

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

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|---|---|---|
| <input type="checkbox"/> Kelp/Dulse                           | <input type="checkbox"/> Parsnip                      | <input type="checkbox"/> Potato, Sweet                    |
| <input type="checkbox"/> Kohlrabi                             | <input type="checkbox"/> Pea Protein                  | <input type="checkbox"/> Potato, White                    |
| <input type="checkbox"/> Kombu                                | <input type="checkbox"/> Pea, Black-Eyed              | <input type="checkbox"/> Potato, Yukon Gold               |
| <input type="checkbox"/> Leeks                                | <input type="checkbox"/> Pea, Green                   | <input type="checkbox"/> Prickly Pear                     |
| <input type="checkbox"/> Lettuce, all types                   | <input type="checkbox"/> Pea, Snap                    | <input type="checkbox"/> Psyllium Husk                    |
| <input type="checkbox"/> Mushrooms                            | <input type="checkbox"/> Pea, Snow                    | <input type="checkbox"/> Pumpkin                          |
| <input type="checkbox"/> Mushrooms, Button                    | <input type="checkbox"/> Pea, Split                   | <input type="checkbox"/> Pumpkin Powder                   |
| <input type="checkbox"/> Mushrooms, Cremini/Crimini           | <input type="checkbox"/> Pepper, Anaheim              | <input type="checkbox"/> Radicchio                        |
| <input type="checkbox"/> Mushrooms, Maitake                   | <input type="checkbox"/> Pepper, Cayenne              | <input type="checkbox"/> Radish                           |
| <input type="checkbox"/> Mushrooms, Shiitake                  | <input type="checkbox"/> Pepper, Chili                | <input type="checkbox"/> Rainbow Chard                    |
| <input type="checkbox"/> Mustard Greens                       | <input type="checkbox"/> Pepper, Green                | <input type="checkbox"/> Red Pepper Flake                 |
| <input type="checkbox"/> Nori                                 | <input type="checkbox"/> Pepper, Habanero             | <input type="checkbox"/> Rhubarb                          |
| <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <input type="checkbox"/> Pepper, JalapeÃ±o            | <input type="checkbox"/> Rutabaga                         |
| <input type="checkbox"/> Okra                                 | <input type="checkbox"/> Pepper, Poblano              | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Olives (without vinegar)             | <input type="checkbox"/> Pepper, Red                  | <input type="checkbox"/> Scallions                        |
| <input type="checkbox"/> Onion, Green                         | <input type="checkbox"/> Pepper, Serrano              | <input type="checkbox"/> Sea Vegetables                   |
| <input type="checkbox"/> Onion, Maui                          | <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Seaweed                          |
| <input type="checkbox"/> Onion, Red                           | <input type="checkbox"/> Pimento                      | <input type="checkbox"/> Shallots                         |
| <input type="checkbox"/> Onion, Sweet                         | <input type="checkbox"/> Potato, Fingerling           | <input type="checkbox"/> Spinach                          |
| <input type="checkbox"/> Onion, Yellow                        | <input type="checkbox"/> Potato, Purple               | <input type="checkbox"/> Spirulina                        |
| <input type="checkbox"/> Paprika                              | <input type="checkbox"/> Potato, Red                  | <input type="checkbox"/> Squash                           |
| <input type="checkbox"/> Parsley                              | <input type="checkbox"/> Potato, Russet               | <input type="checkbox"/> Squash, Acorn                    |

