

☐ Beverages & Protein Powders

- ☐ Almond Milk, unsweetened (no
- ☐ Apple Juice
- ☐ Carrot Juice
- ☐ Coconut Kefir (No Tapioca,
- ☐ Coconut Milk(Native Forest or
- ☐ Coconut Water (low sugar)
- ☐ Coffee, Instant (has gluten)
- ☐ Collagen Protein (Powder)
- ☐ Echinacea Tea
- ☐ Grapefruit Juice
- ☐ Green Tea
- ☐ Hemp Protein (Powder)
- ☐ Lemon Juice
- ☐ Licorice Tea
- ☐ Lime Juice
- ☐ Milk, Cow
- ☐ Milk, Goat
- ☐ Milk, Sheep
- ☐ Milk, Soy (Organic)
- ☐ Mineral Water
- ☐ Orange Juice

☐ Pea Protein

- ☐ Rice Protein Powder (gluten free)
- ☐ Soy Milk/Soy Cheese (Organic)
- ☐ Soy Protein (Organic)
- ☐ Sparkling Water, unflavored
- ☐ Tea, Black
- ☐ Tea, Chamomile
- ☐ Tea, Green
- ☐ Tea, Oolong
- ☐ Tea, Ramon
- ☐ Tea, Roobios
- ☐ Tea, unflavored/caffeine-free only
- ☐ Tea, White
- ☐ Teechino
- ☐ Water
- ☐ Yerba Matte Tea (Organic/Pure)
- ☐ Coffee Bean, Organic

☐ Condiments

- ☐ Apple Cider Vinegar (Bragg's®)
- ☐ Balsamic Vinegar MiaBella
- ☐ Carob
- ☐ Coconut Vinegar (Coconut Secret)
- ☐ Earth Balance® Coconut Spread
- ☐ Earth Balance® Avocado Oil Butter
- ☐ Horseradish Sauce, Gluten-free
- ☐ Hummus
- ☐ Ketchup (Organicville)
- ☐ Mayonnaise
- ☐ Mustard, Brown (Eden® gf mustard)
- ☐ Sauerkraut (Bubbies® Brand only)
- ☐ Veganaise Soy-free (Follow Your
- ☐ Sriracha Sauce Organicville
- ☐ Tabasco Sauce
- ☐ Dressing, Primal Kitchen Greek
- ☐ Dressing, Primal Kitchen Honey
- ☐ Mayonnaise, Primal Kitchen
- ☐ Mayonnaise, Primal Kitchen
- ☐ BodyPro Almond Mayo Grade B
- ☐ BodyPro Almond Mayo with Yacon

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|---|--|---|
| <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise | <input type="checkbox"/> Fish & Shellfish | <input type="checkbox"/> Salmon, wild (fresh) |
| | <input type="checkbox"/> Anchovy | <input type="checkbox"/> Sardines |
| <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Bass | <input type="checkbox"/> Scallop |
| <input type="checkbox"/> Cheese, Daiya | <input type="checkbox"/> Catfish | <input type="checkbox"/> Shrimp |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Chilean Sea Bass | <input type="checkbox"/> Sole |
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Clam | <input type="checkbox"/> Squid |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Cod/ Cod Liver Oil | <input type="checkbox"/> Swai |
| <input type="checkbox"/> Corn Gluten | <input type="checkbox"/> Corvina | <input type="checkbox"/> Swordfish |
| <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Crab | <input type="checkbox"/> Tilapia (Non-farmed) |
| <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Crayfish | <input type="checkbox"/> Trout |
| <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Flounder | <input type="checkbox"/> Tuna |
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Haddock | <input type="checkbox"/> Walleye Pike |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Hake | <input type="checkbox"/> Whitefish/Turbot |
| <input type="checkbox"/> GemWrapsÂ®, Sandwich Wrap | <input type="checkbox"/> Halibut | <input type="checkbox"/> Crab, Immitation |
| <input type="checkbox"/> Maltodextrin (Corn-based, | <input type="checkbox"/> Herring | |
| <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Mackerel | <input type="checkbox"/> Fruits |
| <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Mahi Mahi | <input type="checkbox"/> Acai |
| <input type="checkbox"/> Yogurt (See Xanthan Gum) | <input type="checkbox"/> Mussel | <input type="checkbox"/> Apple (all types) |
| <input type="checkbox"/> Sriracha Sauce Organicville | <input type="checkbox"/> Orange Roughy | <input type="checkbox"/> Apple Cider |
| | <input type="checkbox"/> Oyster | <input type="checkbox"/> Apple Juice |
| | <input type="checkbox"/> Perch | <input type="checkbox"/> Bilberry |
| | <input type="checkbox"/> Red Snapper | <input type="checkbox"/> Blackberry |

