

☐ Beverages & Protein Powders☐ Almond Milk, unsweetened (no tapioca)☐ Apple Juice☐ Beer☐ Carrot Juice☐ Coffee☐ Coffee, Instant (has gluten)☐ Collagen Protein (Powder)☐ Echinacea Tea☐ Grapefruit Juice☐ Green Tea☐ Hemp Protein (Powder)☐ Komboucha Tea☐ Licorice Tea☐ Milk, Cow☐ Milk, Goat☐ Milk, Sheep☐ Milk, Soy (Organic)☐ Mineral Water☐ Orange Juice☐ Pea Protein☐ Rice Protein Powder (gluten free)☐ Soy Milk/Soy Cheese (Organic)☐ Soy Protein (Organic)☐ Sparkling Water, unflavored☐ Tea, Black☐ Tea, Chamomile☐ Tea, Green☐ Tea, Oolong☐ Tea, Ramon☐ Tea, Roobios☐ Tea, unflavored/caffeine-free only☐ Tea, White☐ Teechino☐ Water☐ Wine, Red☐ Wine, White (Champagne)☐ Yerba Matte Tea (Organic/Pure)☐ Coffee Bean, Organic☐ Condiments☐ Balsamic Vinegar MiaBella NoCaramel/WineVinegar☐ Balsamic Vinegar (with Red Wine Vinegar)☐ Balsamic Vinegar (Caramel/Red W. Vinegar)☐ Barbeque Sauce, GF Annie's® Sweet & Spicy☐ Carob☐ Coconut Vinegar (Coconut Secret)☐ Earth Balance® Coconut Spread☐ Earth Balance® Avocado Oil Butter Spread☐ Horseradish Sauce, Gluten-free (Annie's®)☐ Hummus☐ Ketchup (Organicville)☐ Mayonnaise☐ Mustard, Brown (Eden® gf mustard)☐ Ume Plum Vinegar☐ Veganaise Soy-free (Follow Your Heart®)☐ Vinegar☐ Vinegar, Distilled☐ Vinegar, Malt☐ Vinegar, Red Wine☐ Vinegar, Rice☐ Vinegar, White

<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Crayfish
<input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Flounder
<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Haddock
<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Hake
<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil	<input type="checkbox"/> Fructose	<input type="checkbox"/> Halibut
<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Herring
<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Lobster
<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil	<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Mackerel
<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Mahi Mahi
<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Mussel
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Orange Roughy
	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Oyster
<input type="checkbox"/> <b>Corn-Derived Foods</b>		<input type="checkbox"/> Perch
<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, etc.)	<input type="checkbox"/> Bass	<input type="checkbox"/> Sardines
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Catfish	<input type="checkbox"/> Scallop
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Clam	<input type="checkbox"/> Sole
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Squid
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Corvina	<input type="checkbox"/> Swai
<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Crab	<input type="checkbox"/> Swordfish

<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Maqui
<input type="checkbox"/> Trout	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Melon, Honeydew
<input type="checkbox"/> Tuna	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Monk Fruit
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Fig	<input type="checkbox"/> Mulberry
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Nectarines
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Noni
	<input type="checkbox"/> Grape	<input type="checkbox"/> Orange
<input type="checkbox"/> Fruits	<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Orange, Blood
<input type="checkbox"/> Acai	<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Orange Peel/Rind
<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grape, White	<input type="checkbox"/> Papaya
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Passion Fruit
<input type="checkbox"/> Blackberry	<input type="checkbox"/> Guava	<input type="checkbox"/> Pear, Asian
<input type="checkbox"/> Blueberry	<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Persimmons
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Pineapple
<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Plantain
<input type="checkbox"/> Cherry	<input type="checkbox"/> Kumquat	<input type="checkbox"/> Plum
<input type="checkbox"/> Clementine	<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Pomegranate
<input type="checkbox"/> Cranberry	<input type="checkbox"/> Loganberry	<input type="checkbox"/> Pomelo
<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Loquat	<input type="checkbox"/> Prune
<input type="checkbox"/> Currant	<input type="checkbox"/> Mango	<input type="checkbox"/> Quince
<input type="checkbox"/> Date(s)	<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Raisin (unsulfured, organic)

