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|---|---|--|
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Coconut (raw and unsweetened) |
| <input type="checkbox"/> Alfalfa Grass | <input type="checkbox"/> Broccoli Sprouts | <input type="checkbox"/> Coconut Concentrate |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Broccolini | <input type="checkbox"/> Collard Greens |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Cucumber |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Burdock | <input type="checkbox"/> Daikon Radish |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Dandelion Greens |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Endive |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Capers | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Capsicum | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Carrot, Orange | <input type="checkbox"/> Hearts of Palm |
| <input type="checkbox"/> Bean, Green | <input type="checkbox"/> Carrot, Purple | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Carrot, White | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Carrot, Yellow | <input type="checkbox"/> Kale, all types |
| <input type="checkbox"/> Bell Pepper | <input type="checkbox"/> Cassava (see Tapioca and Yucca) | <input type="checkbox"/> Kelp/Dulse |
| <input type="checkbox"/> Bell Pepper, Green | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Bell Pepper, Orange | <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Kombu |
| <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Celery | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Bell Pepper, Yellow | <input type="checkbox"/> Chard | <input type="checkbox"/> Lettuce, all types |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Chayote | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Chives | <input type="checkbox"/> Mushrooms, Button |

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|---|---|---|
| <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Mushrooms, Maitake | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Squash, Acorn |
| <input type="checkbox"/> Mushrooms, Shiitake | <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Squash, Butternut |
| <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Squash, Green |
| <input type="checkbox"/> Nori | <input type="checkbox"/> Pimento | <input type="checkbox"/> Squash, Spaghetti |
| <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <input type="checkbox"/> Potato, Sweet | <input type="checkbox"/> Squash, Summer |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Squash, Winter |
| <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Squash, Yellow |
| <input type="checkbox"/> Onion, Green | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Sweet Potato, Red |
| <input type="checkbox"/> Onion, Maui | <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Sweet Potatoes, White |
| <input type="checkbox"/> Onion, Red | <input type="checkbox"/> Radicchio | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Onion, Sweet | <input type="checkbox"/> Radish | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Onion, Yellow | <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |
| <input type="checkbox"/> Parsnip | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Tomato, Cherry |
| <input type="checkbox"/> Pea, Black-Eyed | <input type="checkbox"/> Scallions | <input type="checkbox"/> Tomato, Heirloom |
| <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Sea Vegetables | <input type="checkbox"/> Tomato, Orange |
| <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Seaweed | <input type="checkbox"/> Tomato, Red |
| <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Shallots | <input type="checkbox"/> Tomato, Roma |
| <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Spinach | <input type="checkbox"/> Tomato, Sun-dried |
| <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Spirulina | <input type="checkbox"/> Tomato, Yellow |

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|---|--|--|
| <input type="checkbox"/> Tomatoes, Big Beef | <input type="checkbox"/> Elderberry | <input type="checkbox"/> Noni |
| <input type="checkbox"/> Truffle | <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Turnips | <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Pear, Asian |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Guava | <input type="checkbox"/> Persimmons |
| <input type="checkbox"/> Yams, Garnett | <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Yams, Japanese | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Yucca | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Pomelo |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Lemon | <input type="checkbox"/> Prune |
| | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Raspberry |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Tamarind |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Lime | <input type="checkbox"/> Tangerine |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Wolfberry |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Youngberry |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Loganberry | |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Loquat | <input type="checkbox"/> Nuts, Seeds, Drupes & Oils |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Mangosteen | <input type="checkbox"/> Almond |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Maqui | <input type="checkbox"/> Almond Butter (Artisana®) |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Almond Flavor (natural, gluten free) |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Mulberry | <input type="checkbox"/> Almond Flour (gluten free) |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Almond Meal (gluten free) |

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|---|---|---|
| <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Sesame Seed Oil |
| <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Canola/Rapeseed Oil | <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Sunflower Seed Butter |
| <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Sunflower Seed Lecithin |
| <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sunflower Seed Oil |
| <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Tahini |
| <input type="checkbox"/> Chestnut | <input type="checkbox"/> Pecan Flour | <input type="checkbox"/> Tea, Ramon |
| <input type="checkbox"/> Chia Seed (1/4 cup, max) | <input type="checkbox"/> Pecans | <input type="checkbox"/> Tiger Nuts |
| <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Pepitas | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Pili Nuts | <input type="checkbox"/> Walnut Oil |
| <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Cola Nut (aka Kola Nut) | <input type="checkbox"/> Pistachios | <input type="checkbox"/> Walnuts, Black |
| <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Fish & Shellfish |
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Anchovy |
| <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Pumpkin Oil | <input type="checkbox"/> Catfish |
| <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Pumpkin Seed Oil | <input type="checkbox"/> Chilean Sea Bass |
| <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Clam |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Cod/ Cod Liver Oil |
| <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Sacha Inchi Seeds | <input type="checkbox"/> Corvina |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Safflower/Safflower Seed Oil | |