sundas malik

09/06/2017

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|--|--|---|
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Guava | <input type="checkbox"/> Orange, Blood |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Cranberry | <input type="checkbox"/> Lemon | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Pear, Asian |
| <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Persimmons |
| <input type="checkbox"/> Date(s) | <input type="checkbox"/> Lime | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Elderberry | <input type="checkbox"/> Loganberry | <input type="checkbox"/> Pomelo |
| <input type="checkbox"/> Fig | <input type="checkbox"/> Loquat | <input type="checkbox"/> Prune |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mango | <input type="checkbox"/> Quince |
| <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen | <input type="checkbox"/> Raisin (unsulfured, organic) |
| <input type="checkbox"/> Grape | <input type="checkbox"/> Maqui | <input type="checkbox"/> Raspberry |
| <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Melon, Honeydew | <input type="checkbox"/> Star Fruit |
| <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Monk Fruit | <input type="checkbox"/> Strawberry |
| <input type="checkbox"/> Grape, Red | <input type="checkbox"/> Mulberry | <input type="checkbox"/> Tamarind |
| <input type="checkbox"/> Grape, White | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Tangelo |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Noni | <input type="checkbox"/> Tangerine |
| <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Orange | <input type="checkbox"/> Watermelon |

<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Orzo	<input type="checkbox"/> Glucomannon Flour
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Banana	<input type="checkbox"/> Teechino	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Apricot	<input type="checkbox"/> Wheat Grass (Is	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Apple Sauce		<input type="checkbox"/> Konjac Glucomannon Flour
	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Millet
<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Oats
<input type="checkbox"/> Barley	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free
<input type="checkbox"/> Barley Greens (Not for	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oat Grass (Not For Gluten
<input type="checkbox"/> Barley Juice (Not for	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Potato Flour (gluten free)
<input type="checkbox"/> Brown Rice Syrup (contains	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Starch (gluten free)
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Couscous	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice, Basmati (gluten free)
<input type="checkbox"/> Gluten	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Black (gluten free)
<input type="checkbox"/> Kamut	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, Brown (gluten free)
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free	<input type="checkbox"/> Rice, Japonica (gluten free)
<input type="checkbox"/> Malt	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Purple (gluten free)
<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Red (gluten free)
<input type="checkbox"/> Oats	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, White (gluten free)

<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cramp Bark Extract
<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Allspice	<input type="checkbox"/> Cream of Tartar
<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Cumin
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Anise	<input type="checkbox"/> Curcumin
<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond	<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Curry (must be GF)
<input type="checkbox"/> Simple Mills Rosemary & Sea Salt	<input type="checkbox"/> Astragalus	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Simple Mills Tomato & Basil Almond	<input type="checkbox"/> Basil	<input type="checkbox"/> Dill
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Dong Quai
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Echinacea
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Fennel
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garlic
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic Pepper
<input type="checkbox"/> Teff	<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Powder
<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Garlic Salt
<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Ginger
<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Chipotle Seasoning	<input type="checkbox"/> Ginkgo Biloba
<input type="checkbox"/> Simple Mills	<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)
<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Goldenseal
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapefruit Seed Extract
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Cloves	<input type="checkbox"/> Grapeseed Extract
	<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Guarana
	<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Gymnema Silvestre

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

<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Miso	<input type="checkbox"/> Applegate® organic chicken/apple
<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Applegate® organic red pepper
<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Applegate® organic spinach & feta
<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Applegate® organic sausage sweet
<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Applegate® organic smoked
<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Peanut Butter (Organic,	<input type="checkbox"/> Applegate® organic smoked turkey
<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Applegate® organic turkey
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Applegate® organic turkey bacon
<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Chicken Broth (Imagine® gf/low
<input type="checkbox"/> Bean, Navy/Ninja	<input type="checkbox"/> White Beans	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Bean, Red (see also Bean, Kidney)		<input type="checkbox"/> Duck
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Applegate® organic black forest	<input type="checkbox"/> Lamb (organic)
<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Applegate® organic herb roasted	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Quail
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Applegate® organic andouille	<input type="checkbox"/> Turkey (organic)

<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey
<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Raw and Pasture-raised	<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Applegate® organic spinach & feta	<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Cheese, Feta
<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Romano	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Antimony
<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Baking Powder
<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Chewing Gum, Xylite®
<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Chicken Broth (Imagine® gf/low
<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Cocoa/Cacao (raw, pure, &
<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Cheese, Mascapone	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> GemWraps®, Sandwich Wrap
	<input type="checkbox"/> Mozzarella Cheese	

