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|--|--|--|
| <input type="checkbox"/> Fruits                | <input type="checkbox"/> Gooseberry          | <input type="checkbox"/> Mangosteen        |
| <input type="checkbox"/> Acai                  | <input type="checkbox"/> Grape               | <input type="checkbox"/> Maqui             |
| <input type="checkbox"/> Apple (all types)     | <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"/> Dates                 | <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          |
| <input type="checkbox"/> Fig                   | <input type="checkbox"/> Loganberry          | <input type="checkbox"/> Plum              |
| <input type="checkbox"/> Goji Berry            | <input type="checkbox"/> Loquat              | <input type="checkbox"/> Pomegranate       |
| <input type="checkbox"/> Golden Berry          | <input type="checkbox"/> Mango               | <input type="checkbox"/> Pomelo            |

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| <input type="checkbox"/> Prune                                 | <input type="checkbox"/> Avocado Oil                          | <input type="checkbox"/> Hemp Protein (Powder)                  |
| <input type="checkbox"/> Quince                                | <input type="checkbox"/> Brazil Nut                           | <input type="checkbox"/> Hemp Seed                              |
| <input type="checkbox"/> Raisin (unsulfured, organic)          | <input type="checkbox"/> Canola/Rapeseed Oil                  | <input type="checkbox"/> Hydrogenated Oils                      |
| <input type="checkbox"/> Raspberry                             | <input type="checkbox"/> Caraway Seed                         | <input type="checkbox"/> Macadamia Nut Oil                      |
| <input type="checkbox"/> Star Fruit                            | <input type="checkbox"/> Cashew Butter                        | <input type="checkbox"/> Macadamia Nuts                         |
| <input type="checkbox"/> Strawberry                            | <input type="checkbox"/> Cashew Meal                          | <input type="checkbox"/> Olive Leaf Extract                     |
| <input type="checkbox"/> Tamarind                              | <input type="checkbox"/> Cashews                              | <input type="checkbox"/> Olive Oil, Virgin                      |
| <input type="checkbox"/> Tangelo                               | <input type="checkbox"/> Chestnut                             | <input type="checkbox"/> Palm Kernel Oil                        |
| <input type="checkbox"/> Tangerine                             | <input type="checkbox"/> Chia Seed (1/4 cup, max)             | <input type="checkbox"/> Pecan Flour                            |
| <input type="checkbox"/> Vinegar, Red Wine                     | <input type="checkbox"/> Coconut Butter                       | <input type="checkbox"/> Pecans                                 |
| <input type="checkbox"/> Watermelon                            | <input type="checkbox"/> Coconut Oil                          | <input type="checkbox"/> Pepitas                                |
| <input type="checkbox"/> Wolfberry                             | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Pili Nuts                              |
| <input type="checkbox"/> Youngberry                            | <input type="checkbox"/> Cola Nut (aka Kola Nut)              | <input type="checkbox"/> Pine Nut                               |
|  | <input type="checkbox"/> Corn Oil                             | <input type="checkbox"/> Pistachios                             |
| <input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b> | <input type="checkbox"/> Cottonseed/Cottonseed Oil            | <input type="checkbox"/> Poppy seeds                            |
| <input type="checkbox"/> Almond                                | <input type="checkbox"/> Flax Meal                            | <input type="checkbox"/> Psyllium Husk                          |
| <input type="checkbox"/> Almond Butter (Artisana®)             | <input type="checkbox"/> Flax Oil                             | <input type="checkbox"/> Pumpkin Oil                            |
| <input type="checkbox"/> Almond Flavor (natural, gluten free)  | <input type="checkbox"/> Flax Seed                            | <input type="checkbox"/> Pumpkin Seed Oil                       |
| <input type="checkbox"/> Almond Flour (gluten free)            | <input type="checkbox"/> Grapeseed Oil, Organic               | <input type="checkbox"/> Pumpkin Seeds                          |
| <input type="checkbox"/> Almond Meal (gluten free)             | <input type="checkbox"/> Hazelnut Flour                       | <input type="checkbox"/> Ramon Seeds                            |
| <input type="checkbox"/> Almond, Marcona                       | <input type="checkbox"/> Hazelnut/Filbert                     | <input type="checkbox"/> Rice Bran Oil                          |
| <input type="checkbox"/> Annatto Seed                          | <input type="checkbox"/> Hemp Meal                            | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) |