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|---|--|--|
| <input type="checkbox"/> Crab | <input type="checkbox"/> Meat & Poultry | <input type="checkbox"/> Non-Dairy & Eggs |
| <input type="checkbox"/> Crayfish | <input type="checkbox"/> Applegate® organic black forest ham | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) |
| <input type="checkbox"/> Hake | <input type="checkbox"/> Applegate® organic chicken/apple sausage | <input type="checkbox"/> Almond Yogurt, unsweetened |
| <input type="checkbox"/> Lobster | <input type="checkbox"/> Applegate® organic herb roasted turkey | <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise |
| <input type="checkbox"/> Mahi Mahi | <input type="checkbox"/> Applegate® organic hot dogs | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) |
| <input type="checkbox"/> Mussel | <input type="checkbox"/> Applegate® organic red pepper sausage | <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) |
| <input type="checkbox"/> Octopus | <input type="checkbox"/> Applegate® organic sausage sweet italian | <input type="checkbox"/> Egg, Pasture-raised (from a farmer) |
| <input type="checkbox"/> Orange Roughy | <input type="checkbox"/> Applegate® organic smoked turkey breast | <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde® |
| <input type="checkbox"/> Oyster | <input type="checkbox"/> Applegate® organic spinach & feta sausage | <input type="checkbox"/> Egg, Whites, Pasture-raised |
| <input type="checkbox"/> Sardines | <input type="checkbox"/> Applegate® organic turkey | <input type="checkbox"/> Egg, Yolks Pasture-raised |
| <input type="checkbox"/> Scallop | <input type="checkbox"/> Bison (see also Buffalo) | <input type="checkbox"/> Milk, Soy (Organic) |
| <input type="checkbox"/> Shrimp | <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium) | <input type="checkbox"/> Paleo Cheese (Julianbakery.com or |
| <input type="checkbox"/> Squid | <input type="checkbox"/> Goat, Grass-fed only (organic) | |
| <input type="checkbox"/> Swai | <input type="checkbox"/> Ostrich | <input type="checkbox"/> Condiments |
| <input type="checkbox"/> Tilapia (Wild, Non-farmed) | <input type="checkbox"/> Pheasant | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) |
| <input type="checkbox"/> Tuna | <input type="checkbox"/> Quail | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy |
| <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Rabbit | <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup |
| | | <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup |
| | | <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise |
| | | <input type="checkbox"/> Carob |
| | | <input type="checkbox"/> Coconut Vinegar (Coconut Secret) |
| | | <input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil |

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| <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread | <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Astragalus |
| <input type="checkbox"/> Earth Balance® Coconut Spread | <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Basil |
| <input type="checkbox"/> Harissa | <input type="checkbox"/> Lo Han | <input type="checkbox"/> Bay Leaf |
| <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®) | <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Black Cohosh |
| <input type="checkbox"/> Hummus | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Caraway Seed |
| <input type="checkbox"/> Ketchup (Organicville) | <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Cardamom |
| <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Monk Fruit Extract | <input type="checkbox"/> Celery Powder |
| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Nutrasweet® | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Chili Powder |
| <input type="checkbox"/> Tabasco Sauce | <input type="checkbox"/> Sorbitol | <input type="checkbox"/> Chipotle Seasoning |
| <input type="checkbox"/> Ume Plum Vinegar | <input type="checkbox"/> Splenda | <input type="checkbox"/> Cilantro/Coriander |
| <input type="checkbox"/> Vinegar, Distilled | <input type="checkbox"/> Sucralose | <input type="checkbox"/> Cinnamon |
| | <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Cinnamon, Ceylon |
| <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Tapioca Dextrose | <input type="checkbox"/> Cloves |
| <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Xyla (Birchwood Xylitol) | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Aspartame | <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Cloves, Penang |
| <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup | | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Coconut Sugar | <input type="checkbox"/> Allspice | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> Honey, Manuka | <input type="checkbox"/> Anise | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Honey, Wildflower from Mahava® | <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Dandelion Root |