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

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

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|---|---|---|
| <input type="checkbox"/> Coconut Oil                          | <input type="checkbox"/> Pepitas                                | <input type="checkbox"/> Tiger Nuts                       |
| <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Pili Nuts                              | <input type="checkbox"/> Vegetable Oil                    |
| <input type="checkbox"/> Cola Nut (aka Kola Nut)              | <input type="checkbox"/> Pine Nut                               | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Corn Oil                             | <input type="checkbox"/> Pistachios                             | <input type="checkbox"/> Walnut Oil                       |
| <input type="checkbox"/> Cottonseed/Cottonseed Oil            | <input type="checkbox"/> Poppy seeds                            | <input type="checkbox"/> Walnuts                          |
| <input type="checkbox"/> Flax Meal                            | <input type="checkbox"/> Psyllium Husk                          | <input type="checkbox"/> Walnuts, Black                   |
| <input type="checkbox"/> Flax Oil                             | <input type="checkbox"/> Pumpkin Oil                            |   |
| <input type="checkbox"/> Flax Seed                            | <input type="checkbox"/> Pumpkin Seed Oil                       | <input type="checkbox"/> Fish & Shellfish                 |
| <input type="checkbox"/> Grapeseed Oil, Organic               | <input type="checkbox"/> Pumpkin Seeds                          | <input type="checkbox"/> Anchovy                          |
| <input type="checkbox"/> Hazelnut Flour                       | <input type="checkbox"/> Ramon Seeds                            | <input type="checkbox"/> Bass                             |
| <input type="checkbox"/> Hazelnut/Filbert                     | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Catfish                          |
| <input type="checkbox"/> Hemp Meal                            | <input type="checkbox"/> Sacha Inchi Seeds                      | <input type="checkbox"/> Chilean Sea Bass                 |
| <input type="checkbox"/> Hemp Protein (Powder)                | <input type="checkbox"/> Safflower/Safflower Seed Oil           | <input type="checkbox"/> Clam                             |
| <input type="checkbox"/> Hemp Seed                            | <input type="checkbox"/> Sesame Seed Oil                        | <input type="checkbox"/> Cod/ Cod Liver Oil               |
| <input type="checkbox"/> Hydrogenated Oils                    | <input type="checkbox"/> Sesame Seeds                           | <input type="checkbox"/> Corvina                          |
| <input type="checkbox"/> Macadamia Nut Oil                    | <input type="checkbox"/> Sesame Seeds, Black                    | <input type="checkbox"/> Crab                             |
| <input type="checkbox"/> Macadamia Nuts                       | <input type="checkbox"/> Sunflower Seed Butter                  | <input type="checkbox"/> Crab, Immitation                 |
| <input type="checkbox"/> Olive Leaf Extract                   | <input type="checkbox"/> Sunflower Seed Lecithin                | <input type="checkbox"/> Crayfish                         |
| <input type="checkbox"/> Olive Oil, Virgin                    | <input type="checkbox"/> Sunflower Seed Oil                     | <input type="checkbox"/> Flounder                         |
| <input type="checkbox"/> Palm Kernel Oil                      | <input type="checkbox"/> Sunflower Seeds                        | <input type="checkbox"/> Haddock                          |
| <input type="checkbox"/> Pecan Flour                          | <input type="checkbox"/> Tahini                                 | <input type="checkbox"/> Hake                             |
| <input type="checkbox"/> Pecans                               | <input type="checkbox"/> Tea, Ramon                             | <input type="checkbox"/> Halibut                          |

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

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

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|--|---|---|
| <input type="checkbox"/> Vinegar, Red Wine                       | <input type="checkbox"/> Honey, (Organic)                         | <input type="checkbox"/> Sugar Cane                           |
| <input type="checkbox"/> Vinegar, Rice                           | <input type="checkbox"/> Honey, Manuka                            | <input type="checkbox"/> Sweetleaf® Stevia                    |
| <input type="checkbox"/> Vinegar, White                          | <input type="checkbox"/> Honey, Wildflower from Mahava®           | <input type="checkbox"/> Swerve® Sweetener                    |
| <input type="checkbox"/> Vinegar, White Wine                     | <input type="checkbox"/> Jerusalem Artichoke Syrup                | <input type="checkbox"/> Tapioca Dextrose                     |
| <input type="checkbox"/> White/Distilled Vinegar                 | <input type="checkbox"/> Just Like Sugar®                         | <input type="checkbox"/> Xyla (Birchwood Xylitol)             |
| <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) | <input type="checkbox"/> Lo Han                                   | <input type="checkbox"/> Xylitol                              |
|  | <input type="checkbox"/> Maltitol                                 | <input type="checkbox"/> Yacon Syrup                          |
| <input type="checkbox"/> <b>Sweeteners</b>                       | <input type="checkbox"/> Maltodextrin (Barley-derived)            |   |
| <input type="checkbox"/> Agave Nectar                            | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)       | <input type="checkbox"/> <b>Herbs &amp; Spices</b>            |
| <input type="checkbox"/> Aspartame                               | <input type="checkbox"/> Maltodextrin (Tapioca-based)             | <input type="checkbox"/> Allspice                             |
| <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup | <input type="checkbox"/> Maple Sugar                              | <input type="checkbox"/> Almond Flavor (natural, gluten free) |
| <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)  | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Anise                                |
| <input type="checkbox"/> Cane Syrup                              | <input type="checkbox"/> Molasses                                 | <input type="checkbox"/> Ashwaganda                           |
| <input type="checkbox"/> Chocolate, Dark                         | <input type="checkbox"/> Monk Fruit (Pure)                        | <input type="checkbox"/> Astragalus                           |
| <input type="checkbox"/> Chocolate, Milk                         | <input type="checkbox"/> Monk Fruit Extract                       | <input type="checkbox"/> Basil                                |
| <input type="checkbox"/> Chocolate, White                        | <input type="checkbox"/> Nutrasweet®                              | <input type="checkbox"/> Bay Leaf                             |
| <input type="checkbox"/> Coconut Palm Sugar                      | <input type="checkbox"/> Rebiana Leaf (Stevia)                    | <input type="checkbox"/> Bell Pepper, Red                     |
| <input type="checkbox"/> Coconut Sugar                           | <input type="checkbox"/> Sorbitol                                 | <input type="checkbox"/> Black Cohosh                         |
| <input type="checkbox"/> Date Sugar                              | <input type="checkbox"/> Splenda                                  | <input type="checkbox"/> Capsicum                             |
| <input type="checkbox"/> Erythritol (non-GMO)                    | <input type="checkbox"/> Sucanat                                  | <input type="checkbox"/> Caramel Coloring                     |
| <input type="checkbox"/> Fructose                                | <input type="checkbox"/> Sucralose                                | <input type="checkbox"/> Caraway Seed                         |
| <input type="checkbox"/> Fruit Pectin                            | <input type="checkbox"/> Sugar Beet                               | <input type="checkbox"/> Cardamom                             |



