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| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Collard Greens |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Burdock | <input type="checkbox"/> Corn (Gluten-free & |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Cabbage, Chinese (see | <input type="checkbox"/> Corn, Blue |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Corn, White |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Cucumber |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Daikon Radish |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Capers | <input type="checkbox"/> Dandelion Greens |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Capsicum | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Bean, Green | <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Bean Sprout | <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 | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Bell Pepper, Orange | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Kale, all types |
| <input type="checkbox"/> Bell Pepper, Yellow | <input type="checkbox"/> Celery | <input type="checkbox"/> Kelp/Dulse |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Chard | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Chayote | <input type="checkbox"/> Kombu |
| <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Chives | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Broccoli Sprouts | <input type="checkbox"/> Coconut (raw and | <input type="checkbox"/> Lettuce, all types |
| <input type="checkbox"/> Broccolini | <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Mushrooms |

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|---|--|---|
| <input type="checkbox"/> Mushrooms, Button | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Sea Vegetables |
| <input type="checkbox"/> Mushrooms, | <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Seaweed |
| <input type="checkbox"/> Mushrooms, Maitake | <input type="checkbox"/> Pickles, Bubbies® brand | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Mushrooms, Shiitake | <input type="checkbox"/> Pimento | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Potato, Fingerling | <input type="checkbox"/> Spirulina |
| <input type="checkbox"/> Nori | <input type="checkbox"/> Potato, Purple | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Potato, Red | <input type="checkbox"/> Squash, Acorn |
| <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Potato, Russet | <input type="checkbox"/> Squash, Butternut |
| <input type="checkbox"/> Onion, Green | <input type="checkbox"/> Potato, Sweet | <input type="checkbox"/> Squash, Green |
| <input type="checkbox"/> Onion, Maui | <input type="checkbox"/> Potato, White | <input type="checkbox"/> Squash, Spaghetti |
| <input type="checkbox"/> Onion, Red | <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Squash, Summer |
| <input type="checkbox"/> Onion, Sweet | <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Squash, Winter |
| <input type="checkbox"/> Onion, Yellow | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Squash, Yellow |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> Parsnip | <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Sweet Potato, Red |
| <input type="checkbox"/> Pea, Black-Eyed | <input type="checkbox"/> Radicchio | <input type="checkbox"/> Sweet Potatoes, White |
| <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Radish | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Tomato Paste (gluten & |
| <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Tomato Sauce (gluten & |
| <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Sauerkraut (Bubbies®) | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Scallions | <input type="checkbox"/> Tomatoes, Big Beef |

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| <input type="checkbox"/> Tomato, Cherry | <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Grape |
| <input type="checkbox"/> Tomato, Heirloom | <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Grape, Green |
| <input type="checkbox"/> Tomato, Orange | <input type="checkbox"/> Apricot | <input type="checkbox"/> Grape, Purple |
| <input type="checkbox"/> Tomato, Red | <input type="checkbox"/> Banana | <input type="checkbox"/> Grape, Red |
| <input type="checkbox"/> Tomato, Roma | <input type="checkbox"/> Bilberry | <input type="checkbox"/> Grape, White |
| <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Blackberry | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Tomato, Yellow | <input type="checkbox"/> Blueberry | <input type="checkbox"/> Grapefruit Juice |
| <input type="checkbox"/> Truffle | <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Guava |
| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Huckleberry |
| <input type="checkbox"/> Turnips | <input type="checkbox"/> Cherry | <input type="checkbox"/> Jack fruit |
| <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Clementine | <input type="checkbox"/> Kiwi |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Cranberry | <input type="checkbox"/> Kumquat |
| <input type="checkbox"/> Yams, Garnett | <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon |
| <input type="checkbox"/> Yams, Japanese | <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Yucca | <input type="checkbox"/> Date(s) | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Lime Juice |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Elderberry | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Fig | <input type="checkbox"/> Loganberry |
| <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Loquat |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen |

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

<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tahini	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Bean, Red (see also
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Chickpea (see also
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Edamame (must be
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Shortening	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Almond	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Miso
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Peanut (Organic,
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Peanut Butter (Organic,
<input type="checkbox"/> Rice, Wild (Lundberg® -	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> Safflower/Safflower Seed	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Soy Beans (must be
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Soy Beans Oil (must be
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> White Beans