<input type="checkbox"/> Raspberry	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Strawberry	<input type="checkbox"/> Couscous	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Wheat (All Types)
<input type="checkbox"/> Tangelo	<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)
<input type="checkbox"/> Tangerine	<input type="checkbox"/> Gluten	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Graham (wheat)	
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Kamut	<input type="checkbox"/> <b>Gluten-Free Grains</b>
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Malt	<input type="checkbox"/> Amaranth
<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Basmati Rice (gluten free)
	<input type="checkbox"/> Oats	<input type="checkbox"/> Buckwheat
<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Orzo	<input type="checkbox"/> Buckwheat Flour
<input type="checkbox"/> Barley	<input type="checkbox"/> Panko	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive)	<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive)	<input type="checkbox"/> Rye	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Beer	<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Bran	<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Bread	<input type="checkbox"/> Spelt	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread
<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Teechino	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Triticale	<input type="checkbox"/> Garbanzo Flour

<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Allspice
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Anise
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Basil
<input type="checkbox"/> Oats	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Teff	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Chili Powder
<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Simple Mills Everything Sprouted Seed Cracker	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Cloves
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Rice, White (gluten free)		<input type="checkbox"/> Cloves, Penang

<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Hickory	<input type="checkbox"/> Oregano
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cumin	<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pepper, Cayenne
<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Lavender	<input type="checkbox"/> Pepper/Peppercorns
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Pepper, Red
<input type="checkbox"/> Dill	<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Echinacea	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> Fennel	<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Garlic	<input type="checkbox"/> Maca Root	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Saffron
<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Sage
<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Mesquite	<input type="checkbox"/> Saw Plametto
<input type="checkbox"/> Ginger	<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mint	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Spearmint
<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> St. John's Wort
<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Taco Seasoning
<input type="checkbox"/> Guarana	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Tarragon
<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Thyme

<input type="checkbox"/> Tomatillo	<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Miso
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Peanut (Organic, Valencia)
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Soy Beans (must be organic)
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Soy Beans Oil (must be organic)
<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Bean, Navy/Ninja	<input type="checkbox"/> White Beans
<input type="checkbox"/> Onion	<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Shallots	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)	
<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> <b>Meat &amp; Poultry</b>
<input type="checkbox"/> Paprika	<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Applegate® organic bacon
	<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Applegate® organic black forest ham
	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Applegate® organic chicken
	<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Applegate® organic ham
	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Applegate® organic herb roasted turkey
	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Applegate® organic hot dogs

<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Cheese, Havarti
<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Quail	<input type="checkbox"/> Cheese, Machego
<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Cheese, Mascapone
<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Cheese, Mozzarella (Raw)
<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Cheese, Muenster
<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Cheese, Parmesan
<input type="checkbox"/> Applegate® organic smoked chicken breast		<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Chicken Broth (Imagine® gMow sodium)	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Duck	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin



