

<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Wine, White (Champagne)
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Zevia Drinks
<input type="checkbox"/> Beer	<input type="checkbox"/> Mineral Water	
<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Condiments
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Balsamic Vinegar (Caramel/Red W. Vinegar)
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Balsamic Vinegar MiaBella NoCaramel/WineVinegar)
<input type="checkbox"/> Coffee	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Carob
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread
<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Tea, unflavored/caffeine-free only	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Harissa
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Teechino	<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Water	<input type="checkbox"/> Hummus
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> Ketchup (Organicville)

<input type="checkbox"/> Mayonnaise	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Oyster
<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Perch
<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil	<input type="checkbox"/> Bass	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Catfish	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Sardines
<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Clam	<input type="checkbox"/> Scallop
<input type="checkbox"/> Ume Plum Vinegar	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®)	<input type="checkbox"/> Corvina	<input type="checkbox"/> Sole
<input type="checkbox"/> Vinegar	<input type="checkbox"/> Crab	<input type="checkbox"/> Squid
<input type="checkbox"/> Vinegar, Beet	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Swai
<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Flounder	<input type="checkbox"/> Tilapia (Non-farmed)
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Haddock	<input type="checkbox"/> Trout
<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Hake	<input type="checkbox"/> Tuna
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Halibut	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Herring	<input type="checkbox"/> Whitefish/Turbot
	<input type="checkbox"/> Lobster	
<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Mackerel	
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Mahi Mahi	
	<input type="checkbox"/> Mussel	
	<input type="checkbox"/> Octopus	
	<input type="checkbox"/> Orange Roughy	

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

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| <input type="checkbox"/> Plum | <input type="checkbox"/> Bread | <input type="checkbox"/> Spelt |
| <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Teechino |
| <input type="checkbox"/> Pomelo | <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Teriyaki Sauce |
| <input type="checkbox"/> Prune | <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Triticale |
| <input type="checkbox"/> Quince | <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Raisin (unsulfured, organic) | <input type="checkbox"/> Couscous | <input type="checkbox"/> Vinegar, Malt |
| <input type="checkbox"/> Raspberry | <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Vinegar, White |
| <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Durum Wheat | <input type="checkbox"/> Wheat (All Types) |
| <input type="checkbox"/> Strawberry | <input type="checkbox"/> Farro | <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated) |
| <input type="checkbox"/> Tamarind | <input type="checkbox"/> Gluten | |
| <input type="checkbox"/> Tangelo | <input type="checkbox"/> Graham (wheat) | <input type="checkbox"/> Gluten-Free Grains |
| <input type="checkbox"/> Tangerine | <input type="checkbox"/> Kamut | <input type="checkbox"/> Almond Flour (gluten free) |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Amaranth |
| <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Malt | <input type="checkbox"/> Arrowroot Flour/powder |
| <input type="checkbox"/> Youngberry | <input type="checkbox"/> Maltodextrin (Barley-derived) | <input type="checkbox"/> Basmati Rice (gluten free) |
| | <input type="checkbox"/> Oats (Can be contaminated with gluten) | <input type="checkbox"/> Buckwheat |
| <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Orzo | <input type="checkbox"/> Buckwheat Flour |
| <input type="checkbox"/> Barley | <input type="checkbox"/> Panko | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive) | <input type="checkbox"/> Polish Wheat | <input type="checkbox"/> Coconut Flour (gluten free) |
| <input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive) | <input type="checkbox"/> Rye | <input type="checkbox"/> Coconut Meal (gluten free) |
| <input type="checkbox"/> Beer | <input type="checkbox"/> Semolina | <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread |
| <input type="checkbox"/> Bran | <input type="checkbox"/> Soy Sauce | <input type="checkbox"/> Fava Bean Flour |

<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Allspice
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Anise
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Basil
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> ProGranola (Julian Bakery)	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Chili Powder
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Teff	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Cloves
<input type="checkbox"/> Rice Protein Powder (gluten free)		<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Rice, Basmati (gluten free)		<input type="checkbox"/> Cloves, Penang

<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Onion
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Hickory	<input type="checkbox"/> Onion Powder
<input type="checkbox"/> Cumin	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Orange Peel/Rind
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Orange Salt
<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Oregano
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lavender	<input type="checkbox"/> Paprika
<input type="checkbox"/> Dill	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Paprika (smoked)
<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Parsley
<input type="checkbox"/> Echinacea	<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)
<input type="checkbox"/> Fennel	<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Pepper, Cayenne
<input type="checkbox"/> Garlic	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Pepper, Red
<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Pepper, Sichuan
<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Maca Root	<input type="checkbox"/> Pepper, Szechuan
<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Pepper/Peppercorns
<input type="checkbox"/> Ginger	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mesquite	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Mint	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Guarana	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Saffron
<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sage

<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Miso
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Shallots	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Peanut (Organic, Valencia)
<input type="checkbox"/> Sumac	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Soy Beans (must be organic)
<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Soy Beans Oil (must be organic)
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Navy/Ninja	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> White Beans
<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)	
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Applegate® organic andouille sausage
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Applegate® organic chicken/apple sausage
	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Applegate® organic ham

<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Cheese, Gouda
<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Quail	<input type="checkbox"/> Cheese, Havarti
<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Cheese, Machego
<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Cheese, Marscapone
<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Cheese, Mozzarella (Raw)
<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Cheese, Muenster
<input type="checkbox"/> Applegate® organic smoked turkey breast		<input type="checkbox"/> Cheese, Parmesan
<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Duck	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw