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|---|--|--|
| <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Sichuan |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Szechuan |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper/Peppercorns |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Pine Bark Extract |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Mesquite | <input type="checkbox"/> Red Pepper Flake |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Rose Hips |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Mint | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Saw Plametto |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Guarana | <input type="checkbox"/> Onion | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Hickory | <input type="checkbox"/> Oregano | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Paprika | <input type="checkbox"/> Sumac |
| <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Taco Seasoning |
| <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Parsley | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Thyme |

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| <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Cheese, Goat | <input type="checkbox"/> Lactoalbumin |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Cheese, Gorgonzola | <input type="checkbox"/> Milk, Cow |
| <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Cheese, Gouda | <input type="checkbox"/> Milk, Goat |
| <input type="checkbox"/> Valerian | <input type="checkbox"/> Cheese, Havarti | <input type="checkbox"/> Milk, Sheep |
| <input type="checkbox"/> Vanilla (gluten and corn-free) | <input type="checkbox"/> Cheese, Machego | <input type="checkbox"/> Mozzarella Cheese |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Cheese, Mascapone | <input type="checkbox"/> Sour Cream, Raw and Unpasteurized |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Cheese, Mozzarella (Raw) | <input type="checkbox"/> Whey |
| <input type="checkbox"/> White Willow Bark Extract | <input type="checkbox"/> Cheese, Muenster | |
| <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Cheese, Parmesan | <input type="checkbox"/> Legumes & Pulses |
| <input type="checkbox"/> Wormwood | <input type="checkbox"/> Cheese, Pecorino | <input type="checkbox"/> Bean, Azuki |
| | <input type="checkbox"/> Cheese, Provolone | <input type="checkbox"/> Bean, Black |
| <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Cheese, Raw and Pasture-raised | <input type="checkbox"/> Bean, Butter |
| <input type="checkbox"/> Applegate® organic spinach & feta sausage | <input type="checkbox"/> Cheese, Ricotta | <input type="checkbox"/> Bean, Cannellini |
| <input type="checkbox"/> Butter, Raw and Pasture-raised | <input type="checkbox"/> Cheese, Romano | <input type="checkbox"/> Bean, Chana Dahl |
| <input type="checkbox"/> Buttermilk | <input type="checkbox"/> Cheese, Sheep | <input type="checkbox"/> Bean, Chili |
| <input type="checkbox"/> Casein | <input type="checkbox"/> Cheese, String (Mozzarella) | <input type="checkbox"/> Bean, Green |
| <input type="checkbox"/> Cheese, American | <input type="checkbox"/> Cheese, Swiss | <input type="checkbox"/> Bean, Italian |
| <input type="checkbox"/> Cheese, Asiago | <input type="checkbox"/> Cream, Raw and Unpasteurized | <input type="checkbox"/> Bean, Kidney |
| <input type="checkbox"/> Cheese, Brie | <input type="checkbox"/> Ghee (Pasture-Raised, Organic) | <input type="checkbox"/> Bean, Lima |
| <input type="checkbox"/> Cheese, Cheddar (Raw) | <input type="checkbox"/> Goat Cheese | <input type="checkbox"/> Bean, Mung |
| <input type="checkbox"/> Cheese, Cottage | <input type="checkbox"/> Goat Kefir | <input type="checkbox"/> Bean, Navy |
| <input type="checkbox"/> Cheese, Feta | <input type="checkbox"/> Kefir, Raw | <input type="checkbox"/> Bean, Ninja |

