

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

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

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

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

<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Tahini	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Almond	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Pumpkin Seed Oil		<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Miso
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Peanut (Organic, Valencia)
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Peanut Butter (Organic,
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Soy Beans (must be organic)
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Soy Beans Oil (must be organic)
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Vanilla Bean

<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> White Beans	<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic smoked
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic turkey
<input type="checkbox"/> Bass	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic turkey bacon
<input type="checkbox"/> Catfish	<input type="checkbox"/> Sardines	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Scallop	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Clam	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Sole	<input type="checkbox"/> Chicken Broth (Imagine® gf/low
<input type="checkbox"/> Corvina	<input type="checkbox"/> Squid	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Crab	<input type="checkbox"/> Swai	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Crayfish	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Duck
<input type="checkbox"/> Flounder	<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Haddock	<input type="checkbox"/> Trout	<input type="checkbox"/> Lamb (organic)
<input type="checkbox"/> Hake	<input type="checkbox"/> Tuna	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Halibut	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Herring	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Quail
<input type="checkbox"/> Lobster	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Mackerel	<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic herb roasted	

<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Carob	<input type="checkbox"/> Vinegar, White Wine
<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	
<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Dressing, Primal Kitchen Greek	<input type="checkbox"/> Sweeteners
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Dressing, Primal Kitchen Honey	<input type="checkbox"/> Agave Nectar
<input type="checkbox"/> Cheese, Daiya	<input type="checkbox"/> Earth Balance® Coconut Spread	<input type="checkbox"/> Aspartame/Nutrasweet
<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Earth Balance® Avocado Oil Butter	<input type="checkbox"/> BodyPro Almond Mayo Grade B
<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Horseradish Sauce, Gluten-free	<input type="checkbox"/> BodyPro Almond Mayo with Yacon
<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Hummus	<input type="checkbox"/> Brown Rice Syrup (contains
<input type="checkbox"/> Egg, Vital Farms® or Pasture	<input type="checkbox"/> Ketchup (Organicville)	<input type="checkbox"/> Chocolate, Dark
<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Mayonnaise	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Mayonnaise, Primal Kitchen	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Mayonnaise, Primal Kitchen	<input type="checkbox"/> Coconut Palm Sugar
<input type="checkbox"/> Egg	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Date Sugar
	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Fruit Pectin
<input type="checkbox"/> Condiments	<input type="checkbox"/> Ume Plum Vinegar	<input type="checkbox"/> Honey, (Organic)
<input type="checkbox"/> Balsamic Vinegar MiaBella	<input type="checkbox"/> Veganaise Soy-free (Follow Your	<input type="checkbox"/> Honey, Manuka
<input type="checkbox"/> Balsamic Vinegar (with Red Wine	<input type="checkbox"/> Vinegar	<input type="checkbox"/> Honey, Wildflower from Mahava®
<input type="checkbox"/> Balsamic Vinegar (Caramel/Red W.	<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Just Like Sugar®
<input type="checkbox"/> Barbeque Sauce, GF Annie's®	<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Lo Han
<input type="checkbox"/> BodyPro Almond Mayo Grade B	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Maltodextrin (Can be
<input type="checkbox"/> BodyPro Almond Mayo with Yacon	<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Maple Sugar
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber

<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"/> NutrasweetÂ®	<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
<input type="checkbox"/> SweetleafÂ® Stevia	<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapefruit Seed Extract
<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn	<input type="checkbox"/> Cloves	<input type="checkbox"/> Grapeseed Extract
<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Guarana
	<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Gymnema Silvestre
<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Herbs De Provence
<input type="checkbox"/> Allspice	<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Hickory
<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Cumin	<input type="checkbox"/> Himalayan Salt
<input type="checkbox"/> Anise	<input type="checkbox"/> Curcumin	<input type="checkbox"/> Jamaican Jerk
<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Juniper Berry
<input type="checkbox"/> Astragalus	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lavender
<input type="checkbox"/> Basil	<input type="checkbox"/> Dill	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)
<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Lemon Pepper
<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Lemongrass

