

<input type="checkbox"/> Vegetables	<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"/> Brussels Sprout	<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"/> Cabbage, Chinese (see also Bok Choy)	<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 Sprout	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Jicama
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kombu
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Leeks
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote	<input type="checkbox"/> Mushrooms, Button

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| <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"/> Pepper, Anaheim | <input type="checkbox"/> Radish | <input type="checkbox"/> Swiss Chard |

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

<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Strawberry	<input type="checkbox"/> Cola Nut (aka Kola Nut)
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Cottonseed/Cottonseed Oil
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Tangelo	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Noni	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Flax Oil
<input type="checkbox"/> Orange	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Flax Seed
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Grapeseed Oil, Organic
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Orange, Blood		<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Papaya	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Pear	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Macadamia Nut Oil
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Plum	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Cashews	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Prune	<input type="checkbox"/> Chestnut	<input type="checkbox"/> Pecan Flour
<input type="checkbox"/> Quince	<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Pepitas
<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pili Nuts
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Pistachios

<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Perch
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Bass	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Catfish	<input type="checkbox"/> Sardines
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Scallop
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Clam	<input type="checkbox"/> Sole
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Squid
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Corvina	<input type="checkbox"/> Swai
<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Crab	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Tilapia (Wild, Non-farmed)
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Trout
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Flounder	<input type="checkbox"/> Tuna
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Haddock	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Tahini	<input type="checkbox"/> Hake	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Halibut	
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Herring	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Lobster	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Walnuts	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> Walnuts, Black	<input type="checkbox"/> Octopus	<input type="checkbox"/> Applegate® organic ham
	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic herb roasted turkey
	<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic smoked chicken breast

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| <input type="checkbox"/> Applegate® organic smoked turkey breast | <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Liquid Smoke (can have gluten) |
| <input type="checkbox"/> Applegate® organic turkey | <input type="checkbox"/> BodyPro Avocado Oil | <input type="checkbox"/> Liquid Smoke gluten free (natural) |
| <input type="checkbox"/> Applegate® organic turkey bacon | <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil |
| <input type="checkbox"/> Bison (see also Buffalo) | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil |
| <input type="checkbox"/> Buffalo (see also Bison) | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) |
| <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium) | <input type="checkbox"/> Egg, Pasture-raised (from a farmer) | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Chicken, free range (organic) | <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde® | <input type="checkbox"/> Tabasco Sauce |
| <input type="checkbox"/> Deer (see also Venison) | <input type="checkbox"/> Egg, Whites, Pasture-raised | <input type="checkbox"/> Ume Plum Vinegar |
| <input type="checkbox"/> Duck | <input type="checkbox"/> Egg, Yolks Pasture-raised | <input type="checkbox"/> Veganise Soy-free (Follow Your Heart®) |
| <input type="checkbox"/> Goat, Grass-fed only (organic) | <input type="checkbox"/> Paleo Cheese (Julianbakery.com or | <input type="checkbox"/> Vinegar, Beet |
| <input type="checkbox"/> Lamb | <input type="checkbox"/> Condiments | <input type="checkbox"/> Vinegar, Distilled |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Balsamic Vinegar (w/ Caramel or Red Wine Vinegar) | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Ostrich | <input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar) | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Pheasant | <input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar) | <input type="checkbox"/> Vinegar, White |
| <input type="checkbox"/> Pork, (organic) | <input type="checkbox"/> BodyPro Avocado Oil | <input type="checkbox"/> Vinegar, White Wine |
| <input type="checkbox"/> Quail | <input type="checkbox"/> Mayonnaise | |
| <input type="checkbox"/> Rabbit | <input type="checkbox"/> Carob | <input type="checkbox"/> Sweeteners |
| <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> Coconut Vinegar (Coconut Secret) | <input type="checkbox"/> Agave Nectar |
| <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil | <input type="checkbox"/> Aspartame |
| | <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) |
| | <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread | <input type="checkbox"/> Cane Syrup |
| | <input type="checkbox"/> Earth Balance® Coconut Spread | <input type="checkbox"/> Chocolate, Dark |
| | <input type="checkbox"/> Ketchup (Organicville) | |

