

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Kombu
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Leeks
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Celery	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Chard	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Arugula	<input type="checkbox"/> Chayote	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Avocado	<input type="checkbox"/> Chives	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Nori
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Okra
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Burdock	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Endive	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Fennel	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Garlic	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Capers	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Parsley
<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Jicama	<input type="checkbox"/> Parsnip
<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Pea, Black-Eyed
<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pimento

<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Banana
<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Bilberry
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Blackberry
<input type="checkbox"/> Radicchio	<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Blueberry
<input type="checkbox"/> Radish	<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Boysenberry
<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Truffle	<input type="checkbox"/> Cherry
<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Clementine
<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Turnips	<input type="checkbox"/> Cranberry
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Cranberry Juice
<input type="checkbox"/> Scallions	<input type="checkbox"/> Watercress	<input type="checkbox"/> Currant
<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Date(s)
<input type="checkbox"/> Seaweed	<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Dragon Fruit (Pitaya)
<input type="checkbox"/> Shallots	<input type="checkbox"/> Yucca	<input type="checkbox"/> Dried Fruit
<input type="checkbox"/> Spinach	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Elderberry
<input type="checkbox"/> Spirulina		<input type="checkbox"/> Fig
<input type="checkbox"/> Squash	<input type="checkbox"/> Fruits	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Acai	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape
<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, White

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

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

- | | | |
|---|--|---|
| <input type="checkbox"/> Perch | <input type="checkbox"/> Applegate® organic smoked turkey breast | <input type="checkbox"/> Non-Dairy & Eggs |
| <input type="checkbox"/> Red Snapper | <input type="checkbox"/> Applegate® organic turkey | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) |
| <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Applegate® organic turkey bacon | <input type="checkbox"/> Almond Yogurt, unsweetened |
| <input type="checkbox"/> Sardines | <input type="checkbox"/> Beef, Grass-fed only (organic) | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) |
| <input type="checkbox"/> Scallop | <input type="checkbox"/> Bison (see also Buffalo) | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) |
| <input type="checkbox"/> Shrimp | <input type="checkbox"/> Buffalo (see also Bison) | <input type="checkbox"/> Egg, Pasture-raised (from a farmer) |
| <input type="checkbox"/> Sole | <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium) | <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde® |
| <input type="checkbox"/> Squid | <input type="checkbox"/> Chicken, free range (organic) | <input type="checkbox"/> Egg, Whites, Pasture-raised |
| <input type="checkbox"/> Swai | <input type="checkbox"/> Deer (see also Venison) | <input type="checkbox"/> Egg, Yolks Pasture-raised |
| <input type="checkbox"/> Swordfish | <input type="checkbox"/> Duck | <input type="checkbox"/> Paleo Cheese (Julianbakery.com or |
| <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Goat, Grass-fed only (organic) | |
| <input type="checkbox"/> Trout | <input type="checkbox"/> Lamb (organic) | <input type="checkbox"/> Condiments |
| <input type="checkbox"/> Tuna | <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) |
| <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Ostrich | <input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar) |
| <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Pheasant | <input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar) |
| | <input type="checkbox"/> Pork, (organic) | <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup |
| <input type="checkbox"/> Meat & Poultry | <input type="checkbox"/> Quail | <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup |
| <input type="checkbox"/> Applegate® organic bacon | <input type="checkbox"/> Rabbit | <input type="checkbox"/> Carob |
| <input type="checkbox"/> Applegate® organic black forest ham | <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> Coconut Vinegar (Coconut Secret) |
| <input type="checkbox"/> Applegate® organic ham | <input type="checkbox"/> Veal (organic) | <input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil |
| <input type="checkbox"/> Applegate® organic herb roasted turkey | <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard |
| <input type="checkbox"/> Applegate® organic roast beef | | <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread |

☐ Earth Balance® Coconut Spread☐ Horseradish Sauce, Gluten-free (Annie's®)☐ Liquid Smoke gluten free (natural)☐ Mayonnaise, Primal Kitchen Avocado Oil☐ Mayonnaise, Primal Kitchen Chipotle Avocado Oil☐ Mustard, Brown (Eden® gf mustard)☐ Sauerkraut (Bubbies® Brand only)☐ Ume Plum Vinegar☐ Vinegar, Beet☐ Vinegar, Distilled☐ Vinegar, Red Wine☐ Vinegar, White Wine☐ Sweeteners☐ BodyPro Almond Mayo Grade A Maple Syrup☐ Cane Syrup☐ Coconut Palm Sugar☐ Coconut Sugar☐ Date Sugar☐ Fruit Pectin☐ Honey, (Organic)☐ Honey, Manuka☐ Honey, Wildflower from Mahava®☐ Jerusalem Artichoke Syrup☐ Just Like Sugar®☐ Lo Han☐ Maltodextrin (Tapioca-based)☐ Maple Sugar☐ Maple Syrup (Grade A Dark Amber Organic)☐ Molasses☐ Monk Fruit (Pure)☐ Monk Fruit Extract☐ Rebiana Leaf (Stevia)☐ Sorbitol☐ Splenda☐ Sucanat☐ Sugar Beet☐ Sugar Cane☐ Sweetleaf® Stevia☐ Tapioca Dextrose☐ Xyla (Birchwood Xylitol)☐ Yacon Syrup☐ Herbs & Spices☐ Allspice☐ Almond Flavor natural, gluten free)☐ Anise☐ Ashwaganda☐ Astragalus☐ Basil☐ Bay Leaf☐ Black Cohosh☐ Caraway Seed☐ Cardamom☐ Celery Powder☐ Chicory Root☐ Cilantro/Coriander☐ Cinnamon☐ Cinnamon, Ceylon☐ Cloves☐ Cloves, Madagascar☐ Cloves, Penang☐ Cramp Bark Extract☐ Cream of Tartar☐ Cumin

- | | | |
|--|---|--|
| <input type="checkbox"/> Curcumin | <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lavender | <input type="checkbox"/> Pepper/Peppercorns |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pine Bark Extract |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Rose Hips |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Saw Plametto |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Mesquite | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mint | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Sumac |
| <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Guarana | <input type="checkbox"/> Onion | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Uva Ursi |
| <input type="checkbox"/> Hickory | <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Valerian |
| <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Oregano | <input type="checkbox"/> White Willow Bark Extract |

<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Gluten-Containing Foods
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Hemp Seed	
	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Millet	
	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Beverages & Protein Powders
<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Apple Juice
	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Bone Broth Protein, Beef
<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Coconut Water (low sugar)
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Coffee
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Echinacea Tea
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Teff	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Green Tea
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)		<input type="checkbox"/> Komboucha Tea
<input type="checkbox"/> Hazelnut Flour		<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Hemp Meal		<input type="checkbox"/> Licorice Tea

<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Antimony	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Latex
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Bone Broth, Beef	<input type="checkbox"/> Modified Food Starch (Tapioca-based)
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Chewing Gum, Xylichew®	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Red Food Dye
<input type="checkbox"/> Tea, unflavored/caffeine-free only	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Tea, White	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Water	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Silver
<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tragacanth Gum
<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Vinegar, Red Wine
	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Vinegar, White Wine
	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Yeast, Baker's
	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Yeast, Brewer's
	<input type="checkbox"/> Hops	<input type="checkbox"/> Yeast, Nutritional

☐ Snacks

☐ Apple Sauce

☐ Date(s)