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

<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Cheese, Goat
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Valerian	<input type="checkbox"/> Cheese, Gorgonzola
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Cheese, Gouda
<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Havarti
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Machego
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Mascapone
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Mozzarella (Raw)
<input type="checkbox"/> Saffron	<input type="checkbox"/> Wormwood	<input type="checkbox"/> Cheese, Muenster
<input type="checkbox"/> Sage		<input type="checkbox"/> Cheese, Parmesan
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Shallots	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Sumac	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Thyme	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Goat Cheese

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| <input type="checkbox"/> Goat Kefir                        | <input type="checkbox"/> Bean, Kidney                      | <input type="checkbox"/> Pea, Split                          |
| <input type="checkbox"/> Kefir, Raw                        | <input type="checkbox"/> Bean, Lima                        | <input type="checkbox"/> Peanut (Organic, Valencia)          |
| <input type="checkbox"/> Lactoalbumin                      | <input type="checkbox"/> Bean, Mung                        | <input type="checkbox"/> Peanut Butter (Organic, Maranatha®) |
| <input type="checkbox"/> Milk Chocolate                    | <input type="checkbox"/> Bean, Navy                        | <input type="checkbox"/> Peanut Oil (Organic)                |
| <input type="checkbox"/> Milk, Buffalo                     | <input type="checkbox"/> Bean, Ninja                       | <input type="checkbox"/> Red Bean Paste                      |
| <input type="checkbox"/> Milk, Cow                         | <input type="checkbox"/> Bean, Pinto/Frijole               | <input type="checkbox"/> Soy Beans (must be organic)         |
| <input type="checkbox"/> Milk, Goat                        | <input type="checkbox"/> Bean, Red                         | <input type="checkbox"/> Soybean Oil (must be organic)       |
| <input type="checkbox"/> Milk, Sheep                       | <input type="checkbox"/> Bean, White                       | <input type="checkbox"/> Vanilla Bean                        |
| <input type="checkbox"/> Mozzarella Cheese                 | <input type="checkbox"/> Beans                             | <input type="checkbox"/> Vanilla Powder                      |
| <input type="checkbox"/> Sour Cream, Raw and Unpasteurized | <input type="checkbox"/> Chickpea (see also Garbanzo Bean) | <input type="checkbox"/> Vegetable Oil                       |
| <input type="checkbox"/> Whey                              | <input type="checkbox"/> Coffee Bean, Organic              |  |
| <input type="checkbox"/> Yogurt (See Xanthan Gum)          | <input type="checkbox"/> Edamame (must be organic)         | <input type="checkbox"/> <b>Gluten-Free Grains</b>           |
|  | <input type="checkbox"/> Fava Bean                         | <input type="checkbox"/> Almond Flour (gluten free)          |
| <input type="checkbox"/> <b>Legumes &amp; Pulses</b>       | <input type="checkbox"/> Fava Bean Flour                   | <input type="checkbox"/> Amaranth                            |
| <input type="checkbox"/> Bean, Azuki                       | <input type="checkbox"/> Garbanzo Bean                     | <input type="checkbox"/> Arrowroot Flour/powder              |
| <input type="checkbox"/> Bean, Black                       | <input type="checkbox"/> Garbanzo Flour                    | <input type="checkbox"/> Basmati Rice (gluten free)          |
| <input type="checkbox"/> Bean, Butter                      | <input type="checkbox"/> Hydrogenated Oils                 | <input type="checkbox"/> Buckwheat                           |
| <input type="checkbox"/> Bean, Cannellini                  | <input type="checkbox"/> Kidney Bean                       | <input type="checkbox"/> Buckwheat Flour                     |
| <input type="checkbox"/> Bean, Chana Dahl                  | <input type="checkbox"/> Lentil(s)                         | <input type="checkbox"/> Chicory Root                        |
| <input type="checkbox"/> Bean, Chili                       | <input type="checkbox"/> Miso                              | <input type="checkbox"/> Coconut Flour (gluten free)         |
| <input type="checkbox"/> Bean, Green                       | <input type="checkbox"/> Pea, Snap                         | <input type="checkbox"/> Coconut Meal (gluten free)          |
| <input type="checkbox"/> Bean, Italian                     | <input type="checkbox"/> Pea, Snow                         | <input type="checkbox"/> Corn (Gluten-free & Non-GMO)        |

