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|---|---|--|
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Broccoli | <input type="checkbox"/> Chayote |
| <input type="checkbox"/> Alfalfa Grass | <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Chives |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Broccoli Sprouts | <input type="checkbox"/> Coconut (raw and unsweetened) |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Broccolini | <input type="checkbox"/> Coconut Concentrate |
| <input type="checkbox"/> Applegate® organic chicken/apple sausage | <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Collard Greens |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Burdock | <input type="checkbox"/> Cucumber |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Daikon Radish |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Dandelion Greens |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Eggplant |
| <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"/> Mushrooms	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Scallions
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Sea Vegetables
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Seaweed
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Shallots
<input type="checkbox"/> Nori	<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Spinach
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Pimento	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Squash
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Butternut
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, White	<input type="checkbox"/> Squash, Summer
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Pea Protein	<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"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Fruits	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Acai	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Turnips	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Watercress	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Yucca	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Dates	<input type="checkbox"/> Lemon Rind/Peel
	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lime
	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime Juice
	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Litchi (aka Lychee)
	<input type="checkbox"/> Fig	<input type="checkbox"/> Loganberry

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

<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Herring
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Tahini	<input type="checkbox"/> Lobster
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Mahi Mahi
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Octopus
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Orange Roughy
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Walnuts	<input type="checkbox"/> Oyster
<input type="checkbox"/> Pecans	<input type="checkbox"/> Walnuts, Black	<input type="checkbox"/> Perch
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Bass	<input type="checkbox"/> Sardines
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Catfish	<input type="checkbox"/> Scallop
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Sole
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Corvina	<input type="checkbox"/> Squid
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Crab	<input type="checkbox"/> Swai
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Flounder	<input type="checkbox"/> Tilapia (Wild, Non-farmed)
<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Haddock	<input type="checkbox"/> Trout
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Hake	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Halibut	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Sunflower Seed Oil		

<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Condiments
<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)
<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Pheasant	<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup
<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup
<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Quail	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Carob
<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)
<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard
<input type="checkbox"/> Applegate® organic red pepper sausage		<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread
<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Harissa
<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)
<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Hummus
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil
<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Vinegar, Beet
<input type="checkbox"/> Duck	<input type="checkbox"/> Milk, Soy (Organic)	
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Paleo Cheese (Julianbakery.com or Amazon.com)	
<input type="checkbox"/> Lamb		

<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Chili Powder
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Tapioca Dextrose	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Xyla (Birchwood Xylitol)	<input type="checkbox"/> Cloves
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cloves, Penang
<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Allspice	<input type="checkbox"/> Cramp Bark Extract
<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Cream of Tartar
<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Anise	<input type="checkbox"/> Cumin
<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Curcumin
<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Curry (must be GF)
<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Astragalus	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Lo Han	<input type="checkbox"/> Basil	<input type="checkbox"/> Dill
<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Dong Quai
<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Echinacea
<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Fennel
<input type="checkbox"/> Molasses	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic
<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Pepper
<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Garlic Powder
<input type="checkbox"/> Rebiana Leaf (Stevia)		<input type="checkbox"/> Garlic Salt

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

☐ Wormwood☐ Milk-Containing Foods☐ Legumes & Pulses☐ Bean, Azuki☐ Bean, Black☐ Bean, Butter☐ Bean, Cannellini☐ Bean, Chana Dahl☐ Bean, Chili☐ Bean, Green☐ Bean, Italian☐ Bean, Kidney☐ Bean, Lima☐ Bean, Mung☐ Bean, Navy☐ Bean, Ninja☐ Bean, Pinto/Frijole☐ Bean, Red☐ Bean, White☐ Chickpea (see also Garbanzo Bean)☐ Coffee Bean, Organic☐ Edamame (must be organic)☐ Fava Bean☐ Fava Bean Flour☐ Garbanzo Bean☐ Garbanzo Flour☐ Kidney Bean☐ Lentil(s)☐ Miso☐ Pea, Snap☐ Pea, Snow☐ Pea, Split☐ Peanut (Organic, Valencia)☐ Peanut Butter (Organic, Maranatha®)☐ Peanut Oil (Organic)☐ Red Bean Paste☐ Soy Beans (must be organic)☐ Soy Beans Oil (must be organic)☐ Vanilla Bean☐ Vanilla Powder☐ Gluten-Free Grains☐ Almond Flour (gluten free)☐ Amaranth☐ Arrowroot Flour/powder☐ Buckwheat☐ Buckwheat Flour☐ Chicory Root☐ Coconut Flour (gluten free)☐ Coconut Meal (gluten free)☐ Fava Bean Flour☐ Flax Meal☐ Garbanzo Flour☐ Glucomannon Flour (konjacfoods.com)☐ Hazelnut Flour☐ Hemp Meal☐ Hemp Protein (Powder)☐ Hemp Seed☐ Konjac Glucomannon Flour☐ Oats (Bob's Red Mill Gluten Free Version)☐ Oats (Certified GF)☐ Potato Flour (gluten free)☐ Potato Starch (gluten free)

<input type="checkbox"/> ProGranola (Julian Bakery)	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Quinoa (gluten free)		<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)
<input type="checkbox"/> Quinoa, Red (gluten free)		<input type="checkbox"/> Soy Protein (Organic)
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Tea, Black
<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Coffee	<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Tea, Unflavored
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, White
<input type="checkbox"/> Teff	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Water
<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Green Tea	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Zevia Drinks
<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Lemon Juice	
	<input type="checkbox"/> Licorice Tea	
	<input type="checkbox"/> Lime Juice	
	<input type="checkbox"/> Milk, Soy (Organic)	
	<input type="checkbox"/> Mineral Water	

<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Snacks
<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Apple Sauce
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Dates
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Latex	<input type="checkbox"/> Simple Mills Chocolate Chip Cookies
<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)	
<input type="checkbox"/> Banana	<input type="checkbox"/> Locust Bean Gum	
<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Lycopene	
<input type="checkbox"/> Chewing Gum, Xylite®	<input type="checkbox"/> Modified Food Starch (Tapioca-based)	
<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Palm Wax	
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Pycnogenol	
<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	
<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Red Tomato Paste (gluten free)	
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Resveratrol	
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Silver	
<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Skinny Crisps® (Plain Jane)	
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Tofu (Organic)	
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle)	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	
<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Tragacanth Gum	
<input type="checkbox"/> Hops	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	
<input type="checkbox"/> Inulin		
<input type="checkbox"/> Julian Bakery Coconut Bread		