<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> <b>Vegetables</b>	<input type="checkbox"/> Broccoli
<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Broccoli Rabe
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Broccoli Sprouts
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Broccolini
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Brussels Sprout
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Burdock
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cabbage, Green
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Avocado	<input type="checkbox"/> Cabbage, Purple
<input type="checkbox"/> Tahini	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Cactus (Nopales)
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Capers
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Truffle Oil	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Truffle Oil, Black	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, Orange
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow
<input type="checkbox"/> Walnuts	<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)
<input type="checkbox"/> Walnuts, Black	<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower
	<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple
	<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery
	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard

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| <input type="checkbox"/> Chayote                       | <input type="checkbox"/> Kohlrabi                             | <input type="checkbox"/> Pea Protein                  |
| <input type="checkbox"/> Chives                        | <input type="checkbox"/> Kombu                                | <input type="checkbox"/> Pea, Black-Eyed              |
| <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Leeks                                | <input type="checkbox"/> Pea, Green                   |
| <input type="checkbox"/> Coconut Concentrate           | <input type="checkbox"/> Lettuce, all types                   | <input type="checkbox"/> Pea, Snap                    |
| <input type="checkbox"/> Collard Greens                | <input type="checkbox"/> Mushrooms                            | <input type="checkbox"/> Pea, Snow                    |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO)  | <input type="checkbox"/> Mushrooms, Button                    | <input type="checkbox"/> Pea, Split                   |
| <input type="checkbox"/> Corn, Blue                    | <input type="checkbox"/> Mushrooms, Cremini/Crimini           | <input type="checkbox"/> Pepper, Anaheim              |
| <input type="checkbox"/> Corn, White                   | <input type="checkbox"/> Mushrooms, Maitake                   | <input type="checkbox"/> Pepper, Cayenne              |
| <input type="checkbox"/> Cucumber                      | <input type="checkbox"/> Mushrooms, Shiitake                  | <input type="checkbox"/> Pepper, Chili                |
| <input type="checkbox"/> Daikon Radish                 | <input type="checkbox"/> Mustard Greens                       | <input type="checkbox"/> Pepper, Green                |
| <input type="checkbox"/> Dandelion Greens              | <input type="checkbox"/> Nori                                 | <input type="checkbox"/> Pepper, Habanero             |
| <input type="checkbox"/> Dandelion Root                | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <input type="checkbox"/> Pepper, Jalapeño             |
| <input type="checkbox"/> Eggplant                      | <input type="checkbox"/> Okra                                 | <input type="checkbox"/> Pepper, Poblano              |
| <input type="checkbox"/> Endive                        | <input type="checkbox"/> Olives (without vinegar)             | <input type="checkbox"/> Pepper, Red                  |
| <input type="checkbox"/> Fennel                        | <input type="checkbox"/> Onion, Green                         | <input type="checkbox"/> Pepper, Serrano              |
| <input type="checkbox"/> Garlic                        | <input type="checkbox"/> Onion, Maui                          | <input type="checkbox"/> Pickles, Bubbies® brand only |
| <input type="checkbox"/> Hearts of Palm                | <input type="checkbox"/> Onion, Red                           | <input type="checkbox"/> Pimento                      |
| <input type="checkbox"/> Horseradish                   | <input type="checkbox"/> Onion, Sweet                         | <input type="checkbox"/> Potato, Fingerling           |
| <input type="checkbox"/> Hydrogenated Oils             | <input type="checkbox"/> Onion, Yellow                        | <input type="checkbox"/> Potato, Purple               |
| <input type="checkbox"/> Jicama                        | <input type="checkbox"/> Paprika                              | <input type="checkbox"/> Potato, Red                  |
| <input type="checkbox"/> Kale, all types               | <input type="checkbox"/> Parsley                              | <input type="checkbox"/> Potato, Russet               |
| <input type="checkbox"/> Kelp/Dulse                    | <input type="checkbox"/> Parsnip                              | <input type="checkbox"/> Potato, Sweet                |