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| <input type="checkbox"/> Corn Meal (gluten free)                   | <input type="checkbox"/> Quinoa, Black (gluten free)                     | <input type="checkbox"/> Teff                                   |
| <input type="checkbox"/> Corn Starch (gluten free)                 | <input type="checkbox"/> Quinoa, Red (gluten free)                       | <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta      |
| <input type="checkbox"/> Corn, Blue                                | <input type="checkbox"/> Rice Bran                                       | <input type="checkbox"/> Tolerant Red or Green Lentil Pasta     |
| <input type="checkbox"/> Corn, White                               | <input type="checkbox"/> Rice Flour (gluten free)                        | <input type="checkbox"/> Tortilla, Siete Almond                 |
| <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread        | <input type="checkbox"/> Rice Protein Powder (gluten free)               | <input type="checkbox"/> Tortilla, Siete Cassava & Coconut      |
| <input type="checkbox"/> Fava Bean Flour                           | <input type="checkbox"/> Rice, Basmati (gluten free)                     | <input type="checkbox"/> Tortilla, Siete Chia & Cassava         |
| <input type="checkbox"/> Flax Meal                                 | <input type="checkbox"/> Rice, Black (gluten free)                       | <input type="checkbox"/> Vegetable Oil                          |
| <input type="checkbox"/> Garbanzo Flour                            | <input type="checkbox"/> Rice, Brown (gluten free)                       |   |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com)       | <input type="checkbox"/> Rice, Japonica (gluten free)                    | <input type="checkbox"/> <b>Gluten-Containing Foods</b>         |
| <input type="checkbox"/> Hazelnut Flour                            | <input type="checkbox"/> Rice, Purple (gluten free)                      | <input type="checkbox"/> Barley                                 |
| <input type="checkbox"/> Hemp Meal                                 | <input type="checkbox"/> Rice, Red (gluten free)                         | <input type="checkbox"/> Barley Grass (can have gluten)         |
| <input type="checkbox"/> Hemp Protein (Powder)                     | <input type="checkbox"/> Rice, White (gluten free)                       | <input type="checkbox"/> Barley Greens (may contain gluten)     |
| <input type="checkbox"/> Hemp Seed                                 | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)          | <input type="checkbox"/> Barley Juice (may contain gluten)      |
| <input type="checkbox"/> Hydrogenated Oils                         | <input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker | <input type="checkbox"/> Beer                                   |
| <input type="checkbox"/> Konjac Glucomannon Flour                  | <input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers    | <input type="checkbox"/> Bran                                   |
| <input type="checkbox"/> Millet                                    | <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers       | <input type="checkbox"/> Bread                                  |
| <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers     | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) |
| <input type="checkbox"/> Oats (Certified GF)                       | <input type="checkbox"/> Sorghum   | <input type="checkbox"/> Caramel Coloring                       |
| <input type="checkbox"/> Potato Flour (gluten free)                | <input type="checkbox"/> Sweet Potato Flour (gluten free)                | <input type="checkbox"/> Cheese, Bleu                           |
| <input type="checkbox"/> Potato Starch (gluten free)               | <input type="checkbox"/> Tapioca   | <input type="checkbox"/> Chewing Gum (has gluten and corn)      |
| <input type="checkbox"/> ProGranola (Julian Bakery)                | <input type="checkbox"/> Tapioca Flour (gluten free)                     | <input type="checkbox"/> Coffee, Instant (has gluten)           |
| <input type="checkbox"/> Quinoa (gluten free)                      | <input type="checkbox"/> Tapioca Starch (gluten free)                    | <input type="checkbox"/> Couscous                               |

