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

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| <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Pea, Black-Eyed | <input type="checkbox"/> Prickly Pear |
| <input type="checkbox"/> Kombu | <input type="checkbox"/> Pea, Green | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Leeks | <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Lettuce, all types | <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Pumpkin Powder |
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Mushrooms, Button | <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Rainbow Chard |
| <input type="checkbox"/> Mushrooms, Maitake | <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Mushrooms, Shiitake | <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Nori | <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <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 Protein | <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Squash, Summer |

<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Watercress	<input type="checkbox"/> Dragon Fruit (Pitaya)
<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Dried Fruit
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Elderberry
<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Fig
<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Yucca	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Tomatillo		<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Tomato	<input type="checkbox"/> Fruits	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Acai	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Truffle	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Turnips	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Dates	<input type="checkbox"/> Lemon Rind/Peel

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

<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnuts, Black
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Pumpkin Oil	
<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Fish & Shellfish
<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Corvina
<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Octopus
<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Sardines
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sacha Inchi Seeds	
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds	
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Almond Yogurt, unsweetened
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,Â....)
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tahini	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Pecans	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Paleo Cheese (Julianbakery.com or
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Oil	
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut Oil	
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnuts	

<input type="checkbox"/> Condiments	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Date Sugar
<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	<input type="checkbox"/> Ume Plum Vinegar	<input type="checkbox"/> Fructose
<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)	<input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®)	<input type="checkbox"/> Fruit Pectin
<input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	<input type="checkbox"/> Vinegar	<input type="checkbox"/> Honey, (Organic)
<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Vinegar, Beet	<input type="checkbox"/> Honey, Manuka
<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Honey, Wildflower from Mahava®
<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Jerusalem Artichoke Syrup
<input type="checkbox"/> Carob	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Just Like Sugar®
<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Lo Han
<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil	<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Maltitol
<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard	<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Maltodextrin (Barley-derived)
<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread		<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)
<input type="checkbox"/> Earth Balance® Coconut Spread	<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Maltodextrin (Tapioca-based)
<input type="checkbox"/> Harissa	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Maple Sugar
<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)	<input type="checkbox"/> Aspartame	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)
<input type="checkbox"/> Hummus	<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/> Molasses
<input type="checkbox"/> Ketchup (Organicville)	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Monk Fruit (Pure)
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Monk Fruit Extract
<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Nutrasweet®
<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Rebiana Leaf (Stevia)
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Sorbitol

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| <input type="checkbox"/> Splenda | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Sucanat | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Sucralose | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Garlic Salt |
| <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Ginkgo Biloba |
| <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Swerve® Sweetener | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Tapioca Dextrose | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Xyla (Birchwood Xylitol) | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Grapeseed Extract |
| <input type="checkbox"/> Xylitol | <input type="checkbox"/> Cloves | <input type="checkbox"/> Guarana |
| <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Gymnema Silvestre |
| | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Cumin | <input type="checkbox"/> Jamaican Jerk |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Curcumin | <input type="checkbox"/> Juniper Berry |
| <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Lavender |
| <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Pepper |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lemongrass |
| <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Echinacea | <input type="checkbox"/> Licorice Root |
| <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Fennel | <input type="checkbox"/> Maca Root |

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| <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Pepper/Peppercorns | <input type="checkbox"/> Valerian |
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Peppermint | <input type="checkbox"/> Vanilla (gluten and corn-free) |
| <input type="checkbox"/> Mesquite | <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> Vanilla Bean |
| <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Vanilla Powder |
| <input type="checkbox"/> Mint | <input type="checkbox"/> Rose Hips | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Wintergreen |
| <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Saffron | <input type="checkbox"/> Wormwood |
| <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Sage | |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Milk-Containing Foods |
| <input type="checkbox"/> Onion | <input type="checkbox"/> Sesame Seeds | |
| <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Legumes & Pulses |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Shallots | <input type="checkbox"/> Bean, Azuki |
| <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Spearmint | <input type="checkbox"/> Bean, Black |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Bean, Butter |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Sumac | <input type="checkbox"/> Bean, Cannellini |
| <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Taco Seasoning | <input type="checkbox"/> Bean, Chana Dahl |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Bean, Chili |
| <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> Tarragon | <input type="checkbox"/> Bean, Green |
| <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Thyme | <input type="checkbox"/> Bean, Italian |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Bean, Kidney |
| <input type="checkbox"/> Pepper, Sichuan | <input type="checkbox"/> Turmeric | <input type="checkbox"/> Bean, Lima |
| <input type="checkbox"/> Pepper, Szechuan | <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Bean, Mung |

<input type="checkbox"/> Bean, Navy	<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Bean, Ninja	<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Bean, Red	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Bean, White	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Beans		<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Millet
<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oats (Certified GF)
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Potato Flour (gluten free)
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Starch (gluten free)
<input type="checkbox"/> Kidney Bean	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> Miso	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Rice Bran
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Rice Flour (gluten free)
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice, Basmati (gluten free)
<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Black (gluten free)
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Brown (gluten free)

