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|---|--|--|
| <input type="checkbox"/> <b>Vegetables</b>                  | <input type="checkbox"/> Broccoli Rabe                               | <input type="checkbox"/> Chives                        |
| <input type="checkbox"/> Alfalfa Grass                      | <input type="checkbox"/> Broccoli Sprouts                            | <input type="checkbox"/> Coconut (raw and unsweetened) |
| <input type="checkbox"/> Alfalfa Sprouts                    | <input type="checkbox"/> Broccolini                                  | <input type="checkbox"/> Coconut Concentrate           |
| <input type="checkbox"/> Aloe Vera                          | <input type="checkbox"/> <b>Brussels Sprout</b>                      | <input type="checkbox"/> Collard Greens                |
| <input type="checkbox"/> Artichoke (not pickled)            | <input type="checkbox"/> Burdock                                     | <input type="checkbox"/> Cucumber                      |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> <b>Cabbage, Chinese (see also Bok Choy)</b> | <input type="checkbox"/> Daikon Radish                 |
| <input type="checkbox"/> Arugula                            | <input type="checkbox"/> <b>Cabbage, Green</b>                       | <input type="checkbox"/> Dandelion Greens              |
| <input type="checkbox"/> Asparagus                          | <input type="checkbox"/> <b>Cabbage, Purple</b>                      | <input type="checkbox"/> Dandelion Root                |
| <input type="checkbox"/> <b>Avocado</b>                     | <input type="checkbox"/> Cactus (Nopales)                            | <input type="checkbox"/> Eggplant                      |
| <input type="checkbox"/> <b>Avocado Oil</b>                 | <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 Sprout                        | <input type="checkbox"/> Carrot Juice                                | <input type="checkbox"/> <b>Garlic</b>                 |
| <input type="checkbox"/> Bean, Green                        | <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"/> <b>Bell Pepper</b>                 | <input type="checkbox"/> Carrot, Yellow                              | <input type="checkbox"/> <b>Kale, all types</b>        |
| <input type="checkbox"/> <b>Bell Pepper, Green</b>          | <input type="checkbox"/> Cassava (see Tapioca and Yucca)             | <input type="checkbox"/> Kelp/Dulse                    |
| <input type="checkbox"/> <b>Bell Pepper, Orange</b>         | <input type="checkbox"/> Cauliflower                                 | <input type="checkbox"/> Kohlrabi                      |
| <input type="checkbox"/> <b>Bell Pepper, Red</b>            | <input type="checkbox"/> Cauliflower, Purple                         | <input type="checkbox"/> Kombu                         |
| <input type="checkbox"/> <b>Bell Pepper, Yellow</b>         | <input type="checkbox"/> <b>Celery</b>                               | <input type="checkbox"/> Leeks                         |
| <input type="checkbox"/> <b>Bok Choy</b>                    | <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"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Radish
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rhubarb
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Nori	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Scallions
<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Sea Vegetables
<input type="checkbox"/> Okra	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Seaweed
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Shallots
<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Pimento	<input type="checkbox"/> Spinach
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Squash, Butternut
<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, White	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Squash, Summer
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Psyllium Husk	<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"/> Swiss Chard	<input type="checkbox"/> <b>Fruits</b>	<input type="checkbox"/> Fig
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Acai	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Tomato	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Truffle	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Turnips	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Watercress	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lime
<input type="checkbox"/> Yucca	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Litchi (aka Lychee)