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| <input type="checkbox"/> Potato, White                       | <input type="checkbox"/> Squash, Green                           | <input type="checkbox"/> Turnip Greens                           |
| <input type="checkbox"/> Potato, Yukon Gold                  | <input type="checkbox"/> Squash, Spaghetti                       | <input type="checkbox"/> Turnips                                 |
| <input type="checkbox"/> Prickly Pear                        | <input type="checkbox"/> Squash, Summer                          | <input type="checkbox"/> Vegetable Oil                           |
| <input type="checkbox"/> Psyllium Husk                       | <input type="checkbox"/> Squash, Winter                          | <input type="checkbox"/> Water Chestnut                          |
| <input type="checkbox"/> Pumpkin                             | <input type="checkbox"/> Squash, Yellow                          | <input type="checkbox"/> Watercress                              |
| <input type="checkbox"/> Pumpkin Powder                      | <input type="checkbox"/> Sugar Beet                              | <input type="checkbox"/> Wheat Grass (Is<br>Gluten-contaminated) |
| <input type="checkbox"/> Radicchio                           | <input type="checkbox"/> Sweet Potato, Red                       | <input type="checkbox"/> Yams, Garnett                           |
| <input type="checkbox"/> Radish                              | <input type="checkbox"/> Sweet Potatoes, White                   | <input type="checkbox"/> Yams, Japanese                          |
| <input type="checkbox"/> Rainbow Chard                       | <input type="checkbox"/> Swiss Chard                             | <input type="checkbox"/> Yucca                                   |
| <input type="checkbox"/> Red Pepper Flake                    | <input type="checkbox"/> Tomatillo                               | <input type="checkbox"/> Zucchini                                |
| <input type="checkbox"/> Rhubarb                             | <input type="checkbox"/> Tomato                                  |  |
| <input type="checkbox"/> Rutabaga                            | <input type="checkbox"/> Tomato Paste (gluten &<br>Vinegar-free) | <input type="checkbox"/> <b>Fish &amp; Shellfish</b>             |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand<br>only) | <input type="checkbox"/> Tomato Sauce (gluten &<br>Vinegar-free) | <input type="checkbox"/> Anchovy                                 |
| <input type="checkbox"/> Scallions                           | <input type="checkbox"/> Tomato, Cherry                          | <input type="checkbox"/> Bass                                    |
| <input type="checkbox"/> Sea Vegetables                      | <input type="checkbox"/> Tomato, Heirloom                        | <input type="checkbox"/> Catfish                                 |
| <input type="checkbox"/> Seaweed                             | <input type="checkbox"/> Tomato, Orange                          | <input type="checkbox"/> Chilean Sea Bass                        |
| <input type="checkbox"/> Shallots                            | <input type="checkbox"/> Tomato, Red                             | <input type="checkbox"/> Clam                                    |
| <input type="checkbox"/> Spinach                             | <input type="checkbox"/> Tomato, Roma                            | <input type="checkbox"/> Cod/ Cod Liver Oil                      |
| <input type="checkbox"/> Spirulina                           | <input type="checkbox"/> Tomato, Sun-dried                       | <input type="checkbox"/> Corvina                                 |
| <input type="checkbox"/> Squash                              | <input type="checkbox"/> Tomato, Yellow                          | <input type="checkbox"/> Crab                                    |
| <input type="checkbox"/> Squash, Acorn                       | <input type="checkbox"/> Tomatoes, Big Beef                      | <input type="checkbox"/> Crab, Immitation                        |
| <input type="checkbox"/> Squash, Butternut                   | <input type="checkbox"/> Truffle                                 | <input type="checkbox"/> Crayfish                                |