☐ Fish & Shellfish☐ Anchovy☐ Bass☐ Catfish☐ Chilean Sea Bass☐ Clam☐ Cod/ Cod Liver Oil☐ Corvina☐ Crab☐ Crayfish☐ Flounder☐ Haddock☐ Hake☐ Halibut☐ Herring☐ Lobster☐ Mackerel☐ Mahi Mahi☐ Mussel☐ Orange Roughy☐ Oyster☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Scallop☐ Shrimp☐ Sole☐ Squid☐ Swai☐ Swordfish☐ Tilapia (Non-farmed)☐ Trout☐ Tuna☐ Walleye Pike☐ Whitefish/Turbot☐ Crab, Immitation☐ Meat & Poultry☐ Applegate® organic☐ Applegate® organic black☐ Applegate® organic☐ Applegate® organic ham☐ Applegate® organic herb☐ Applegate® organic hot☐ Applegate® organic roast☐ Applegate® organic☐ Applegate® organic☐ Applegate® organic red☐ Applegate® organic☐ Applegate® organic☐ Applegate® organic☐ Applegate® organic☐ Applegate® organic☐ Applegate® organic☐ Beef, Grass-fed only☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Chicken Broth (Imagine®)☐ Chicken, free range☐ Deer (see also Venison)☐ Duck☐ Goat, Grass-fed only☐ Lamb (organic)☐ Lard (pork)☐ Ostrich☐ Pheasant

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| <input type="checkbox"/> Pork, (organic) | <input type="checkbox"/> Condiments | <input type="checkbox"/> Sauerkraut (Bubbies®) |
| <input type="checkbox"/> Quail | <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Sriracha Sauce |
| <input type="checkbox"/> Rabbit | <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Ume Plum Vinegar |
| <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> Balsamic Vinegar (with | <input type="checkbox"/> Veganaise Soy-free |
| <input type="checkbox"/> Veal (organic) | <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Barbeque Sauce, GF | <input type="checkbox"/> Vinegar, Distilled |
| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> BodyPro Almond Mayo | <input type="checkbox"/> Vinegar, Malt |
| <input type="checkbox"/> Almond Milk, | <input type="checkbox"/> BodyPro Almond Mayo | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Almond Yogurt, | <input type="checkbox"/> BodyPro Avocado Oil | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> BodyPro Avocado Oil | <input type="checkbox"/> Carob | <input type="checkbox"/> Vinegar, White |
| <input type="checkbox"/> Cheese, Daiya (Coconut, | <input type="checkbox"/> Coconut Vinegar | <input type="checkbox"/> Vinegar, White Wine |
| <input type="checkbox"/> Cheese, Soy (Organic) | <input type="checkbox"/> Dressing, Primal Kitchen | <input type="checkbox"/> Worcestershire Sauce |
| <input type="checkbox"/> Coconut Kefir (No | <input type="checkbox"/> Dressing, Primal Kitchen | <input type="checkbox"/> Sweeteners |
| <input type="checkbox"/> Coconut Milk(Native | <input type="checkbox"/> Earth Balance® Coconut | <input type="checkbox"/> Agave Nectar |
| <input type="checkbox"/> Egg, Pasture-raised (from | <input type="checkbox"/> Earth Balance® Avocado | <input type="checkbox"/> Aspartame/Nutrasweet |
| <input type="checkbox"/> Egg, Vital Farms® or | <input type="checkbox"/> Horseradish Sauce, | <input type="checkbox"/> BodyPro Almond Mayo |
| <input type="checkbox"/> Egg, Whites, | <input type="checkbox"/> Hummus | <input type="checkbox"/> BodyPro Almond Mayo |
| <input type="checkbox"/> Egg, Yolks Pasture-raised | <input type="checkbox"/> Ketchup (Organicville) | <input type="checkbox"/> Brown Rice Syrup |
| <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Chocolate, Dark |
| <input type="checkbox"/> Sriracha Sauce | <input type="checkbox"/> Mayonnaise, Primal | <input type="checkbox"/> Chocolate, Milk |
| <input type="checkbox"/> Egg | <input type="checkbox"/> Mayonnaise, Primal | <input type="checkbox"/> Chocolate, White |
| | <input type="checkbox"/> Mustard, Brown (Eden®) | <input type="checkbox"/> Coconut Palm Sugar |

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| <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Cinnamon, Ceylon |
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Cloves |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Xyla (Birchwood | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Cloves, Penang |
| <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Honey, Manuka | <input type="checkbox"/> Allspice | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Honey, Wildflower from | <input type="checkbox"/> Almond Flavor natural, | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Anise | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> Lo Han | <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Maltodextrin (Can be | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Maltodextrin (Corn-based, | <input type="checkbox"/> Basil | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Maple Syrup (Grade A | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Molasses | <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Monk Fruit | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Nutrasweet® | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Sorbitol | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Garlic Salt |
| <input type="checkbox"/> Splenda | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Sucanat | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginkgo Biloba |
| <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Goldenseal |

