

<input type="checkbox"/> Fruits	<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Noni
<input type="checkbox"/> Acai	<input type="checkbox"/> Grape, White	<input type="checkbox"/> Orange
<input type="checkbox"/> Apricot	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Orange, Blood
<input type="checkbox"/> Banana	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Guava	<input type="checkbox"/> Orange Peel/Rind
<input type="checkbox"/> Blackberry	<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Papaya
<input type="checkbox"/> Blueberry	<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Passion Fruit
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Peach
<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Kumquat	<input type="checkbox"/> Pear
<input type="checkbox"/> Cherry	<input type="checkbox"/> Lemon	<input type="checkbox"/> Pear, Asian
<input type="checkbox"/> Clementine	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Persimmons
<input type="checkbox"/> Cranberry	<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Pineapple
<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lime	<input type="checkbox"/> Plantain
<input type="checkbox"/> Currant	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Plum
<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Pomegranate
<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Loganberry	<input type="checkbox"/> Pomelo
<input type="checkbox"/> Elderberry	<input type="checkbox"/> Loquat	<input type="checkbox"/> Prune
<input type="checkbox"/> Fig	<input type="checkbox"/> Mango	<input type="checkbox"/> Quince
<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Raisin (unsulfured, organic)
<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Maqui	<input type="checkbox"/> Raspberry
<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Star Fruit
<input type="checkbox"/> Grape	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Strawberry
<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Mulberry	<input type="checkbox"/> Tamarind
<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Tangelo

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|--|---|---|
| <input type="checkbox"/> Tangerine                             | <input type="checkbox"/> Flax Oil                               | <input type="checkbox"/> Sesame Seeds, Black              |
| <input type="checkbox"/> Vinegar, Red Wine                     | <input type="checkbox"/> Flax Seed                              | <input type="checkbox"/> Sunflower Seed Butter            |
| <input type="checkbox"/> Watermelon                            | <input type="checkbox"/> Grapeseed Oil, Organic                 | <input type="checkbox"/> Sunflower Seed Lecithin          |
| <input type="checkbox"/> Wolfberry                             | <input type="checkbox"/> Hazelnut/Filbert                       | <input type="checkbox"/> Sunflower Seed Oil               |
| <input type="checkbox"/> Youngberry                            | <input type="checkbox"/> Hazelnut Flour                         | <input type="checkbox"/> Sunflower Seeds                  |
| <input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b> | <input type="checkbox"/> Hemp Meal                              | <input type="checkbox"/> Tahini                           |
| <input type="checkbox"/> Annatto Seed                          | <input type="checkbox"/> Hemp Protein (Powder)                  | <input type="checkbox"/> Tea, Ramon                       |
| <input type="checkbox"/> Avocado Oil                           | <input type="checkbox"/> Hemp Seed                              | <input type="checkbox"/> Tiger Nuts                       |
| <input type="checkbox"/> Brazil Nut                            | <input type="checkbox"/> Hydrogenated Oils                      | <input type="checkbox"/> Truffle Oil                      |
| <input type="checkbox"/> Canola/Rapeseed Oil                   | <input type="checkbox"/> Macadamia Nut Oil                      | <input type="checkbox"/> Truffle Oil, Black               |
| <input type="checkbox"/> Caraway Seed                          | <input type="checkbox"/> Macadamia Nuts                         | <input type="checkbox"/> Vegetable Oil                    |
| <input type="checkbox"/> Cashew Butter                         | <input type="checkbox"/> Palm Kernel Oil                        | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Cashew Meal                           | <input type="checkbox"/> Pili Nuts                              | <input type="checkbox"/> Walnut Oil                       |
| <input type="checkbox"/> Cashews                               | <input type="checkbox"/> Pine Nut                               | <input type="checkbox"/> Walnuts                          |
| <input type="checkbox"/> Chestnut                              | <input type="checkbox"/> Pistachios                             | <input type="checkbox"/> Walnuts, Black                   |
| <input type="checkbox"/> Chia Seed (1/4 cup, max)              | <input type="checkbox"/> Poppy seeds                            | <input type="checkbox"/> <b>Fish &amp; Shellfish</b>      |
| <input type="checkbox"/> Coconut, shredded (raw, unsweetened)  | <input type="checkbox"/> Psyllium Husk                          | <input type="checkbox"/> Bass                             |
| <input type="checkbox"/> Coconut Butter                        | <input type="checkbox"/> Ramon Seeds                            | <input type="checkbox"/> Catfish                          |
| <input type="checkbox"/> Coconut Oil                           | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Chilean Sea Bass                 |
| <input type="checkbox"/> Cola Nut (aka Kola Nut)               | <input type="checkbox"/> Rice Bran Oil                          | <input type="checkbox"/> Corvina                          |
| <input type="checkbox"/> Corn Oil                              | <input type="checkbox"/> Sacha Inchi Seeds                      | <input type="checkbox"/> Crab, Immitation                 |
| <input type="checkbox"/> Cottonseed/Cottonseed Oil             | <input type="checkbox"/> Safflower/Safflower Seed Oil           | <input type="checkbox"/> Crayfish                         |
| <input type="checkbox"/> Flax Meal                             | <input type="checkbox"/> Sesame Seed Oil                        | <input type="checkbox"/> Hake                             |
|  | <input type="checkbox"/> Sesame Seeds                           |   |