<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Malt
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Maltodextrin (Barley-derived)
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Modified Food Starch (Tapioca-based)
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> Whey	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)	<input type="checkbox"/> Red Tomato Paste (gluten free)
	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice Starch (if certified gluten free)
<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Silver
<input type="checkbox"/> Antimony	<input type="checkbox"/> Hops	<input type="checkbox"/> Skinny Crisps®(Plain Jane)
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Inulin	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Bone Broth, Beef	<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tragacanth Gum
<input type="checkbox"/> Chewing Gum, Xylicew®	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Latex	<input type="checkbox"/> Vinegar, Red Wine
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)	<input type="checkbox"/> Vinegar, Rice
<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> Vinegar, White Wine

<input type="checkbox"/> Yeast, Baker's	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Yeast, Brewer's	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Yeast, Nutritional	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Hydrogenated Oils
	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Macadamia Nut Oil
<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Cashews	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Chestnut	<input type="checkbox"/> Pecan
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Pecan Flour
<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pepitas
<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pili Nuts
<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Pistachios
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Poppy seeds
<input type="checkbox"/> Paleo Cheese (Julianbakery.com or	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Pumpkin Oil
	<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Seed Oil
<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Pumpkin Seeds
<input type="checkbox"/> Almond	<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Ramon Seeds
<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Hazelnut/Filbert	<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

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|--|---|---|
| <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Molasses |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Monk Fruit (Pure) |
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup | <input type="checkbox"/> Monk Fruit Extract |
| <input type="checkbox"/> Sunflower Seed Butter | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Rebiana Leaf (Stevia) |
| <input type="checkbox"/> Sunflower Seed Lecithin | <input type="checkbox"/> Cane Syrup | <input type="checkbox"/> Sorbitol |
| <input type="checkbox"/> Sunflower Seed Oil | <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Sucanat |
| <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Sucralose |
| <input type="checkbox"/> Tahini | <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Sugar Cane |
| <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Coconut Sugar | <input type="checkbox"/> Sweetleaf® Stevia |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Tapioca Dextrose |
| <input type="checkbox"/> Walnut (few) | <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source) |
| <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> Yacon Syrup |
| <input type="checkbox"/> Walnut, Black (few) | <input type="checkbox"/> Honey, Manuka | |
| | <input type="checkbox"/> Honey, Wildflower from Mahava® | <input type="checkbox"/> Vegetables |
| <input type="checkbox"/> Snacks | <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Alfalfa Sprouts |
| <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Aloe Vera |
| <input type="checkbox"/> Date(s) | <input type="checkbox"/> Lo Han | <input type="checkbox"/> Artichoke (not pickled) |
| <input type="checkbox"/> Simple Mills Chocolate Chip Cookies | <input type="checkbox"/> Maltodextrin (Barley-derived) | <input type="checkbox"/> Artichoke, Jerusalem (not pickled) |
| | <input type="checkbox"/> Maltodextrin (Tapioca-based) | <input type="checkbox"/> Arugula |
| | <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Asparagus |
| | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Avocado |

<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Capers	<input type="checkbox"/> Endive
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Fennel
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Garlic
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Jicama
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kombu
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery	<input type="checkbox"/> Leeks
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Chives	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Burdock	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Nori
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra
<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Onion, Green

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| <input type="checkbox"/> Onion, Maui | <input type="checkbox"/> Potato, Fingerling | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Onion, Red | <input type="checkbox"/> Potato, Purple | <input type="checkbox"/> Squash, Acorn |
| <input type="checkbox"/> Onion, Sweet | <input type="checkbox"/> Potato, Red | <input type="checkbox"/> Squash, Butternut |
| <input type="checkbox"/> Onion, Yellow | <input type="checkbox"/> Potato, Russet | <input type="checkbox"/> Squash, Green |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Potato, Sweet | <input type="checkbox"/> Squash, Spaghetti |
| <input type="checkbox"/> Parsnip | <input type="checkbox"/> Potato, White | <input type="checkbox"/> Squash, Summer |
| <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Squash, Winter |
| <input type="checkbox"/> Pea, Black-Eyed | <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Squash, Yellow |
| <input type="checkbox"/> Pea, Green | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Sweet Potato, Red |
| <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Radicchio | <input type="checkbox"/> Sweet Potatoes, White |
| <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Radish | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |
| <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Scallions | <input type="checkbox"/> Tomato, Cherry |
| <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Sea Vegetables | <input type="checkbox"/> Tomato, Heirloom |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Seaweed | <input type="checkbox"/> Tomato, Orange |
| <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Shallots | <input type="checkbox"/> Tomato, Red |
| <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Spinach | <input type="checkbox"/> Tomato, Roma |
| <input type="checkbox"/> Pimento | <input type="checkbox"/> Spirulina | <input type="checkbox"/> Tomato, Sun-dried |

- ☐ Tomato, Yellow
- ☐ Tomatoes, Big Beef
- ☐ Truffle
- ☐ Turnip Greens
- ☐ Turnips
- ☐ Water Chestnut
- ☐ Watercress
- ☐ Yams, Garnett
- ☐ Yams, Japanese
- ☐ Yucca
- ☐ Zucchini