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

☐ **Milk-Containing Foods**☐ Applegate® organic☐ Butter, Raw and☐ Buttermilk☐ Casein☐ Cheese, American☐ Cheese, Asiago☐ Cheese, Bleu☐ Cheese, Brie☐ Cheese, Cheddar (Raw)☐ Cheese, Cottage☐ Cheese, Cream☐ Cheese, Goat☐ Cheese, Gorgonzola☐ Cheese, Gouda☐ Cheese, Havarti☐ Cheese, Machego☐ Cheese, Marscapone☐ Cheese, Mozzarella☐ Cheese, Muenster☐ Cheese, Parmesan☐ Cheese, Pecorino☐ Cheese, Raw and☐ Cheese, Ricotta☐ Cheese, Romano☐ Cheese, Provolone☐ Cheese, Sheep☐ Cheese, String☐ Cheese, Swiss☐ Chocolate, Milk☐ Chocolate, White☐ Cream, Raw and☐ Ghee (Pasture-Raised,☐ Goat Cheese☐ Goat Kefir☐ Kefir, Raw☐ Lactoalbumin☐ Milk Chocolate☐ Milk, Cow☐ Milk, Goat☐ Milk, Sheep☐ Mozzarella Cheese☐ Sour Cream, Raw and☐ Whey☐ Yogurt (See Xanthan☐ Cheese, Feta☐ **Gluten-Free Grains**☐ Almond Flour (gluten free)☐ Amaranth☐ Arrowroot Flour/powder☐ Basmati Rice (gluten free)☐ Buckwheat☐ Buckwheat Flour☐ Chicory Root☐ Coconut Flour (gluten☐ Coconut Meal (gluten☐ Corn (Gluten-free &☐ Corn, Blue☐ Corn, White☐ Corn Starch (gluten free)☐ Ener-G Brown Rice☐ Fava Bean Flour☐ Flax Meal☐ Garbanzo Flour☐ Glucomannon Flour☐ Hazelnut Flour

<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Beer
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder	<input type="checkbox"/> Bran
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Grnd Sea	<input type="checkbox"/> Bread
<input type="checkbox"/> Konjac Glucomannon	<input type="checkbox"/> Simple Mills Rosemary &	<input type="checkbox"/> Brown Rice Syrup
<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Tomato &	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Oats	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Cheese, Bleu
<input type="checkbox"/> Oats (Bob's Red Mill)	<input type="checkbox"/> Sweet Potato Flour	<input type="checkbox"/> Chewing Gum (has gluten)
<input type="checkbox"/> Oat Grass (Not For	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Coffee, Instant (has
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Flour (gluten	<input type="checkbox"/> Couscous
<input type="checkbox"/> Potato Starch (gluten	<input type="checkbox"/> Tapioca Starch (gluten	<input type="checkbox"/> Durum Wheat
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Teff	<input type="checkbox"/> Farro
<input type="checkbox"/> Quinoa, Black (gluten	<input type="checkbox"/> Tolerant Green Lentil &	<input type="checkbox"/> Gluten
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Red or Green	<input type="checkbox"/> Graham (wheat)
<input type="checkbox"/> Rice, Basmati (gluten	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Kamut
<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava &	<input type="checkbox"/> Liquid Smoke (can have
<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia &	<input type="checkbox"/> Malt
<input type="checkbox"/> Rice, Japonica (gluten	<input type="checkbox"/> Simple Mills EverythingSp	<input type="checkbox"/> Maltodextrin (Can be
<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Oats
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Orzo
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Barley	<input type="checkbox"/> Panko
<input type="checkbox"/> Rice, Wild (Lundberg® -	<input type="checkbox"/> Barley Greens (Not for	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Barley Juice (Not for	<input type="checkbox"/> Rye