<input type="checkbox"/> Flounder	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Haddock	<input type="checkbox"/> Trout	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Hake	<input type="checkbox"/> Tuna	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Halibut	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Chicken Broth (ImagineÂ® gf/low sodium)
<input type="checkbox"/> Herring	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Lobster		<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Mackerel	<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> ApplegateÂ® organic andouille sausage	<input type="checkbox"/> Duck
<input type="checkbox"/> Mussel	<input type="checkbox"/> ApplegateÂ® organic bacon	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Octopus	<input type="checkbox"/> ApplegateÂ® organic black forest ham	<input type="checkbox"/> Great Lake'sÂ® Beef Gelatin
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> ApplegateÂ® organic chicken	<input type="checkbox"/> Lamb
<input type="checkbox"/> Oyster	<input type="checkbox"/> ApplegateÂ® organic chicken/apple sausage	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Perch	<input type="checkbox"/> ApplegateÂ® organic ham	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> ApplegateÂ® organic herb roasted turkey	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> ApplegateÂ® organic hot dogs	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Sardines	<input type="checkbox"/> ApplegateÂ® organic red pepper sausage	<input type="checkbox"/> Quail
<input type="checkbox"/> Scallop	<input type="checkbox"/> ApplegateÂ® organic roast beef	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Shrimp	<input type="checkbox"/> ApplegateÂ® organic sausage sweet italian	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Sole	<input type="checkbox"/> ApplegateÂ® organic smoked chicken breast	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Squid	<input type="checkbox"/> ApplegateÂ® organic smoked turkey breast	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Swai	<input type="checkbox"/> ApplegateÂ® organic turkey	
<input type="checkbox"/> Swordfish	<input type="checkbox"/> ApplegateÂ® organic turkey bacon	

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| <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>                            | <input type="checkbox"/> Coconut Vinegar (Coconut Secret)            | <input type="checkbox"/> Tamari (Wheat Free)                     |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)                  | <input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil  | <input type="checkbox"/> Teriyaki Sauce                          |
| <input type="checkbox"/> Almond Yogurt, unsweetened                             | <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard      | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)    |
| <input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, etc.)          | <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread    | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)    |
| <input type="checkbox"/> Cheese, Soy (Organic) (see Soy)                        | <input type="checkbox"/> Earth Balance® Coconut Spread               | <input type="checkbox"/> Ume Plum Vinegar                        |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)                 | <input type="checkbox"/> Harissa                                     | <input type="checkbox"/> Veganise Soy-free (Follow Your Heart®)  |
| <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)          | <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)   | <input type="checkbox"/> Vegetable Shortening (Spectrum®)        |
| <input type="checkbox"/> Milk, Soy (Organic)                                    | <input type="checkbox"/> Hummus                                      | <input type="checkbox"/> Vinegar                                 |
| <input type="checkbox"/> Paleo Cheese (Julianbakery.com or                      | <input type="checkbox"/> Ketchup (Organicville)                      | <input type="checkbox"/> Vinegar, Beet                           |
|   | <input type="checkbox"/> Liquid Aminos (Bragg's®) (has Soy)          | <input type="checkbox"/> Vinegar, Distilled                      |
| <input type="checkbox"/> <b>Condiments, Spreads &amp; Sauces</b>                | <input type="checkbox"/> Liquid Smoke (can have gluten)              | <input type="checkbox"/> Vinegar, Malt                           |
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®)                         | <input type="checkbox"/> Liquid Smoke gluten free (natural)          | <input type="checkbox"/> Vinegar, Red Wine                       |
| <input type="checkbox"/> Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)      | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard)           | <input type="checkbox"/> Vinegar, Rice                           |
| <input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)               | <input type="checkbox"/> Olives (without vinegar)                    | <input type="checkbox"/> Vinegar, White                          |
| <input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar) | <input type="checkbox"/> Red Bean Paste                              | <input type="checkbox"/> Vinegar, White Wine                     |
| <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy              | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> White/Distilled Vinegar                 |
| <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup                | <input type="checkbox"/> Red Tomato Paste (gluten free)              | <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup                   | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only)            |  |
| <input type="checkbox"/> Carob  | <input type="checkbox"/> Sherry Vinegar                              |  |
| <input type="checkbox"/> Cocoa Butter   | <input type="checkbox"/> Soy Sauce                                   |  |
| <input type="checkbox"/> Coconut Aminos®  | <input type="checkbox"/> Sriracha Sauce Organicville gluten-free     |  |
| <input type="checkbox"/> Coconut Cream  | <input type="checkbox"/> Tabasco Sauce                               |  |

☐ Sweeteners

- ☐ Agave Nectar
- ☐ Aspartame
- ☐ BodyPro Almond Mayo Grade A Maple Syrup
- ☐ Brown Rice Syrup (contains MSG/Gluten)
- ☐ Cane Syrup
- ☐ Chocolate, Dark
- ☐ Coconut Palm Sugar
- ☐ Coconut Sugar
- ☐ Date Sugar
- ☐ Erythritol (non-GMO)
- ☐ Fructose
- ☐ Fruit Pectin
- ☐ Honey, (Organic)
- ☐ Honey, Manuka
- ☐ Honey, Wildflower from Mahava®
- ☐ Jerusalem Artichoke Syrup
- ☐ Just Like Sugar®
- ☐ Lo Han
- ☐ Maltitol
- ☐ Maltodextrin (Barley-derived)
- ☐ Maltodextrin (Corn-based, non-GMO)

