

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Jicama
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Arugula	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Avocado	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Kombu
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Leeks
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Celery	<input type="checkbox"/> Nori
<input type="checkbox"/> Beet	<input type="checkbox"/> Chard	<input type="checkbox"/> Okra
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Chayote	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Chives	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Parsley
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Parsnip
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Endive	<input type="checkbox"/> Pea, Black-Eyed
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Fennel	<input type="checkbox"/> Pea, Green
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Garlic	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Burdock	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Pea, Snow

<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Currant
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Date(s)
<input type="checkbox"/> Pimento	<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Dragon Fruit (Pitaya)
<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Dried Fruit
<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Turnips	<input type="checkbox"/> Elderberry
<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Fig
<input type="checkbox"/> Radicchio	<input type="checkbox"/> Watercress	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Radish	<input type="checkbox"/> Yucca	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Grape
<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Scallions	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Sea Vegetables		<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Seaweed	<input type="checkbox"/> <b>Fruits</b>	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Shallots	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Spirulina	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Squash	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Guava
<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Cherry	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Clementine	<input type="checkbox"/> Lemon
<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Lemon Juice

<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Lime	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Flax Oil
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Strawberry	<input type="checkbox"/> Flax Seed
<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Loquat	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Mango	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Banana	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Maqui	<input type="checkbox"/> Apricot	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Monk Fruit		<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Nectarines	<input type="checkbox"/> <b>Nuts, Seeds, &amp; Oils</b>	<input type="checkbox"/> Macadamia Nut Oil
<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Almond Butter (ArtisanaÂ®)	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Peach	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Pear	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Pecan
<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Pecan Flour
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Pepitas
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Pili Nuts
<input type="checkbox"/> Plum	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Poppy seeds
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Pumpkin Oil
<input type="checkbox"/> Prune	<input type="checkbox"/> Chestnut	<input type="checkbox"/> Pumpkin Seed Oil
<input type="checkbox"/> Quince	<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Pumpkin Seeds
<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Ramon Seeds

☐ Rice, Wild (Lundberg® - not the☐ Sacha Inchi Seeds☐ Sunflower Seed Butter☐ Sunflower Seed Lecithin☐ Sunflower Seed Oil☐ Sunflower Seeds☐ Tahini☐ Tea, Ramon☐ Tiger Nuts☐ Vegetable Shortening (Spectrum®)☐ Walnut (few)☐ Walnut Oil☐ Walnut, Black (few)☐ Almond☐ Psyllium Husk☐ **Legumes & Pulses**☐ Bean, Black☐ Bean, Butter☐ Bean, Cannellini☐ Bean, Chana Dahl☐ Bean, Green☐ Bean, Italian☐ Bean, Mung☐ Bean, Pinto/Frijole☐ Fava Bean☐ Fava Bean Flour☐ Lentil(s)☐ Pea, Snap☐ Pea, Snow☐ Pea, Split☐ Vanilla Bean☐ Vanilla Powder☐ White Beans☐ **Fish & Shellfish**☐ Chilean Sea Bass☐ Cod/ Cod Liver Oil☐ Corvina☐ Halibut☐ Mackerel☐ Mahi Mahi☐ Orange Roughy☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Swai☐ Swordfish☐ Tilapia (Non-farmed)☐ Trout☐ Tuna☐ Walleye Pike☐ Whitefish/Turbot☐ **Meat & Poultry**☐ Applegate® organic herb roasted☐ Applegate® organic smoked turkey☐ Applegate® organic turkey☐ Applegate® organic turkey bacon☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Duck☐ Goat, Grass-fed only (organic)☐ Ostrich☐ Pheasant

<input type="checkbox"/> Quail	<input type="checkbox"/> Mayonnaise, Primal Kitchen	<input type="checkbox"/> Splenda
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Mayonnaise, Primal Kitchen	<input type="checkbox"/> Sucanat
<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Sugar Beet
		<input type="checkbox"/> Sugar Cane
<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> <b>Sweeteners</b>	<input type="checkbox"/> Sweetleaf® Stevia
<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Swerve® Xylitol
<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Yacon Syrup
<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Date Sugar	
<input type="checkbox"/> Egg, Vital Farms® or Pasture	<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> <b>Herbs &amp; Spices</b>
<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Allspice
<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Egg	<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Anise
	<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> <b>Condiments</b>	<input type="checkbox"/> Lo Han	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Basil
<input type="checkbox"/> Balsamic Vinegar MiaBella	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Molasses	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Carob	<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Dressing, Primal Kitchen Honey	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Earth Balance® Avocado Oil Butter	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Horseradish Sauce, Gluten-free	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Chicory Root