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| <input type="checkbox"/> Loganberry        | <input type="checkbox"/> Plum                                | <input type="checkbox"/> Almond, Marcona                      |
| <input type="checkbox"/> Loquat            | <input type="checkbox"/> Pomegranate                         | <input type="checkbox"/> Annatto Seed                         |
| <input type="checkbox"/> Mango             | <input type="checkbox"/> Pomelo                              | <input type="checkbox"/> Brazil Nut                           |
| <input type="checkbox"/> Mangosteen        | <input type="checkbox"/> Prune                               | <input type="checkbox"/> Canola/Rapeseed Oil                  |
| <input type="checkbox"/> Maqui             | <input type="checkbox"/> Quince                              | <input type="checkbox"/> Caraway Seed                         |
| <input type="checkbox"/> Melon, Honeydew   | <input type="checkbox"/> Raisin (unsulfured, organic)        | <input type="checkbox"/> Cashew Butter                        |
| <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Raspberry                           | <input type="checkbox"/> Cashew Meal                          |
| <input type="checkbox"/> Mulberry          | <input type="checkbox"/> Star Fruit                          | <input type="checkbox"/> Cashews                              |
| <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 Juice      | <input type="checkbox"/> Tangerine                           | <input type="checkbox"/> Coconut Oil                          |
| <input type="checkbox"/> Orange Peel/Rind  | <input type="checkbox"/> Watermelon                          | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) |
| <input type="checkbox"/> Orange, Blood     | <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, Drupes & Oils          | <input type="checkbox"/> Flax Oil                             |
| <input type="checkbox"/> Pear              | <input type="checkbox"/> Almond                              | <input type="checkbox"/> Flax Seed                            |
| <input type="checkbox"/> Pear, Asian       | <input type="checkbox"/> Almond Butter (Artisana®)           | <input type="checkbox"/> Grapeseed Oil, Organic               |
| <input type="checkbox"/> Persimmons        | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Hazelnut Flour                       |
| <input type="checkbox"/> Pineapple         | <input type="checkbox"/> Almond Flour (gluten free)          | <input type="checkbox"/> Hazelnut/Filbert                     |
| <input type="checkbox"/> Plantain          | <input type="checkbox"/> Almond Meal (gluten free)           | <input type="checkbox"/> Hemp Meal                            |

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

<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Squid	<input type="checkbox"/> Applegate® organic smoked turkey breast	
<input type="checkbox"/> Swai	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Almond Yogurt, unsweetened
<input type="checkbox"/> Trout	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Tuna	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)
	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®
<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Egg, Whites, Pasture-raised
<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Duck	<input type="checkbox"/> Egg, Yolks Pasture-raised
<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Paleo Cheese (Julianbakery.com or
<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Lard (pork)	
<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Condiments
<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)
<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Balsamic Vinegar (Caramel/Red W. Vinegar)
<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Quail	<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)
<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Balsamic Vinegar MiaBella NoCaramel/WineVinegar)
<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup

<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/> Vinegar	<input type="checkbox"/> Honey, (Organic)
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Vinegar, Beet	<input type="checkbox"/> Honey, Manuka
<input type="checkbox"/> Carob	<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Honey, Wildflower from Mahava®
<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Jerusalem Artichoke Syrup
<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Just Like Sugar®
<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard	<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Lo Han
<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread	<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Maltodextrin (Barley-derived)
<input type="checkbox"/> Earth Balance® Coconut Spread	<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Maltodextrin (Tapioca-based)
<input type="checkbox"/> Harissa	<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Maple Sugar
<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)
<input type="checkbox"/> Hummus	<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Molasses
<input type="checkbox"/> Ketchup (Organicville)	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Monk Fruit (Pure)
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Monk Fruit Extract
<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Nutrasweet®
<input type="checkbox"/> Mayonnaise	<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Rebiana Leaf (Stevia)
<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Sorbitol
<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Splenda
<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Sucanat
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Sucralose
<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Ume Plum Vinegar	<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Sugar Cane
<input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®)		<input type="checkbox"/> Sweetleaf® Stevia

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<input type="checkbox"/> Tapioca Dextrose	<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapefruit Seed Extract
<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)	<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
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Fennel	<input type="checkbox"/> Licorice Root
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garlic	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Mesquite
<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Ginger	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Chipotle Seasoning	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mint
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Mustard Seeds (gluten free)