☐ Maltodextrin (Tapioca-based)

- ☐ Maple Sugar
- ☐ Maple Syrup (Grade A Dark Amber Organic)
- ☐ Molasses
- ☐ Monk Fruit (Pure)
- ☐ Monk Fruit Extract
- ☐ Nutrasweet®
- ☐ Rebiana Leaf (Stevia)
- ☐ Sorbitol
- ☐ Splenda
- ☐ Sucanat
- ☐ Sucralose
- ☐ Sugar Beet
- ☐ Sugar Cane
- ☐ Sweetleaf® Stevia
- ☐ Swerve® Sweetener
- ☐ Tapioca Dextrose
- ☐ Xyla (Birchwood Xylitol)
- ☐ Xylitol
- ☐ Yacon Syrup

☐ Herbs & Spices

- ☐ Allspice
- ☐ Almond Flavor (natural, gluten free)
- ☐ Anise
- ☐ Ashwaganda
- ☐ Astragalus
- ☐ Basil
- ☐ Bay Leaf
- ☐ Bell Pepper, Red
- ☐ Black Cohosh
- ☐ Capsicum
- ☐ Caramel Coloring
- ☐ Caraway Seed
- ☐ Cardamom
- ☐ Celery Powder
- ☐ Chicory Root
- ☐ Chili Powder
- ☐ Chipotle Seasoning
- ☐ Cilantro/Coriander
- ☐ Cinnamon
- ☐ Cinnamon, Ceylon
- ☐ Cloves



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

<input type="checkbox"/> Saffron	<input type="checkbox"/> Wormwood	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Sage		<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Bean, Navy
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Casein	<input type="checkbox"/> Bean, Ninja
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Shallots	<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Bean, Red
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Bean, White
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Beans
<input type="checkbox"/> Sumac	<input type="checkbox"/> Milk, Buffalo	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Whey	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Tarragon		<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Thyme	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Kidney Bean
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Miso
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Pea, Split

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| <input type="checkbox"/> Peanut (Organic, Valencia)          | <input type="checkbox"/> Corn Starch (gluten free)                 | <input type="checkbox"/> Rice Bran                                       |
| <input type="checkbox"/> Peanut Butter (Organic, Maranatha®) | <input type="checkbox"/> Corn, Blue                                | <input type="checkbox"/> Rice Flour (gluten free)                        |
| <input type="checkbox"/> Peanut Oil (Organic)                | <input type="checkbox"/> Corn, White                               | <input type="checkbox"/> Rice Protein Powder (gluten free)               |
| <input type="checkbox"/> Red Bean Paste                      | <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread        | <input type="checkbox"/> Rice, Basmati (gluten free)                     |
| <input type="checkbox"/> Soy Beans (must be organic)         | <input type="checkbox"/> Fava Bean Flour                           | <input type="checkbox"/> Rice, Black (gluten free)                       |
| <input type="checkbox"/> Soybean oil(must be organic)        | <input type="checkbox"/> Flax Meal                                 | <input type="checkbox"/> Rice, Brown (gluten free)                       |
| <input type="checkbox"/> Vanilla Bean                        | <input type="checkbox"/> Garbanzo Flour                            | <input type="checkbox"/> Rice, Japonica (gluten free)                    |
| <input type="checkbox"/> Vanilla Powder                      | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com)       | <input type="checkbox"/> Rice, Purple (gluten free)                      |
| <input type="checkbox"/> Vegetable Oil                       | <input type="checkbox"/> Hazelnut Flour                            | <input type="checkbox"/> Rice, Red (gluten free)                         |
|  | <input type="checkbox"/> Hemp Meal                                 | <input type="checkbox"/> Rice, White (gluten free)                       |
| <input type="checkbox"/> <b>Gluten-Free Grains</b>           | <input type="checkbox"/> Hemp Protein (Powder)                     | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)          |
| <input type="checkbox"/> Almond Flour (gluten free)          | <input type="checkbox"/> Hemp Seed                                 | <input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker |
| <input type="checkbox"/> Amaranth                            | <input type="checkbox"/> Hydrogenated Oils                         | <input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers    |
| <input type="checkbox"/> Arrowroot Flour/powder              | <input type="checkbox"/> Konjac Glucomannon Flour                  | <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers       |
| <input type="checkbox"/> Basmati Rice (gluten free)          | <input type="checkbox"/> Millet                                    | <input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers     |
| <input type="checkbox"/> Buckwheat                           | <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Sorghum   |
| <input type="checkbox"/> Buckwheat Flour                     | <input type="checkbox"/> Oats (Certified GF)                       | <input type="checkbox"/> Sweet Potato Flour (gluten free)                |
| <input type="checkbox"/> Chicory Root                        | <input type="checkbox"/> Potato Flour (gluten free)                | <input type="checkbox"/> Tapioca   |
| <input type="checkbox"/> Coconut Flour (gluten free)         | <input type="checkbox"/> Potato Starch (gluten free)               | <input type="checkbox"/> Tapioca Flour (gluten free)                     |
| <input type="checkbox"/> Coconut Meal (gluten free)          | <input type="checkbox"/> Quinoa (gluten free)                      | <input type="checkbox"/> Tapioca Starch (gluten free)                    |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO)        | <input type="checkbox"/> Quinoa, Black (gluten free)               | <input type="checkbox"/> Teff  |
| <input type="checkbox"/> Corn Meal (gluten free)             | <input type="checkbox"/> Quinoa, Red (gluten free)                 | <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta               |