<input type="checkbox"/> Crab, Imitation	<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Fructose
<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Triticale	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Farro	<input type="checkbox"/> Vinegar	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Gluten	<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Maltitol
<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)
<input type="checkbox"/> Kamut	<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Modified Food Starch
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free
<input type="checkbox"/> Malt		<input type="checkbox"/> Swerve® Sweetener
<input type="checkbox"/> Maltitol	<input type="checkbox"/> <b>Corn-Derived Foods</b>	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,....)	
<input type="checkbox"/> Oats	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>
<input type="checkbox"/> Oats, GF (not Certified) can have gluten	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Orzo	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Apple Cider
<input type="checkbox"/> Panko	<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Apple Juice
<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Beer
<input type="checkbox"/> Rye	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Bone Broth Protein, Beef
<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Casein
<input type="checkbox"/> Spelt	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Teechino	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)

<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Zevia Drinks
<input type="checkbox"/> Coffee	<input type="checkbox"/> Rice Protein Powder (gluten free)	
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Antimony
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Baking Powder
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, Komboucha	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)
<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Bone Broth, Beef
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Tea, Unflavored	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Chewing Gum, Xylitew®
<input type="checkbox"/> Milk, Buffalo	<input type="checkbox"/> Teechino	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Water	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Whey	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)

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| <input type="checkbox"/> GemWraps®®, Sandwich Wrap (Mango/Chipotle) | <input type="checkbox"/> Red Food Dye                           |
| <input type="checkbox"/> GemWraps®®, Sandwich Wrap (Tomato)         | <input type="checkbox"/> Red Tomato Paste (gluten free)         |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com)        | <input type="checkbox"/> Resveratrol                            |
| <input type="checkbox"/> Great Lake's® Beef Gelatin                 | <input type="checkbox"/> Rice Starch (if certified gluten free) |
| <input type="checkbox"/> Guar Gum                                   | <input type="checkbox"/> Silver                                 |
| <input type="checkbox"/> Hops                                       | <input type="checkbox"/> Skinny Crisps® (Plain Jane)            |
| <input type="checkbox"/> Hydrogenated Oils                          | <input type="checkbox"/> Tofu (Organic)                         |
| <input type="checkbox"/> Inulin                                     | <input type="checkbox"/> Tragacanth Gum                         |
| <input type="checkbox"/> Julian Bakery Almond Bread                 | <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)  |
| <input type="checkbox"/> Julian Bakery Coconut Bread                | <input type="checkbox"/> Vegetable Oil                          |
| <input type="checkbox"/> Julian Bakery Paleo Wraps                  | <input type="checkbox"/> Vinegar, Red Wine                      |
| <input type="checkbox"/> Konjac Glucomannon Flour                   | <input type="checkbox"/> Xanthan Gum                            |
| <input type="checkbox"/> Lard (pork)                                | <input type="checkbox"/> Yeast, Baker's                         |
| <input type="checkbox"/> Latex                                      | <input type="checkbox"/> Yeast, Brewer's                        |
| <input type="checkbox"/> Locust Bean Gum                            | <input type="checkbox"/> Yeast, Nutritional                     |
| <input type="checkbox"/> Lycopene                                   |   |
| <input type="checkbox"/> Malt                                       | <input type="checkbox"/> <b>Snacks</b>                          |
| <input type="checkbox"/> Maltodextrin (Barley-derived)              | <input type="checkbox"/> Apple Sauce                            |
| <input type="checkbox"/> Modified Food Starch                       | <input type="checkbox"/> Dates                                  |
| <input type="checkbox"/> Modified Food Starch (Tapioca-based)       | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies    |
| <input type="checkbox"/> Palm Wax                                   |   |
| <input type="checkbox"/> Pycnogenol                                 |   |