<input type="checkbox"/> GemWraps®, Sandwich Wrap	<input type="checkbox"/> Tomato Paste (gluten &	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)
<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Tomato Sauce (gluten &	<input type="checkbox"/> Egg, Vital Farms® or Pasture
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Vegetable broth (Imagine® Low	<input type="checkbox"/> Egg, Whites, Pasture-raised
<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Egg, Yolks Pasture-raised
<input type="checkbox"/> Hops	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Egg
<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Latex	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Formaldehyde	
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils
<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)	<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> Almond
<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Almond Butter (Artisana®)
<input type="checkbox"/> Lycopene	<input type="checkbox"/> Skinny Crisps®(Plain Jane)	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Malt	<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Pycnogenol		<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Red Chili Paste Thai Kitchen®	<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Silver	<input type="checkbox"/> Cheese, Daiya	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Tofu (Organic)	<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Coconut Butter

<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts
<input type="checkbox"/> Coconut, shredded (raw,	<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 (few)
<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut Oil
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnut, Black (few)
<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Oil	
<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Snacks
<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Date(s)
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Simple Mills Chocolate Chip
<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Apple Sauce
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Safflower/Safflower Seed Oil	
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Sweeteners
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Aspartame/Nutrasweet
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Brown Rice Syrup (contains
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Chocolate, Dark
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Coconut Palm Sugar
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Date Sugar
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tahini	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Fructose

<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> BodyPro Almond Mayo Grade B	<input type="checkbox"/> Cabbage, Chinese (see also Bok
<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Sucralose	<input type="checkbox"/> Cabbage, Green
<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Cabbage, Purple
<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Cactus (Nopales)
<input type="checkbox"/> Just Like Sugar®		<input type="checkbox"/> Capers
<input type="checkbox"/> Lo Han	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Maltodextrin (Corn-based,	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Carrot, Orange
<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Arugula	<input type="checkbox"/> Carrot, Purple
<input type="checkbox"/> Maple Syrup (Grade A Dark Amber	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Carrot, White
<input type="checkbox"/> Molasses	<input type="checkbox"/> Avocado	<input type="checkbox"/> Carrot, Yellow
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Cassava (see Tapioca and Yucca)
<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Cauliflower, Purple
<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Celery
<input type="checkbox"/> Splenda	<input type="checkbox"/> Beet	<input type="checkbox"/> Chard
<input type="checkbox"/> Sucanat	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Chayote
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn, Blue

<input type="checkbox"/> Corn, White	<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pimento
<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Potato, Fingerling
<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Nori	<input type="checkbox"/> Potato, Purple
<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra	<input type="checkbox"/> Potato, Red
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Potato, Russet
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Sweet
<input type="checkbox"/> Endive	<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, White
<input type="checkbox"/> Fennel	<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Potato, Yukon Gold
<input type="checkbox"/> Garlic	<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Horseradish	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Jicama	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Radish
<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rhubarb
<input type="checkbox"/> Kombu	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Leeks	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Scallions
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Sea Vegetables
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Seaweed
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Spinach
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Spirulina

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| <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Yams, Japanese |
| <input type="checkbox"/> Sweet Potato, Red | <input type="checkbox"/> Yucca |
| <input type="checkbox"/> Sweet Potatoes, White | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Alfalfa Sprouts |
| <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Tomato Paste (gluten & | <input type="checkbox"/> Onion, Green |
| <input type="checkbox"/> Tomato Sauce (gluten & | <input type="checkbox"/> Onion, Maui |
| <input type="checkbox"/> Tomato | <input type="checkbox"/> Onion, Red |
| <input type="checkbox"/> Tomatoes, Big Beef | <input type="checkbox"/> Onion, Sweet |
| <input type="checkbox"/> Tomato, Cherry | <input type="checkbox"/> Onion, Yellow |
| <input type="checkbox"/> Tomato, Heirloom | <input type="checkbox"/> Chives |
| <input type="checkbox"/> Tomato, Orange | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Tomato, Red | <input type="checkbox"/> Bell Pepper |
| <input type="checkbox"/> Tomato, Roma | <input type="checkbox"/> Bell Pepper, Yellow |
| <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Bell Pepper, Orange |
| <input type="checkbox"/> Tomato, Yellow | |
| <input type="checkbox"/> Truffle | |
| <input type="checkbox"/> Turnip Greens | |
| <input type="checkbox"/> Turnips | |
| <input type="checkbox"/> Water Chestnut | |
| <input type="checkbox"/> Watercress | |
| <input type="checkbox"/> Yams, Garnett | |