<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Mussel	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Octopus	<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Oyster	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Endive
<input type="checkbox"/> Perch	<input type="checkbox"/> Arugula	<input type="checkbox"/> Fennel
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Avocado	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Sardines	<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Scallop	<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Jicama
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Sole	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Kombu
<input type="checkbox"/> Squid	<input type="checkbox"/> Burdock	<input type="checkbox"/> Leeks
<input type="checkbox"/> Swai	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Capers	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)
<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Paprika
<input type="checkbox"/> Trout	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Parsley
<input type="checkbox"/> Tuna	<input type="checkbox"/> Chard	<input type="checkbox"/> Pea, Black-Eyed
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Chayote	<input type="checkbox"/> Pea, Green
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Pea, Snap
	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Pea, Snow
	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Pea, Split
	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Pea Protein
	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Pepper, Anaheim

- ☐ Pepper, Cayenne
- ☐ Pepper, Chili
- ☐ Pepper, Habanero
- ☐ Pepper, Jalapeño
- ☐ Pepper, Poblano
- ☐ Pepper, Serrano
- ☐ Pimento
- ☐ Prickly Pear
- ☐ Psyllium Husk
- ☐ Radicchio
- ☐ Rainbow Chard
- ☐ Red Pepper Flake
- ☐ Rhubarb
- ☐ Rutabaga
- ☐ Spirulina
- ☐ Squash
- ☐ Squash, Acorn
- ☐ Squash, Butternut
- ☐ Squash, Green
- ☐ Squash, Spaghetti
- ☐ Squash, Summer
- ☐ Squash, Winter
- ☐ Squash, Yellow
- ☐ Sugar Beet

- ☐ Swiss Chard
- ☐ Tomatillo
- ☐ Tomato
- ☐ Tomato, Cherry
- ☐ Tomato, Heirloom
- ☐ Tomato, Orange
- ☐ Tomato, Red
- ☐ Tomato, Roma
- ☐ Tomato, Sun-dried
- ☐ Tomato, Yellow
- ☐ Tomatoes, Big Beef
- ☐ Tomato Paste (gluten & Vinegar-free)
- ☐ Tomato Sauce (gluten & Vinegar-free)
- ☐ Truffle
- ☐ Turnip Greens
- ☐ Turnips
- ☐ Vegetable Oil
- ☐ Water Chestnut
- ☐ Watercress
- ☐ Yams, Garnett
- ☐ Yams, Japanese
- ☐ Zucchini

- ☐ **Meat & Poultry**
- ☐ Bison (see also Buffalo)
- ☐ Goat, Grass-fed only (organic)
- ☐ Ostrich
- ☐ Pheasant
- ☐ Quail
- ☐ Rabbit

- ☐ **Non-Dairy & Eggs**
- ☐ Cheese, Soy (Organic) (see Soy)
- ☐ Coconut Kefir (No Tapioca, Carageenan)
- ☐ Coconut Milk (Native Forest or Natural Value)
- ☐ Egg, Pasture-raised (from a farmer)
- ☐ Egg, Vital Farms® or Pasture Verde®
- ☐ Egg, Whites, Pasture-raised
- ☐ Egg, Yolks Pasture-raised
- ☐ Milk, Soy (Organic)

- ☐ **Condiments, Spreads & Sauces**
- ☐ Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)
- ☐ Balsamic Vinegar (with Red Wine Vinegar)
- ☐ Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)
- ☐ Carob
- ☐ Cocoa Butter
- ☐ Coconut Aminos®