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| <input type="checkbox"/> Bean, Pinto/Frijole | <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers |
| <input type="checkbox"/> Bean, Red | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Sweet Potato Flour (gluten free) |
| <input type="checkbox"/> Bean, White | <input type="checkbox"/> Amaranth | <input type="checkbox"/> Tapioca |
| <input type="checkbox"/> Chickpea (see also Garbanzo Bean) | <input type="checkbox"/> Arrowroot Flour/powder | <input type="checkbox"/> Tapioca Flour (gluten free) |
| <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Tapioca Starch (gluten free) |
| <input type="checkbox"/> Edamame (must be organic) | <input type="checkbox"/> Coconut Flour (gluten free) | <input type="checkbox"/> Teff |
| <input type="checkbox"/> Fava Bean | <input type="checkbox"/> Coconut Meal (gluten free) | <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta |
| <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Tolerant Red or Green Lentil Pasta |
| <input type="checkbox"/> Garbanzo Bean | <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Tortilla, Siete Almond |
| <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Tortilla, Siete Cassava & Coconut |
| <input type="checkbox"/> Kidney Bean | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Tortilla, Siete Chia & Cassava |
| <input type="checkbox"/> Lentil(s) | <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Gluten-Containing Foods |
| <input type="checkbox"/> Miso | <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Corn-Derived Foods |
| <input type="checkbox"/> Peanut (Organic, Valencia) | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy |
| <input type="checkbox"/> Peanut Butter (Organic, Maranatha®) | <input type="checkbox"/> Hemp Seed | |
| <input type="checkbox"/> Peanut Oil (Organic) | <input type="checkbox"/> Konjac Glucomannon Flour | |
| <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | |
| <input type="checkbox"/> Soy Beans (must be organic) | <input type="checkbox"/> Oats (Certified GF) | |
| <input type="checkbox"/> Soy Beans Oil (must be organic) | <input type="checkbox"/> ProGranola (Julian Bakery) | |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker | |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers | |
| | <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers | |

☐ **Beverages & Protein Powders**☐ Almond Milk, unsweetened (no tapioca)☐ Bone Broth Protein, Beef☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk(Native Forest or Natural Value)☐ Coconut Water (low sugar)☐ Coffee☐ Coffee Bean, Organic☐ Collagen Protein (Powder)☐ Echinacea Tea☐ Green Tea☐ Hemp Protein (Powder)☐ Lemon Juice☐ Licorice Tea☐ Lime Juice☐ Milk, Cow☐ Milk, Goat☐ Milk, Sheep☐ Milk, Soy (Organic)☐ Mineral Water☐ Pea Protein☐ Soy Milk/Soy Cheese (Organic)☐ Soy Protein (Organic)☐ Sparkling Water, unflavored☐ Tea, Black☐ Tea, Chamomile☐ Tea, Green☐ Tea, Hibiscus☐ Tea, Oolong☐ Tea, Ramon☐ Tea, Rooibos☐ Tea, Unflavored☐ Tea, White☐ Water☐ Yerba Matte Tea (Organic/Pure)☐ Zevia Drinks☐ **Miscellaneous**☐ Acacia Gum☐ Agar Gum☐ Antimony☐ Arabic Gum☐ Baking Soda (Arm & Hammer®)☐ Beef broth (Imagine® low sodium/GF)☐ Blue Food Dye☐ Carrageenan Gum☐ Chewing Gum, Xylichew®☐ Chicken Broth (Imagine® gf/low sodium)☐ Chicory Root☐ Cocoa Butter☐ Cocoa/Cacao (raw, pure, & unsweetened)☐ Coconut Aminos®☐ Coconut Cream☐ Collagen Protein (Powder)☐ Formaldehyde☐ Garam Masala☐ Glucomannon Flour (konjacfoods.com)☐ Great Lake's® Beef Gelatin☐ Guar Gum☐ Inulin☐ Julian Bakery Almond Bread☐ Julian Bakery Coconut Bread☐ Julian Bakery Paleo Wraps☐ Konjac Glucomannon Flour☐ Latex☐ Liquid Aminos (Braggs®)(has Soy)

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| <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Lycopene | <input type="checkbox"/> Dates |
| <input type="checkbox"/> Modified Food Starch (Tapioca-based) | |
| <input type="checkbox"/> Palm Wax | |
| <input type="checkbox"/> Pycnogenol | |
| <input type="checkbox"/> Red Food Dye | |
| <input type="checkbox"/> Red Tomato Paste (gluten free) | |
| <input type="checkbox"/> Silver | |
| <input type="checkbox"/> Skinny Crisps® (Plain Jane) | |
| <input type="checkbox"/> Tamari (Wheat Free) | |
| <input type="checkbox"/> Tofu (Organic) | |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | |
| <input type="checkbox"/> Tragacanth Gum | |
| <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium) | |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®) | |
| <input type="checkbox"/> Yeast, Baker's | |
| <input type="checkbox"/> Yeast, Brewer's | |
| <input type="checkbox"/> Yeast, Nutritional | |