<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Saffron	<input type="checkbox"/> Wormwood
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sage	
<input type="checkbox"/> Onion	<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Milk-Containing Foods
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Applegate® organic spinach & feta sausage
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Butter, Raw and Pasture-raised
<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Shallots	<input type="checkbox"/> Buttermilk
<input type="checkbox"/> Oregano	<input type="checkbox"/> Spearmint	<input type="checkbox"/> Casein
<input type="checkbox"/> Paprika	<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Cheese, American
<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Sumac	<input type="checkbox"/> Cheese, Asiago
<input type="checkbox"/> Parsley	<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Cheese, Bleu
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Cheese, Brie
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Tarragon	<input type="checkbox"/> Cheese, Cheddar (Raw)
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Thyme	<input type="checkbox"/> Cheese, Cottage
<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Cheese, Feta
<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Cheese, Goat
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Cheese, Gorgonzola
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Valerian	<input type="checkbox"/> Cheese, Gouda
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Cheese, Havarti
<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Machego
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Mascapone
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Mozzarella (Raw)
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Muenster

<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Cheese, Provolone		<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Cheese, Raw and Pasture-raised	<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Miso
<input type="checkbox"/> Cheese, Romano	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Peanut (Organic, Valencia)
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Soy Beans (must be organic)
<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Soy Beans Oil (must be organic)
<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Bean, Navy/Ninja	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> White Beans
<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)	
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Coffee Bean, Organic	
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Edamame (must be organic)	
<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Fava Bean	

<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Sweet Potato Flour (gluten free)
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> <b>ProGranola (Julian Bakery)</b>	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Teff
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Rice Protein Powder (gluten free)	
<input type="checkbox"/> <b>Ener-G Brown Rice Yeast-Free Bread</b>	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> <b>Gluten-Containing Foods</b>
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Barley
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive)
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive)
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> <b>Beer</b>
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Bran
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Bread
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> <b>Brown Rice Syrup (contains MSG/Gluten)</b>
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> <b>Simple Mills - Everything Sprouted Seed Cracker</b>	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> <b>Simple Mills Grnd Sea Salt Almond Crackers</b>	<input type="checkbox"/> Cheese, Bleu
<input type="checkbox"/> Millet	<input type="checkbox"/> <b>Simple Mills Rosemary &amp; Sea Salt Crackers</b>	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> <b>Simple Mills Tomato &amp; Basil Almond Crackers</b>	<input type="checkbox"/> Couscous

<input type="checkbox"/> Crab, Imitation	<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Komboucha Tea
<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Gluten		<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> <b>Corn-Derived Foods</b>	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Kamut		<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> <b>Malt</b>	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> <b>Milk, Soy (Organic)</b>
<input type="checkbox"/> Oats (Can be contaminated with gluten)	<input type="checkbox"/> <b>Beer</b>	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Orzo	<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> <b>Orange Juice</b>
<input type="checkbox"/> Panko	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> <b>Rye</b>	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> <b>Soy Milk/Soy Cheese (Organic)</b>
<input type="checkbox"/> Semolina	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> <b>Soy Protein (Organic)</b>
<input type="checkbox"/> <b>Soy Sauce</b>	<input type="checkbox"/> Coffee	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Spelt	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Tea, Black
<input type="checkbox"/> Teechino	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> <b>Teriyaki Sauce</b>	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Triticale	<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Vinegar	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Ramon

<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)
<input type="checkbox"/> Tea, unflavored/caffeine-free only	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Tea, White	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Teechino	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Malt
<input type="checkbox"/> Water	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Maltodextrin (Barley-derived)
<input type="checkbox"/> Wine, Red	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Modified Food Starch (Tapioca-based)
<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)	<input type="checkbox"/> Red Food Dye
<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Rice Starch (if certified gluten free)
<input type="checkbox"/> Antimony	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Hops	<input type="checkbox"/> Silver
<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Inulin	<input type="checkbox"/> Skinny Crisps®(Plain Jane)
<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Bone Broth, Beef	<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Chewing Gum, Xylichew®	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Tragacanth Gum
<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Latex	<input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)

☐ Vegetable Shortening  
(Spectrum®)

☐ Vinegar, Red Wine

☐ Vinegar, Rice

☐ Vinegar, White Wine

☐ Yeast, Baker's

☐ Yeast, Brewer's

☐ Yeast, Nutritional

☐ Snacks

☐ Apple Sauce

☐ Date(s)

☐ Simple Mills Chocolate Chip  
Cookies