

<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"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Capers	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Endive
<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Fennel
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Garlic
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Jicama
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote	<input type="checkbox"/> Kombu

<input type="checkbox"/> Leeks	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radicchio
<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"/> Sugar Beet	<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Dates
<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Yucca	<input type="checkbox"/> Dragon Fruit (Pitaya)
<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Dried Fruit
<input type="checkbox"/> Swiss Chard		<input type="checkbox"/> Elderberry
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> <b>Fruits</b>	<input type="checkbox"/> Fig
<input type="checkbox"/> Tomato	<input type="checkbox"/> Acai	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Truffle	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Turnips	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Watercress	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice

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

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

<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Duck
<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Lamb
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Quail
<input type="checkbox"/> Squid	<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Swai	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Trout	<input type="checkbox"/> Applegate® organic smoked turkey breast	
<input type="checkbox"/> Tuna	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Almond Yogurt, unsweetened
	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,Â....)
	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)

<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Earth Balance® Coconut Spread	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Harissa	<input type="checkbox"/> Vinegar, White Wine
<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)	<input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)
<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Hummus	
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Ketchup (Organicville)	<input type="checkbox"/> Sweeteners
<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Agave Nectar
<input type="checkbox"/> Paleo Cheese (Julianbakery.com or	<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Aspartame
	<input type="checkbox"/> Mayonnaise	<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup
<input type="checkbox"/> Condiments	<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)
<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil	<input type="checkbox"/> Cane Syrup
<input type="checkbox"/> Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Chocolate, Dark
<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Coconut Palm Sugar
<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/> Ume Plum Vinegar	<input type="checkbox"/> Coconut Sugar
<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®)	<input type="checkbox"/> Date Sugar
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Vinegar	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Carob	<input type="checkbox"/> Vinegar, Beet	<input type="checkbox"/> Fructose
<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Fruit Pectin
<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil	<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Honey, (Organic)
<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Honey, Manuka
<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread	<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Honey, Wildflower from Mahava®

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|---|---|---|
| <input type="checkbox"/> Jerusalem Artichoke Syrup                | <input type="checkbox"/> Tapioca Dextrose                     | <input type="checkbox"/> Cinnamon             |
| <input type="checkbox"/> Just Like Sugar®                         | <input type="checkbox"/> Xyla (Birchwood Xylitol)             | <input type="checkbox"/> Cinnamon, Ceylon     |
| <input type="checkbox"/> Lo Han                                   | <input type="checkbox"/> Xylitol                              | <input type="checkbox"/> Cloves               |
| <input type="checkbox"/> Maltitol                                 | <input type="checkbox"/> Yacon Syrup                          | <input type="checkbox"/> Cloves, Madagascar   |
| <input type="checkbox"/> Maltodextrin (Barley-derived)            |   | <input type="checkbox"/> Cloves, Penang       |
| <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)       | <input type="checkbox"/> <b>Herbs &amp; Spices</b>            | <input type="checkbox"/> Cramp Bark Extract   |
| <input type="checkbox"/> Maltodextrin (Tapioca-based)             | <input type="checkbox"/> Allspice                             | <input type="checkbox"/> Cream of Tartar      |
| <input type="checkbox"/> Maple Sugar                              | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Cumin                |
| <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Anise                                | <input type="checkbox"/> Curcumin             |
| <input type="checkbox"/> Molasses                                 | <input type="checkbox"/> Ashwaganda                           | <input type="checkbox"/> Curry (must be GF)   |
| <input type="checkbox"/> Monk Fruit (Pure)                        | <input type="checkbox"/> Astragalus                           | <input type="checkbox"/> Dandelion Root       |
| <input type="checkbox"/> Monk Fruit Extract                       | <input type="checkbox"/> Basil                                | <input type="checkbox"/> Dill                 |
| <input type="checkbox"/> Nutrasweet®                              | <input type="checkbox"/> Bay Leaf                             | <input type="checkbox"/> Dong Quai            |
| <input type="checkbox"/> Rebiana Leaf (Stevia)                    | <input type="checkbox"/> Black Cohosh                         | <input type="checkbox"/> Echinacea            |
| <input type="checkbox"/> Sorbitol                                 | <input type="checkbox"/> Caramel Coloring                     | <input type="checkbox"/> Fennel               |
| <input type="checkbox"/> Splenda                                  | <input type="checkbox"/> Caraway Seed                         | <input type="checkbox"/> Garlic               |
| <input type="checkbox"/> Sucanat                                  | <input type="checkbox"/> Cardamom                             | <input type="checkbox"/> <b>Garlic Pepper</b> |
| <input type="checkbox"/> Sucralose                                | <input type="checkbox"/> Celery Powder                        | <input type="checkbox"/> Garlic Powder        |
| <input type="checkbox"/> Sugar Beet                               | <input type="checkbox"/> Chicory Root                         | <input type="checkbox"/> Garlic Salt          |
| <input type="checkbox"/> Sugar Cane                               | <input type="checkbox"/> Chili Powder                         | <input type="checkbox"/> Ginger               |
| <input type="checkbox"/> Sweetleaf® Stevia                        | <input type="checkbox"/> Chipotle Seasoning                   | <input type="checkbox"/> Ginkgo Biloba        |
| <input type="checkbox"/> Swerve® Sweetener                        | <input type="checkbox"/> Cilantro/Coriander                   | <input type="checkbox"/> Ginseng (All Types)  |



