Chickpea (see also Garbanzo Bean)
- ☐ Coffee Bean, Organic
- ☐ Edamame (must be organic)
- ☐ Fava Bean
- ☐ Fava Bean Flour
- ☐ Garbanzo Bean
- ☐ Garbanzo Flour

- ☐ Hydrogenated Oils
- ☐ Kidney Bean
- ☐ Lentil(s)
- ☐ Miso
- ☐ Pea, Snap
- ☐ Pea, Snow
- ☐ Pea, Split
- ☐ Peanut (Organic, Valencia)
- ☐ Peanut Butter (Organic, Maranatha®)
- ☐ Peanut Oil (Organic)
- ☐ Red Bean Paste
- ☐ Soybean oil(must be organic)
- ☐ Soy Beans (must be organic)
- ☐ Vanilla Bean
- ☐ Vanilla Powder
- ☐ Vegetable Oil

☐ Corn-Derived Foods

- ☐ Barbeque Sauce, GF Annie's® Sweet & Spicy
- ☐ Cheese, Daiya (Coconut,Tapioca,yeast,...)
- ☐ Cheese, Soy (Organic) (see Soy)
- ☐ Corn (Gluten-free & Non-GMO)
- ☐ Corn, Blue
- ☐ Corn, White

- ☐ Corn Gluten
- ☐ Corn Meal (gluten free)
- ☐ Corn Oil
- ☐ Corn Starch (gluten free)
- ☐ Erythritol (non-GMO)
- ☐ Fructose
- ☐ GemWraps®, Sandwich Wrap (Carrot)
- ☐ Hydrogenated Oils
- ☐ Maltodextrin (Corn-based, non-GMO)
- ☐ Sriracha Sauce Organicville gluten-free
- ☐ Swerve® Sweetener
- ☐ Vegetable Oil
- ☐ Xanthan Gum

☐ Gluten-Containing Foods

No foods in this Category

☐ Gluten-Free Grains

- ☐ Almond Flour (gluten free)
- ☐ Amaranth
- ☐ Arrowroot Flour/powder
- ☐ Basmati Rice (gluten free)
- ☐ Buckwheat
- ☐ Buckwheat Flour
- ☐ Chicory Root

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Coconut Flour (gluten free)               | <input type="checkbox"/> Quinoa, Black (gluten free)                     | <input type="checkbox"/> Tolerant Red or Green Lentil Pasta           |
| <input type="checkbox"/> Coconut Meal (gluten free)                | <input type="checkbox"/> Quinoa, Red (gluten free)                       | <input type="checkbox"/> Tortilla, Siete Almond                       |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO)              | <input type="checkbox"/> Rice, Basmati (gluten free)                     | <input type="checkbox"/> Tortilla, Siete Cassava & Coconut            |
| <input type="checkbox"/> Corn, Blue                                | <input type="checkbox"/> Rice, Black (gluten free)                       | <input type="checkbox"/> Vegetable Oil                                |
| <input type="checkbox"/> Corn, White                               | <input type="checkbox"/> Rice, Brown (gluten free)                       | <input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>       |
| <input type="checkbox"/> Corn Meal (gluten free)                   | <input type="checkbox"/> Rice, Japonica (gluten free)                    | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)        |
| <input type="checkbox"/> Corn Starch (gluten free)                 | <input type="checkbox"/> Rice, Purple (gluten free)                      | <input type="checkbox"/> Apple Cider                                  |
| <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread        | <input type="checkbox"/> Rice, Red (gluten free)                         | <input type="checkbox"/> Apple Juice                                  |
| <input type="checkbox"/> Fava Bean Flour                           | <input type="checkbox"/> Rice, White (gluten free)                       | <input type="checkbox"/> Bone Broth Protein, Beef                     |
| <input type="checkbox"/> Flax Meal                                 | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)          | <input type="checkbox"/> Carrot Juice                                 |
| <input type="checkbox"/> Garbanzo Flour                            | <input type="checkbox"/> Rice Bran                                       | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)       |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com)       | <input type="checkbox"/> Rice Flour (gluten free)                        | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) |
| <input type="checkbox"/> Hazelnut Flour                            | <input type="checkbox"/> Rice Protein Powder (gluten free)               | <input type="checkbox"/> Coconut Water (low sugar)                    |
| <input type="checkbox"/> Hemp Meal                                 | <input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker | <input type="checkbox"/> Coffee                                       |
| <input type="checkbox"/> Hemp Protein (Powder)                     | <input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers    | <input type="checkbox"/> Coffee Bean, Organic                         |
| <input type="checkbox"/> Hemp Seed                                 | <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers       | <input type="checkbox"/> Collagen Protein (Powder)                    |
| <input type="checkbox"/> Hydrogenated Oils                         | <input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers     | <input type="checkbox"/> Echinacea Tea                                |
| <input type="checkbox"/> Konjac Glucomannon Flour                  | <input type="checkbox"/> Sorghum   | <input type="checkbox"/> Grapefruit Juice                             |
| <input type="checkbox"/> Millet                                    | <input type="checkbox"/> Sweet Potato Flour (gluten free)                | <input type="checkbox"/> Great Lake's® Beef Gelatin                   |
| <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Tapioca   | <input type="checkbox"/> Green Tea                                    |
| <input type="checkbox"/> Oats (Certified GF)                       | <input type="checkbox"/> Tapioca Flour (gluten free)                     | <input type="checkbox"/> Hemp Protein (Powder)                        |
| <input type="checkbox"/> Potato Flour (gluten free)                | <input type="checkbox"/> Tapioca Starch (gluten free)                    | <input type="checkbox"/> Komboucha Tea                                |
| <input type="checkbox"/> Potato Starch (gluten free)               | <input type="checkbox"/> Teff  | <input type="checkbox"/> Lemon Juice                                  |
| <input type="checkbox"/> Quinoa (gluten free)                      | <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta               |   |