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|--|--|--|
| <input type="checkbox"/> Semolina | <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Coffee, Instant (has |
| <input type="checkbox"/> Soy Sauce | <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Collagen Protein |
| <input type="checkbox"/> Spelt | <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Echinacea Tea |
| <input type="checkbox"/> Teechino | <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Grapefruit Juice |
| <input type="checkbox"/> Teriyaki Sauce | <input type="checkbox"/> Fructose | <input type="checkbox"/> Green Tea |
| <input type="checkbox"/> Triticale | <input type="checkbox"/> GemWraps® [®] , Sandwich | <input type="checkbox"/> Hemp Protein (Powder) |
| <input type="checkbox"/> Vinegar | <input type="checkbox"/> Maltodextrin (Corn-based, | <input type="checkbox"/> Komboucha Tea |
| <input type="checkbox"/> Vinegar, Malt | <input type="checkbox"/> Sriracha Sauce | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Swerve® [®] Xylitol | <input type="checkbox"/> Licorice Tea |
| <input type="checkbox"/> Wheat (All Types) | <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Lime Juice |
| <input type="checkbox"/> Wheat Grass (Is | <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Milk, Cow |
| <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Yogurt (See Xanthan | <input type="checkbox"/> Milk, Goat |
| <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Beverages & Protein | <input type="checkbox"/> Milk, Sheep |
| <input type="checkbox"/> Barbeque Sauce, GF | <input type="checkbox"/> Almond Milk, | <input type="checkbox"/> Milk, Soy (Organic) |
| <input type="checkbox"/> Cheese, Cream | <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Mineral Water |
| <input type="checkbox"/> Cheese, Daiya (Coconut, | <input type="checkbox"/> Beer | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Cheese, Soy (Organic) | <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Rice Protein Powder |
| <input type="checkbox"/> Chewing Gum (has gluten | <input type="checkbox"/> Coconut Kefir (No | <input type="checkbox"/> Soy Milk/Soy Cheese |
| <input type="checkbox"/> Corn (Gluten-free & | <input type="checkbox"/> Coconut Milk(Native | <input type="checkbox"/> Soy Protein (Organic) |
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Coconut Water (low | <input type="checkbox"/> Sparkling Water, |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Tea, Black |
| <input type="checkbox"/> Corn Gluten | <input type="checkbox"/> Coffee | <input type="checkbox"/> Tea, Chamomile |

- | | | |
|---|--|---|
| <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Malt |
| <input type="checkbox"/> Tea, Oolong | <input type="checkbox"/> Cocoa/Cacao (raw, pure, | <input type="checkbox"/> Maltodextrin (Can be |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Coconut Aminos® | <input type="checkbox"/> Palm Wax |
| <input type="checkbox"/> Tea, Roobios | <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Pycnogenol |
| <input type="checkbox"/> Tea, | <input type="checkbox"/> Collagen Protein | <input type="checkbox"/> Red Chili Paste Thai |
| <input type="checkbox"/> Tea, White | <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Red Tomato Paste (gluten |
| <input type="checkbox"/> Teechino | <input type="checkbox"/> GemWraps®, Sandwich | <input type="checkbox"/> Resveratrol |
| <input type="checkbox"/> Water | <input type="checkbox"/> GemWraps®, Sandwich | <input type="checkbox"/> Sherry Vinegar |
| <input type="checkbox"/> Wine, Red | <input type="checkbox"/> GemWraps®, Sandwich | <input type="checkbox"/> Silver |
| <input type="checkbox"/> Wine, White | <input type="checkbox"/> GemWraps®, Sandwich | <input type="checkbox"/> Skinny Crisps®(Plain |
| <input type="checkbox"/> Yerba Matte Tea | <input type="checkbox"/> Glucomannon Flour | <input type="checkbox"/> Tagacanth Gum |
| <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Great Lake's® Beef | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Guar Gum | <input type="checkbox"/> Tofu (Organic) |
| <input type="checkbox"/> Antimony | <input type="checkbox"/> Hops | <input type="checkbox"/> Tomato Paste (gluten & |
| <input type="checkbox"/> Arabic Gum | <input type="checkbox"/> Julian Bakery Paleo | <input type="checkbox"/> Tomato Sauce (gluten & |
| <input type="checkbox"/> Baking Powder | <input type="checkbox"/> Julian Bakery Almond | <input type="checkbox"/> Tragacanth Gum |
| <input type="checkbox"/> Baking Soda (Arm & | <input type="checkbox"/> Julian Bakery Coconut | <input type="checkbox"/> Vegetable broth |
| <input type="checkbox"/> Beef broth (Imagine® low | <input type="checkbox"/> Konjac Glucomannon | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Carrageenan Gum | <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Vegetable Shortening |
| <input type="checkbox"/> Chewing Gum (has gluten | <input type="checkbox"/> Liquid Aminos | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Chewing Gum, Xylicew® | <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Chicken Broth (Imagine® | <input type="checkbox"/> Lycopene | <input type="checkbox"/> Vinegar, White Wine |

- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional
- ☐ Latex
- ☐ Formaldehyde
- ☐ Red Dye
- ☐ Ispaghula/Psyllium
- ☐ Acacia Gum