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| <input type="checkbox"/> Tolerant Red or Green Lentil Pasta          | <input type="checkbox"/> Maltitol                                | <input type="checkbox"/> Farro                                    |
| <input type="checkbox"/> Tortilla, Siete Almond                      | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)      | <input type="checkbox"/> Gluten                                   |
| <input type="checkbox"/> Tortilla, Siete Cassava & Coconut           | <input type="checkbox"/> Modified Food Starch                    | <input type="checkbox"/> Graham (wheat)                           |
| <input type="checkbox"/> Tortilla, Siete Chia & Cassava              | <input type="checkbox"/> Sriracha Sauce Organicville gluten-free | <input type="checkbox"/> Kamut                                    |
| <input type="checkbox"/> Vegetable Oil                               | <input type="checkbox"/> Swerve® Sweetener                       | <input type="checkbox"/> Liquid Smoke (can have gluten)           |
|  | <input type="checkbox"/> Vegetable Oil                           | <input type="checkbox"/> Malt                                     |
| <input type="checkbox"/> <b>Corn-Derived Foods</b>                   | <input type="checkbox"/> Xanthan Gum                             | <input type="checkbox"/> Maltitol                                 |
| <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy   |  | <input type="checkbox"/> Maltodextrin (Barley-derived)            |
| <input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,Â....) | <input type="checkbox"/> <b>Gluten-Containing Foods</b>          | <input type="checkbox"/> Modified Food Starch                     |
| <input type="checkbox"/> Cheese, Soy (Organic) (see Soy)             | <input type="checkbox"/> Barley                                  | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)     |
| <input type="checkbox"/> Chewing Gum (has gluten and corn)           | <input type="checkbox"/> Barley Grass (can have gluten)          | <input type="checkbox"/> Oats                                     |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO)                | <input type="checkbox"/> Barley Greens (may contain gluten)      | <input type="checkbox"/> Oats, GF (not Certified) can have gluten |
| <input type="checkbox"/> Corn Gluten                                 | <input type="checkbox"/> Barley Juice (may contain gluten)       | <input type="checkbox"/> Orzo                                     |
| <input type="checkbox"/> Corn Meal (gluten free)                     | <input type="checkbox"/> Beer                                    | <input type="checkbox"/> Panko                                    |
| <input type="checkbox"/> Corn Oil                                    | <input type="checkbox"/> Bran                                    | <input type="checkbox"/> Polish Wheat                             |
| <input type="checkbox"/> Corn Starch (gluten free)                   | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)  | <input type="checkbox"/> Rye                                      |
| <input type="checkbox"/> Corn, Blue                                  | <input type="checkbox"/> Caramel Coloring                        | <input type="checkbox"/> Semolina                                 |
| <input type="checkbox"/> Corn, White                                 | <input type="checkbox"/> Chewing Gum (has gluten and corn)       | <input type="checkbox"/> Soy Sauce                                |
| <input type="checkbox"/> Erythritol (non-GMO)                        | <input type="checkbox"/> Coffee, Instant (has gluten)            | <input type="checkbox"/> Spelt                                    |
| <input type="checkbox"/> Fructose                                    | <input type="checkbox"/> Couscous                                | <input type="checkbox"/> Teechino                                 |
| <input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)           | <input type="checkbox"/> Crab, Immitation                        | <input type="checkbox"/> Teriyaki Sauce                           |
| <input type="checkbox"/> Hydrogenated Oils                           | <input type="checkbox"/> Durum Wheat                             | <input type="checkbox"/> Triticale                                |