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|---|---|---|
| <input type="checkbox"/> Coconut Cream                            | <input type="checkbox"/> Vinegar, Distilled                     | <input type="checkbox"/> Just Like Sugar®                         |
| <input type="checkbox"/> Coconut Vinegar (Coconut Secret)         | <input type="checkbox"/> Vinegar, Malt                          | <input type="checkbox"/> Lo Han                                   |
| <input type="checkbox"/> Cream, Raw and Unpasteurized             | <input type="checkbox"/> Vinegar, Red Wine                      | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)       |
| <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread | <input type="checkbox"/> Vinegar, Rice                          | <input type="checkbox"/> Maple Sugar                              |
| <input type="checkbox"/> Earth Balance® Coconut Spread            | <input type="checkbox"/> Vinegar, White                         | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) |
| <input type="checkbox"/> Hummus                                   | <input type="checkbox"/> Vinegar, White Wine                    | <input type="checkbox"/> Molasses                                 |
| <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)         | <input type="checkbox"/> White/Distilled Vinegar                | <input type="checkbox"/> Monk Fruit (Pure)                        |
| <input type="checkbox"/> Liquid Smoke (can have gluten)           | <input type="checkbox"/> <b>Sweeteners</b>                      | <input type="checkbox"/> Monk Fruit Extract                       |
| <input type="checkbox"/> Liquid Smoke gluten free (natural)       | <input type="checkbox"/> Agave Nectar                           | <input type="checkbox"/> Nutrasweet®                              |
| <input type="checkbox"/> Mayonnaise                               | <input type="checkbox"/> Aspartame                              | <input type="checkbox"/> Rebiana Leaf (Stevia)                    |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil   | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Sorbitol                                 |
| <input type="checkbox"/> Red Bean Paste                           | <input type="checkbox"/> Cane Syrup                             | <input type="checkbox"/> Splenda                                  |
| <input type="checkbox"/> Red Tomato Paste (gluten free)           | <input type="checkbox"/> Chocolate, Dark                        | <input type="checkbox"/> Sucanat                                  |
| <input type="checkbox"/> Sherry Vinegar                           | <input type="checkbox"/> Chocolate, Milk                        | <input type="checkbox"/> Sucralose                                |
| <input type="checkbox"/> Sour Cream, Raw and Unpasteurized        | <input type="checkbox"/> Chocolate, White                       | <input type="checkbox"/> Sugar Beet                               |
| <input type="checkbox"/> Soy Sauce                                | <input type="checkbox"/> Coconut Palm Sugar                     | <input type="checkbox"/> Sugar Cane                               |
| <input type="checkbox"/> Tamari (Wheat Free)                      | <input type="checkbox"/> Coconut Sugar                          | <input type="checkbox"/> Sweetleaf® Stevia                        |
| <input type="checkbox"/> Teriyaki Sauce                           | <input type="checkbox"/> Erythritol (non-GMO)                   | <input type="checkbox"/> Swerve® Sweetener                        |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)     | <input type="checkbox"/> Fructose                               | <input type="checkbox"/> Xyla (Birchwood Xylitol)                 |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)     | <input type="checkbox"/> Fruit Pectin                           | <input type="checkbox"/> Xylitol                                  |
| <input type="checkbox"/> Ume Plum Vinegar                         | <input type="checkbox"/> Honey, (Organic)                       | <input type="checkbox"/> Yacon Syrup                              |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®)         | <input type="checkbox"/> Honey, Manuka                          |   |
| <input type="checkbox"/> Vinegar                                  | <input type="checkbox"/> Honey, Wildflower from Mahava®         |   |
| <input type="checkbox"/> Vinegar, Beet                            |   |   |

<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Dill	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Allspice	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Anise	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Fennel	<input type="checkbox"/> Mesquite
<input type="checkbox"/> Astragalus	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Basil	<input type="checkbox"/> Ginger	<input type="checkbox"/> Mint
<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Orange Peel/Rind
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Orange Salt
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Guarana	<input type="checkbox"/> Oregano
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Paprika
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Paprika (smoked)
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Hickory	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cloves	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Pepper, Cayenne
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Pepper, Sichuan
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pepper, Szechuan
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Lavender	<input type="checkbox"/> Pepper/Peppercorns
<input type="checkbox"/> Cumin	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Rose Hips