|  |  |   |
|--|--|---|
| <input type="checkbox"/> Licorice Tea                      | <input type="checkbox"/> <b>Miscellaneous</b>                      | <input type="checkbox"/> Hydrogenated Oils                      |
| <input type="checkbox"/> Lime Juice                        | <input type="checkbox"/> Acacia Gum                                | <input type="checkbox"/> Inulin                                 |
| <input type="checkbox"/> Milk, Soy (Organic)               | <input type="checkbox"/> Agar Gum                                  | <input type="checkbox"/> Konjac Glucomannon Flour               |
| <input type="checkbox"/> Mineral Water                     | <input type="checkbox"/> Antimony                                  | <input type="checkbox"/> Lard (pork)                            |
| <input type="checkbox"/> Orange Juice                      | <input type="checkbox"/> Arabic Gum                                | <input type="checkbox"/> Latex                                  |
| <input type="checkbox"/> Pea Protein                       | <input type="checkbox"/> Baking Powder                             | <input type="checkbox"/> Locust Bean Gum                        |
| <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Baking Soda (Arm & Hammer®)               | <input type="checkbox"/> Lycopene                               |
| <input type="checkbox"/> Soy Milk/Soy Cheese (Organic)     | <input type="checkbox"/> Beef broth (Imagine® low sodium/GF)       | <input type="checkbox"/> Modified Food Starch (Tapioca-based)   |
| <input type="checkbox"/> Soy Protein (Organic)             | <input type="checkbox"/> Blue Food Dye                             | <input type="checkbox"/> Palm Wax                               |
| <input type="checkbox"/> Sparkling Water, unflavored       | <input type="checkbox"/> Bone Broth, Beef                          | <input type="checkbox"/> Pycnogenol                             |
| <input type="checkbox"/> Tea, Black                        | <input type="checkbox"/> Carrageenan Gum                           | <input type="checkbox"/> Red Food Dye                           |
| <input type="checkbox"/> Tea, Chamomile                    | <input type="checkbox"/> Chewing Gum, XylicheW®                    | <input type="checkbox"/> Red Tomato Paste (gluten free)         |
| <input type="checkbox"/> Tea, Green                        | <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)    | <input type="checkbox"/> Resveratrol                            |
| <input type="checkbox"/> Tea, Hibiscus                     | <input type="checkbox"/> Chicory Root                              | <input type="checkbox"/> Rice Starch (if certified gluten free) |
| <input type="checkbox"/> Tea, Komboucha                    | <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)    | <input type="checkbox"/> Silver                                 |
| <input type="checkbox"/> Tea, Oolong                       | <input type="checkbox"/> Collagen Protein (Powder)                 | <input type="checkbox"/> Skinny Crisps® (Plain Jane)            |
| <input type="checkbox"/> Tea, Ramon                        | <input type="checkbox"/> Formaldehyde                              | <input type="checkbox"/> Tofu (Organic)                         |
| <input type="checkbox"/> Tea, Roobios                      | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)         | <input type="checkbox"/> Tragacanth Gum                         |
| <input type="checkbox"/> Tea, Unflavored                   | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)     | <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)  |
| <input type="checkbox"/> Tea, White                        | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle) | <input type="checkbox"/> Vegetable Oil                          |
| <input type="checkbox"/> Water                             | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com)       | <input type="checkbox"/> Xanthan Gum                            |
| <input type="checkbox"/> Wine, White (Champagne)           | <input type="checkbox"/> Great Lake's® Beef Gelatin                | <input type="checkbox"/> Yeast, Baker's                         |
| <input type="checkbox"/> Yerba Matte Tea (Organic/Pure)    | <input type="checkbox"/> Guar Gum                                  | <input type="checkbox"/> Yeast, Brewer's                        |
| <input type="checkbox"/> Zevia Drinks                      | <input type="checkbox"/> Hops                                      | <input type="checkbox"/> Yeast, Nutritional                     |

sundas malik

11/04/2017

☐

Snacks

☐

Apple Sauce

☐

Dates

☐

Simple Mills Chocolate Chip  
Cookies