<input type="checkbox"/> Vinegar	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tea, Komboucha
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Tea, Roobios
	<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Tea, Unflavored
<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Tea, White
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Teechino
<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Vinegar, Red Wine
<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Milk, Buffalo	<input type="checkbox"/> Water
<input type="checkbox"/> Beer	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Whey
<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Wine, Red
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Wine, White (Champagne)
<input type="checkbox"/> Casein	<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Zevia Drinks
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Rice Protein Powder (gluten free)	
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> <b>Miscellaneous</b>
<input type="checkbox"/> Coffee	<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Antimony
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Baking Powder

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| <input type="checkbox"/> Baking Soda (Arm & Hammer®)               | <input type="checkbox"/> Julian Bakery Paleo Wraps              | <input type="checkbox"/> Vinegar, Red Wine                   |
| <input type="checkbox"/> Beef broth (Imagine® low sodium/GF)       | <input type="checkbox"/> Konjac Glucomannon Flour               | <input type="checkbox"/> Xanthan Gum                         |
| <input type="checkbox"/> Blue Food Dye                             | <input type="checkbox"/> Lard (pork)                            | <input type="checkbox"/> Yeast, Baker's                      |
| <input type="checkbox"/> Bone Broth, Beef                          | <input type="checkbox"/> Latex                                  | <input type="checkbox"/> Yeast, Brewer's                     |
| <input type="checkbox"/> Carrageenan Gum                           | <input type="checkbox"/> Locust Bean Gum                        | <input type="checkbox"/> Yeast, Nutritional                  |
| <input type="checkbox"/> Chewing Gum (has gluten and corn)         | <input type="checkbox"/> Lycopene                               |  |
| <input type="checkbox"/> Chewing Gum, Xylitew®                     | <input type="checkbox"/> Malt                                   | <input type="checkbox"/> Snacks                              |
| <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)    | <input type="checkbox"/> Maltodextrin (Barley-derived)          | <input type="checkbox"/> Apple Sauce                         |
| <input type="checkbox"/> Chicory Root                              | <input type="checkbox"/> Modified Food Starch                   | <input type="checkbox"/> Dates                               |
| <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)    | <input type="checkbox"/> Modified Food Starch (Tapioca-based)   | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Collagen Protein (Powder)                 | <input type="checkbox"/> Palm Wax                               |  |
| <input type="checkbox"/> Formaldehyde                              | <input type="checkbox"/> Pycnogenol                             |  |
| <input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)         | <input type="checkbox"/> Red Food Dye                           |  |
| <input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)     | <input type="checkbox"/> Red Tomato Paste (gluten free)         |  |
| <input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle) | <input type="checkbox"/> Resveratrol                            |  |
| <input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)         | <input type="checkbox"/> Rice Starch (if certified gluten free) |  |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com)       | <input type="checkbox"/> Silver                                 |  |
| <input type="checkbox"/> Great Lake's® Beef Gelatin                | <input type="checkbox"/> Skinny Crisps® (Plain Jane)            |  |
| <input type="checkbox"/> Guar Gum                                  | <input type="checkbox"/> Tofu (Organic)                         |  |
| <input type="checkbox"/> Hops                                      | <input type="checkbox"/> Tragacanth Gum                         |  |
| <input type="checkbox"/> Hydrogenated Oils                         | <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)  |  |
| <input type="checkbox"/> Inulin                                    | <input type="checkbox"/> Vegetable Oil                          |  |