<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)
<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Barley	<input type="checkbox"/> Oats
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Oats, GF (not Certified) can have gluten
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Orzo
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Barley Juice (may contain gluten)	<input type="checkbox"/> Panko
<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Beer	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers	<input type="checkbox"/> Bran	<input type="checkbox"/> Rye
<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Semolina
<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Soy Sauce
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Spelt
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Teechino
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Couscous	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Triticale
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Farro	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Teff	<input type="checkbox"/> Gluten	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Kamut	<input type="checkbox"/> Wheat (All Types)
<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)
<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Malt	
<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Maltitol	
	<input type="checkbox"/> Maltodextrin (Barley-derived)	
	<input type="checkbox"/> Modified Food Starch	

<input type="checkbox"/>	Corn-Derived Foods	<input type="checkbox"/>	Beverages & Protein Powders	<input type="checkbox"/>	Pea Protein
<input type="checkbox"/>	Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/>	Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/>	Rice Protein Powder (gluten free)
<input type="checkbox"/>	Cheese, Daiya (Coconut,Tapioca,yeast,Â....)	<input type="checkbox"/>	Apple Cider	<input type="checkbox"/>	Soy Milk/Soy Cheese (Organic)
<input type="checkbox"/>	Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/>	Apple Juice	<input type="checkbox"/>	Soy Protein (Organic)
<input type="checkbox"/>	Chewing Gum (has gluten and corn)	<input type="checkbox"/>	Beer	<input type="checkbox"/>	Sparkling Water, unflavored
<input type="checkbox"/>	Corn (Gluten-free & Non-GMO)	<input type="checkbox"/>	Carrot Juice	<input type="checkbox"/>	Tea, Black
<input type="checkbox"/>	Corn Gluten	<input type="checkbox"/>	Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/>	Tea, Chamomile
<input type="checkbox"/>	Corn Meal (gluten free)	<input type="checkbox"/>	Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/>	Tea, Green
<input type="checkbox"/>	Corn Oil	<input type="checkbox"/>	Coconut Water (low sugar)	<input type="checkbox"/>	Tea, Hibiscus
<input type="checkbox"/>	Corn Starch (gluten free)	<input type="checkbox"/>	Coffee	<input type="checkbox"/>	Tea, Komboucha
<input type="checkbox"/>	Corn, Blue	<input type="checkbox"/>	Coffee Bean, Organic	<input type="checkbox"/>	Tea, Oolong
<input type="checkbox"/>	Corn, White	<input type="checkbox"/>	Coffee, Instant (has gluten)	<input type="checkbox"/>	Tea, Ramon
<input type="checkbox"/>	Erythritol (non-GMO)	<input type="checkbox"/>	Echinacea Tea	<input type="checkbox"/>	Tea, Roobios
<input type="checkbox"/>	Fructose	<input type="checkbox"/>	Grapefruit Juice	<input type="checkbox"/>	Tea, Unflavored
<input type="checkbox"/>	GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/>	Green Tea	<input type="checkbox"/>	Tea, White
<input type="checkbox"/>	Maltitol	<input type="checkbox"/>	Hemp Protein (Powder)	<input type="checkbox"/>	Teechino
<input type="checkbox"/>	Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/>	Komboucha Tea	<input type="checkbox"/>	Water
<input type="checkbox"/>	Modified Food Starch	<input type="checkbox"/>	Lemon Juice	<input type="checkbox"/>	Wine, Red
<input type="checkbox"/>	Sriracha Sauce Organicville gluten-free	<input type="checkbox"/>	Licorice Tea	<input type="checkbox"/>	Wine, White (Champagne)
<input type="checkbox"/>	Swerve® Sweetener	<input type="checkbox"/>	Lime Juice	<input type="checkbox"/>	Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/>	Vegetable Oil	<input type="checkbox"/>	Mineral Water	<input type="checkbox"/>	Zevia Drinks
<input type="checkbox"/>	Xanthan Gum	<input type="checkbox"/>	Orange Juice		

<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Tomato)	<input type="checkbox"/> Silver
<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Skinny Crisps®® (Plain Jane)
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Antimony	<input type="checkbox"/> Hops	<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Inulin	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Baking Soda (Arm & Hammer®®)	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tragacanth Gum
<input type="checkbox"/> Banana	<input type="checkbox"/> Latex	<input type="checkbox"/> Vegetable broth (Imagine®® Low Sodium)
<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Liquid Aminos (Braggs®®)(has Soy)	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> Vegetable Shortening (Spectrum®®)
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Lycopene	<input type="checkbox"/> Vinegar, Red Wine
<input type="checkbox"/> Chewing Gum, Xyl Chew®®	<input type="checkbox"/> Malt	<input type="checkbox"/> Vinegar, Rice
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Vinegar, White Wine
<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Modified Food Starch (Tapioca-based)	<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
<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Red Food Dye	
<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Red Tomato Paste (gluten free)	
<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Resveratrol	
<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Rice Starch (if certified gluten free)	
<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Mango/Chipotle)	<input type="checkbox"/> Sherry Vinegar	

☐

Snacks

☐

Apple Sauce

☐

Dates

☐

Simple Mills Chocolate Chip
Cookies