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

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

☐ **Milk-Containing Foods**

- ☐ Cheese, Feta
- ☐ Cheese, Goat
- ☐ Cheese, Machego
- ☐ Cheese, Pecorino
- ☐ Cheese, Ricotta
- ☐ Cheese, Sheep
- ☐ Goat Cheese
- ☐ Goat Kefir
- ☐ Milk, Goat
- ☐ Milk, Sheep

☐ **Legumes & Pulses**

- ☐ Bean, Azuki
- ☐ Bean, Black
- ☐ Bean, Butter
- ☐ Bean, Cannellini
- ☐ Bean, Chana Dahl
- ☐ Bean, Chili
- ☐ Bean, Green
- ☐ Bean, Italian
- ☐ Bean, Kidney

- ☐ Bean, Lima
- ☐ Bean, Mung
- ☐ Bean, Navy
- ☐ Bean, Ninja
- ☐ Bean, Pinto/Frijole
- ☐ Bean, Red
- ☐ Bean, White
- ☐ Beans
- ☐ Chickpea (see also Garbanzo Bean)
- ☐ Coffee Bean, Organic
- ☐ Fava Bean
- ☐ Fava Bean Flour
- ☐ Garbanzo Bean
- ☐ Garbanzo Flour
- ☐ Kidney Bean
- ☐ Lentil(s)
- ☐ Pea, Snap
- ☐ Pea, Snow
- ☐ Pea, Split
- ☐ Peanut (Organic, Valencia)
- ☐ Peanut Butter (Organic, Maranatha®)
- ☐ Peanut Oil (Organic)

- ☐ Red Bean Paste
- ☐ Vanilla Bean
- ☐ Vanilla Powder

☐ **Gluten-Free Grains**

- ☐ Amaranth
- ☐ Arrowroot Flour/powder
- ☐ Basmati Rice (gluten free)
- ☐ Chicory Root
- ☐ Coconut Flour (gluten free)
- ☐ Coconut Meal (gluten free)
- ☐ Ener-G Brown Rice Yeast-Free Bread
- ☐ Fava Bean Flour
- ☐ Flax Meal
- ☐ Garbanzo Flour
- ☐ Glucomannon Flour (konjacfoods.com)
- ☐ Hazelnut Flour
- ☐ Hemp Meal
- ☐ Hemp Protein (Powder)
- ☐ Hemp Seed
- ☐ Konjac Glucomannon Flour
- ☐ Millet

<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Tapioca Starch (gluten free)	
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Teff	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	
<input type="checkbox"/> ProGranola (Julian Bakery)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Beverages & Protein Powders
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Bone Broth Protein, Beef
<input type="checkbox"/> Quinoa, Black (gluten free)		<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Coconut Water (low sugar)
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Coffee
<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Gluten	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Kamut	<input type="checkbox"/> Echinacea Tea
<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Green Tea
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Oats	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Oats, GF (not Certified) can have gluten	<input type="checkbox"/> Komboucha Tea
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Rye	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Spelt	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Triticale	<input type="checkbox"/> Milk, Goat

<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Antimony	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Latex
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Modified Food Starch (Tapioca-based)
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Chewing Gum, Xylitol®	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Tea, Kombucha	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Red Food Dye
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Rice Starch (if certified gluten free)
<input type="checkbox"/> Tea, White	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Water	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Silver
<input type="checkbox"/> Wine, Red	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle)	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Tragacanth Gum
<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
	<input type="checkbox"/> Hops	<input type="checkbox"/> Vinegar, Red Wine
	<input type="checkbox"/> Inulin	<input type="checkbox"/> Vinegar, Rice

☐ Vinegar, White Wine☐ Yeast, Baker's☐ Yeast, Brewer's☐ Yeast, Nutritional☐ Snacks☐ Simple Mills Chocolate Chip
Cookies