<input type="checkbox"/> Rosemary	<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Saffron	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Sage	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Sumac	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Thyme	<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Milk, Buffalo
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Valerian	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Mascapone	<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Mozzarella Cheese
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Whey
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Yogurt (See Xanthan Gum)
	<input type="checkbox"/> Cheese, Provolone	
	<input type="checkbox"/> Cheese, Raw and Pasture-raised	

<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Corn Gluten
<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Kidney Bean	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Miso	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Fructose
<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)
<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Swerve® Sweetener
<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Bean, Navy	<input type="checkbox"/> Soybean oil(must be organic)	<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Bean, Ninja	<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> <b>Gluten-Containing Foods</b>
<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Barley
<input type="checkbox"/> Bean, Red	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Barley Grass (can have gluten)
<input type="checkbox"/> Bean, White	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Barley Greens (may contain gluten)
<input type="checkbox"/> Beans	<input type="checkbox"/> <b>Corn-Derived Foods</b>	<input type="checkbox"/> Barley Juice (may contain gluten)
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Cheese, Bleu
<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Garbanzo Flour		



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|---|--|---|
| <input type="checkbox"/> Gluten                                   | <input type="checkbox"/> Corn, White                               | <input type="checkbox"/> Rice, Red (gluten free)                      |
| <input type="checkbox"/> Kamut                                    | <input type="checkbox"/> Corn Meal (gluten free)                   | <input type="checkbox"/> Rice, White (gluten free)                    |
| <input type="checkbox"/> Liquid Smoke (can have gluten)           | <input type="checkbox"/> Corn Starch (gluten free)                 | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)       |
| <input type="checkbox"/> Malt                                     | <input type="checkbox"/> Fava Bean Flour                           | <input type="checkbox"/> Rice Bran                                    |
| <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)     | <input type="checkbox"/> Flax Meal                                 | <input type="checkbox"/> Rice Flour (gluten free)                     |
| <input type="checkbox"/> Oats                                     | <input type="checkbox"/> Garbanzo Flour                            | <input type="checkbox"/> Rice Protein Powder (gluten free)            |
| <input type="checkbox"/> Oats, GF (not Certified) can have gluten | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com)       | <input type="checkbox"/> Sorghum                                      |
| <input type="checkbox"/> Polish Wheat                             | <input type="checkbox"/> Hazelnut Flour                            | <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta            |
| <input type="checkbox"/> Soy Sauce                                | <input type="checkbox"/> Hemp Meal                                 | <input type="checkbox"/> Tolerant Red or Green Lentil Pasta           |
| <input type="checkbox"/> Teriyaki Sauce                           | <input type="checkbox"/> Hemp Protein (Powder)                     | <input type="checkbox"/> Vegetable Oil                                |
| <input type="checkbox"/> Vinegar                                  | <input type="checkbox"/> Hemp Seed                                 | <input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>       |
| <input type="checkbox"/> Vinegar, Malt                            | <input type="checkbox"/> Hydrogenated Oils                         | <input type="checkbox"/> Casein                                       |
| <input type="checkbox"/> Vinegar, White                           | <input type="checkbox"/> Konjac Glucomannon Flour                  | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)       |
| <input type="checkbox"/> <b>Gluten-Free Grains</b>                | <input type="checkbox"/> Millet                                    | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) |
| <input type="checkbox"/> Amaranth                                 | <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Coconut Water (low sugar)                    |
| <input type="checkbox"/> Basmati Rice (gluten free)               | <input type="checkbox"/> Oats (Certified GF)                       | <input type="checkbox"/> Coffee                                       |
| <input type="checkbox"/> Buckwheat                                | <input type="checkbox"/> Quinoa (gluten free)                      | <input type="checkbox"/> Coffee, Instant (has gluten)                 |
| <input type="checkbox"/> Buckwheat Flour                          | <input type="checkbox"/> Quinoa, Black (gluten free)               | <input type="checkbox"/> Coffee Bean, Organic                         |
| <input type="checkbox"/> Chicory Root                             | <input type="checkbox"/> Quinoa, Red (gluten free)                 | <input type="checkbox"/> Echinacea Tea                                |
| <input type="checkbox"/> Coconut Flour (gluten free)              | <input type="checkbox"/> Rice, Basmati (gluten free)               | <input type="checkbox"/> Grapefruit Juice                             |
| <input type="checkbox"/> Coconut Meal (gluten free)               | <input type="checkbox"/> Rice, Black (gluten free)                 | <input type="checkbox"/> Green Tea                                    |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO)             | <input type="checkbox"/> Rice, Brown (gluten free)                 | <input type="checkbox"/> Hemp Protein (Powder)                        |
| <input type="checkbox"/> Corn, Blue                               | <input type="checkbox"/> Rice, Japonica (gluten free)              | <input type="checkbox"/> Komboucha Tea                                |
|   | <input type="checkbox"/> Rice, Purple (gluten free)                |   |