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

☐ Wintergreen☐ Wormwood☐ **Milk-Containing Foods**☐ Applegate® organic spinach & feta sausage☐ Butter, Raw and Pasture-raised☐ Buttermilk☐ Casein☐ Cheese, American☐ Cheese, Asiago☐ Cheese, Bleu☐ Cheese, Brie☐ Cheese, Cheddar (Raw)☐ Cheese, Cottage☐ Cheese, Cream☐ Cheese, Feta☐ Cheese, Goat☐ Cheese, Gorgonzola☐ Cheese, Gouda☐ Cheese, Havarti☐ Cheese, Machego☐ Cheese, Mascapone☐ Cheese, Mozzarella (Raw)☐ Cheese, Muenster☐ Cheese, Parmesan☐ Cheese, Pecorino☐ Cheese, Provolone☐ Cheese, Raw and Pasture-raised☐ Cheese, Ricotta☐ Cheese, Romano☐ Cheese, Sheep☐ Cheese, String (Mozzarella)☐ Cheese, Swiss☐ Chocolate, Milk☐ Chocolate, White☐ Cream, Raw and Unpasteurized☐ Ghee (Pasture-Raised, Organic)☐ Goat Cheese☐ Goat Kefir☐ Kefir, Raw☐ Lactoalbumin☐ Milk Chocolate☐ Milk, Cow☐ Milk, Goat☐ Milk, Sheep☐ Mozzarella Cheese☐ Sour Cream, Raw and Unpasteurized☐ Whey☐ Yogurt (See Xanthan Gum)☐ **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

<input type="checkbox"/> Bean, White	<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Millet
<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Oats (Certified GF)
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Flour (gluten free)
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Potato Starch (gluten free)
<input type="checkbox"/> Kidney Bean	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> <b>ProGranola (Julian Bakery)</b>
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Miso	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice Bran
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice Flour (gluten free)
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Basmati (gluten free)
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Black (gluten free)
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Brown (gluten free)
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Japonica (gluten free)
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Purple (gluten free)
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Red (gluten free)
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice, White (gluten free)

<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Bran	<input type="checkbox"/> Rye
<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Bread	<input type="checkbox"/> Semolina
<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Soy Sauce
<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Spelt
<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Teechino
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Triticale
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Couscous	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Teff	<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat (All Types)
<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Gluten	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)
<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Graham (wheat)	
<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Kamut	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy
<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Malt	<input type="checkbox"/> Cheese, Cream
	<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, &....)
<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Oats	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Barley	<input type="checkbox"/> Oats, GF (not Certified) can have gluten	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Orzo	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Barley Juice (may contain gluten)	<input type="checkbox"/> Panko	<input type="checkbox"/> Corn Gluten
<input type="checkbox"/> Beer	<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Corn Meal (gluten free)

<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Soy Protein (Organic)
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Coffee	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Tea, Black
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Fructose	<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Komboucha
<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Swerve® Sweetener	<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Tea, Unflavored
<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Tea, White
<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Teechino
	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Water
<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Wine, Red
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Wine, White (Champagne)
<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Beer	<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Zevia Drinks
<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Orange Juice	
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Pea Protein	
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Rice Protein Powder (gluten free)	
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	

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

- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional

☐ Snacks

- ☐ Apple Sauce
- ☐ Dates
- ☐ Simple Mills Chocolate Chip Cookies