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|---|---|---|
| <input type="checkbox"/> Chili Powder       | <input type="checkbox"/> Ginseng (All Types)                | <input type="checkbox"/> Mustard Seeds (gluten free)    |
| <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Goldenseal                         | <input type="checkbox"/> Nutmeg                         |
| <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Grapefruit Seed Extract            | <input type="checkbox"/> Onion                          |
| <input type="checkbox"/> Cinnamon           | <input type="checkbox"/> Guarana                            | <input type="checkbox"/> Onion Powder                   |
| <input type="checkbox"/> Cinnamon, Ceylon   | <input type="checkbox"/> Gymnema Silvestre                  | <input type="checkbox"/> Oregano                        |
| <input type="checkbox"/> Cloves             | <input type="checkbox"/> Herbs De Provence                  | <input type="checkbox"/> Parsley                        |
| <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Hickory                            | <input type="checkbox"/> Peppermint                     |
| <input type="checkbox"/> Cloves, Penang     | <input type="checkbox"/> Himalayan Salt                     | <input type="checkbox"/> Rosemary                       |
| <input type="checkbox"/> Cream of Tartar    | <input type="checkbox"/> Jamaican Jerk                      | <input type="checkbox"/> Saffron                        |
| <input type="checkbox"/> Cumin              | <input type="checkbox"/> Juniper Berry                      | <input type="checkbox"/> Sage                           |
| <input type="checkbox"/> Curcumin           | <input type="checkbox"/> Lavender                           | <input type="checkbox"/> Saw Plametto                   |
| <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Lemon Balm (Melissa Officinalis)   | <input type="checkbox"/> Shallots                       |
| <input type="checkbox"/> Dandelion Root     | <input type="checkbox"/> Lemongrass                         | <input type="checkbox"/> St. John's Wort                |
| <input type="checkbox"/> Dill               | <input type="checkbox"/> Licorice Root                      | <input type="checkbox"/> Tarragon                       |
| <input type="checkbox"/> Dong Quai          | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Thyme                          |
| <input type="checkbox"/> Echinacea          | <input type="checkbox"/> Maca Root                          | <input type="checkbox"/> Turmeric                       |
| <input type="checkbox"/> Fennel             | <input type="checkbox"/> Mace Spice                         | <input type="checkbox"/> Uva Ursi                       |
| <input type="checkbox"/> Garlic             | <input type="checkbox"/> Marjoram                           | <input type="checkbox"/> Valerian                       |
| <input type="checkbox"/> Garlic Powder      | <input type="checkbox"/> Mesquite                           | <input type="checkbox"/> Vanilla (gluten and corn-free) |
| <input type="checkbox"/> Garlic Salt        | <input type="checkbox"/> Milk Thistle                       | <input type="checkbox"/> Vanilla Bean                   |
| <input type="checkbox"/> Ginger             | <input type="checkbox"/> Mint                               | <input type="checkbox"/> Vanilla Powder                 |
| <input type="checkbox"/> Ginkgo Biloba      | <input type="checkbox"/> Mustard (as a Powder)              | <input type="checkbox"/> Rose Hips                      |

<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> <b>Gluten-Containing Foods</b>
	<input type="checkbox"/> Quinoa, Red (gluten free)	
<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> <b>Corn-Derived Foods</b>
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Swerve® Xylitol
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Rice, Brown (gluten free)	
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Almond Milk, unsweetened (no
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Apple Juice
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Echinacea Tea
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Teff	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Millet	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Oat Grass (Not For Gluten		<input type="checkbox"/> Water
<input type="checkbox"/> Quinoa (gluten free)		

- ☐ Miscellaneous
- ☐ Agar Gum
- ☐ Antimony
- ☐ Arabic Gum
- ☐ Baking Soda (Arm & Hammer®)
- ☐ Carrageenan Gum
- ☐ Chewing Gum, Xylichew®
- ☐ Chicory Root
- ☐ Cocoa/Cacao (raw, pure, &
- ☐ Glucomannon Flour
- ☐ Guar Gum
- ☐ Hops
- ☐ Konjac Glucomannon Flour
- ☐ Locust Bean Gum
- ☐ Palm Wax
- ☐ Silver
- ☐ Tagacanth Gum
- ☐ Vegetable Shortening (Spectrum®)
- ☐ Latex
- ☐ Formaldehyde
- ☐ Red Dye
- ☐ Ispaghula/Psyllium