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| <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Pepper/Peppercorns | <input type="checkbox"/> Uva Ursi |
| <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Pepper/Peppercorns, Szechuan | <input type="checkbox"/> Valerian |
| <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Vanilla (gluten and corn-free) |
| <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 Kitchen® | <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 |
| <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Saffron | |
| <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Sage | <input type="checkbox"/> Milk-Containing Foods |
| <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Butter, Raw and Pasture-raised |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Buttermilk |
| <input type="checkbox"/> Onion | <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Casein |
| <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Shallots | <input type="checkbox"/> Cheese, American |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Spearmint | <input type="checkbox"/> Cheese, Asiago |
| <input type="checkbox"/> Orange Salt | <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Cheese, Bleu |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Taco Seasoning | <input type="checkbox"/> Cheese, Brie |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Cheese, Cheddar (Raw) |
| <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Tarragon | <input type="checkbox"/> Cheese, Cottage |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Thyme | <input type="checkbox"/> Cheese, Goat |
| <input type="checkbox"/> Pepper, Black (see Garlic/Lemon | <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Cheese, Gorgonzola |

<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Glucomannon Flour
<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Cheese, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Millet
<input type="checkbox"/> Cheese, Ricotta		<input type="checkbox"/> Oats
<input type="checkbox"/> Cheese, Romano	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free
<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Oat Grass (Not For Gluten
<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Potato Flour (gluten free)
<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Potato Starch (gluten free)
<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Rice, Basmati (gluten free)
<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Rice, Black (gluten free)
<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Rice, Brown (gluten free)
<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free	<input type="checkbox"/> Rice, Japonica (gluten free)
<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Purple (gluten free)

<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Barley Greens (Not for	<input type="checkbox"/> Rye
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Barley Juice (Not for	<input type="checkbox"/> Semolina
<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Beer	<input type="checkbox"/> Soy Sauce
<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Bran	<input type="checkbox"/> Spelt
<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Bread	<input type="checkbox"/> Teechino
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Brown Rice Syrup (contains	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Triticale
<input type="checkbox"/> Simple Mills Rosemary & Sea Salt	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Simple Mills Tomato & Basil Almond	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Couscous	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Wheat (All Types)
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat Grass (Is
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Gluten	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Graham (wheat)	
<input type="checkbox"/> Teff	<input type="checkbox"/> Kamut	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Barbeque Sauce, GF Annie's®
<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Malt	<input type="checkbox"/> Cheese, Daiya
<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Maltodextrin (Can be	
<input type="checkbox"/> Simple Mills	<input type="checkbox"/> Oats	
	<input type="checkbox"/> Orzo	
<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Panko	
<input type="checkbox"/> Barley	<input type="checkbox"/> Polish Wheat	

<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> Beer	<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Antimony
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Baking Powder
<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Beef broth (Imagine® low
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Coffee	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Chewing Gum, Xylite®
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Chicken Broth (Imagine® gf/low
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Cocoa/Cacao (raw, pure, &
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, unflavored/caffeine-free only	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Teechino	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Water	<input type="checkbox"/> Glucomannon Flour
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Hops
<input type="checkbox"/> Milk, Sheep		<input type="checkbox"/> Julian Bakery Paleo Wraps

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|---|---|
| <input type="checkbox"/> Julian Bakery Almond Bread | <input type="checkbox"/> Vegetable broth (Imagine® Low |
| <input type="checkbox"/> Julian Bakery Coconut Bread | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy) | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Vinegar, White Wine |
| <input type="checkbox"/> Lycopene | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Malt | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Maltodextrin (Can be | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Palm Wax | <input type="checkbox"/> Latex |
| <input type="checkbox"/> Pycnogenol | <input type="checkbox"/> Formaldehyde |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen® | <input type="checkbox"/> Red Dye |
| <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Ispaghula/Psyllium |
| <input type="checkbox"/> Resveratrol | |
| <input type="checkbox"/> Sherry Vinegar | |
| <input type="checkbox"/> Silver | |
| <input type="checkbox"/> Skinny Crisps®(Plain Jane) | |
| <input type="checkbox"/> Tagacanth Gum | |
| <input type="checkbox"/> Tamari (Wheat Free) | |
| <input type="checkbox"/> Tofu (Organic) | |
| <input type="checkbox"/> Tomato Paste (gluten & | |
| <input type="checkbox"/> Tomato Sauce (gluten & | |
| <input type="checkbox"/> Tagacanth Gum | |