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|--|---|---|
| <input type="checkbox"/> Lactoalbumin                      | <input type="checkbox"/> Tea, White                             | <input type="checkbox"/> Hops                                   |
| <input type="checkbox"/> Lemon Juice                       | <input type="checkbox"/> Vinegar, Red Wine                      | <input type="checkbox"/> Hydrogenated Oils                      |
| <input type="checkbox"/> Licorice Tea                      | <input type="checkbox"/> Water                                  | <input type="checkbox"/> Konjac Glucomannon Flour               |
| <input type="checkbox"/> Lime Juice                        | <input type="checkbox"/> Whey                                   | <input type="checkbox"/> Latex                                  |
| <input type="checkbox"/> Milk, Buffalo                     | <input type="checkbox"/> Wine, Red                              | <input type="checkbox"/> Locust Bean Gum                        |
| <input type="checkbox"/> Milk, Cow                         | <input type="checkbox"/> Wine, White (Champagne)                | <input type="checkbox"/> Lycopene                               |
| <input type="checkbox"/> Milk, Goat                        | <input type="checkbox"/> Yerba Matte Tea (Organic/Pure)         | <input type="checkbox"/> Malt                                   |
| <input type="checkbox"/> Milk, Sheep                       | <input type="checkbox"/> Zevia Drinks                           | <input type="checkbox"/> Palm Wax                               |
| <input type="checkbox"/> Milk, Soy (Organic)               | <input type="checkbox"/> <b>Miscellaneous</b>                   | <input type="checkbox"/> Pycnogenol                             |
| <input type="checkbox"/> Mineral Water                     | <input type="checkbox"/> Acacia Gum                             | <input type="checkbox"/> Red Food Dye                           |
| <input type="checkbox"/> Orange Juice                      | <input type="checkbox"/> Agar Gum                               | <input type="checkbox"/> Red Tomato Paste (gluten free)         |
| <input type="checkbox"/> Pea Protein                       | <input type="checkbox"/> Antimony                               | <input type="checkbox"/> Resveratrol                            |
| <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Arabic Gum                             | <input type="checkbox"/> Rice Starch (if certified gluten free) |
| <input type="checkbox"/> Soy Milk/Soy Cheese (Organic)     | <input type="checkbox"/> Baking Powder                          | <input type="checkbox"/> Silver                                 |
| <input type="checkbox"/> Soy Protein (Organic)             | <input type="checkbox"/> Baking Soda (Arm & Hammer®)            | <input type="checkbox"/> Tofu (Organic)                         |
| <input type="checkbox"/> Sparkling Water, unflavored       | <input type="checkbox"/> Blue Food Dye                          | <input type="checkbox"/> Tragacanth Gum                         |
| <input type="checkbox"/> Tea, Black                        | <input type="checkbox"/> Chewing Gum (has gluten and corn)      | <input type="checkbox"/> Vegetable Oil                          |
| <input type="checkbox"/> Tea, Chamomile                    | <input type="checkbox"/> Chewing Gum, Xylicew®                  | <input type="checkbox"/> Vinegar, Red Wine                      |
| <input type="checkbox"/> Tea, Green                        | <input type="checkbox"/> Chicory Root                           | <input type="checkbox"/> Xanthan Gum                            |
| <input type="checkbox"/> Tea, Hibiscus                     | <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened) | <input type="checkbox"/> Yeast, Baker's                         |
| <input type="checkbox"/> Tea, Komboucha                    | <input type="checkbox"/> Formaldehyde                           | <input type="checkbox"/> Yeast, Brewer's                        |
| <input type="checkbox"/> Tea, Oolong                       | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com)    | <input type="checkbox"/> Yeast, Nutritional                     |
| <input type="checkbox"/> Tea, Ramon                        | <input type="checkbox"/> Guar Gum                               |   |
| <input type="checkbox"/> Tea, Roobios                      |   |   |



Snacks

No foods in this Category