<input type="checkbox"/>	Milk Chocolate	<input type="checkbox"/>	Collagen Protein (Powder)	<input type="checkbox"/>	Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/>	Milk, Cow	<input type="checkbox"/>	Garam Masala	<input type="checkbox"/>	Red Tomato Paste (gluten free)
<input type="checkbox"/>	Milk, Goat	<input type="checkbox"/>	GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/>	Resveratrol
<input type="checkbox"/>	Milk, Sheep	<input type="checkbox"/>	GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/>	Sherry Vinegar
<input type="checkbox"/>	Mozzarella Cheese	<input type="checkbox"/>	GemWraps®, Sandwich Wrap (Mango/Chi.)	<input type="checkbox"/>	Silver
<input type="checkbox"/>	Sour Cream, Raw and Unpasteurized	<input type="checkbox"/>	GemWraps®, Sandwich Wrap (Tomato)	<input type="checkbox"/>	Tamari (Wheat Free)
<input type="checkbox"/>	Whey	<input type="checkbox"/>	Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/>	Tofu (Organic)
<input type="checkbox"/>	Yogurt (See Xanthan Gum)	<input type="checkbox"/>	Great Lake's® Beef Gelatin	<input type="checkbox"/>	Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/>	Cheese, Feta	<input type="checkbox"/>	Guar Gum	<input type="checkbox"/>	Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/>		<input type="checkbox"/>	Hops	<input type="checkbox"/>	Vegetable broth (Imagine® Low Sodium)
<input type="checkbox"/>	Miscellaneous	<input type="checkbox"/>	Julian Bakery Paleo Wraps	<input type="checkbox"/>	Vegetable Oil
<input type="checkbox"/>	Antimony	<input type="checkbox"/>	Julian Bakery Almond Bread	<input type="checkbox"/>	Vegetable Shortening (Spectrum®)
<input type="checkbox"/>	Arabic Gum	<input type="checkbox"/>	Julian Bakery Coconut Bread	<input type="checkbox"/>	Vinegar, Red Wine
<input type="checkbox"/>	Baking Powder	<input type="checkbox"/>	Konjac Glucomannon Flour	<input type="checkbox"/>	Vinegar, Rice
<input type="checkbox"/>	Baking Soda (Arm & Hammer®)	<input type="checkbox"/>	Lard (pork)	<input type="checkbox"/>	Vinegar, White Wine
<input type="checkbox"/>	Beef broth (Imagine® low sodium/GP)	<input type="checkbox"/>	Liquid Aminos (Braggs®)(has Soy)	<input type="checkbox"/>	Xanthan Gum
<input type="checkbox"/>	Carrageenan Gum	<input type="checkbox"/>	Locust Bean Gum	<input type="checkbox"/>	Yeast, Baker's
<input type="checkbox"/>	Chewing Gum (has gluten and corn)	<input type="checkbox"/>	Lycopene	<input type="checkbox"/>	Yeast, Brewer's
<input type="checkbox"/>	Chewing Gum, XylicheW®	<input type="checkbox"/>	Malt	<input type="checkbox"/>	Yeast, Nutritional
<input type="checkbox"/>	Chicken Broth (Imagine® g/low sodium)	<input type="checkbox"/>	Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/>	Latex
<input type="checkbox"/>	Chicory Root	<input type="checkbox"/>	Palm Wax	<input type="checkbox"/>	Formaldehyde
<input type="checkbox"/>	Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/>	Pycnogenol	<input type="checkbox"/>	Acacia Gum

<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b>	<input type="checkbox"/> Grapeseed Oil, Organic
<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Almond	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Skinny Crisps®(Plain Jane)	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hemp Seed
	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Macadamia Nut Oil
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,Ä...) )	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Cashews	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Pecan
<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Pecan Flour
<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Chestnut	<input type="checkbox"/> Pepitas
<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Pili Nuts
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Pistachios
	<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Poppy seeds
	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Psyllium Husk
	<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Oil
	<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Pumpkin Seed Oil

<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> <b>Snacks</b>	<input type="checkbox"/> Maple Sugar
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> <b>Date(s)</b>	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Simple Mills Chocolate Chip Cookies	<input type="checkbox"/> Molasses
<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> <b>Apple Sauce</b>	<input type="checkbox"/> Monk Fruit
<input type="checkbox"/> Sacha Inchi Seeds		<input type="checkbox"/> Rebiana Leaf (Stevia)
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> <b>Sweeteners</b>	<input type="checkbox"/> Sorbitol
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Sucanat
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Sugar Cane
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Sweetleaf® Stevia
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> <b>Coconut Palm Sugar</b>	<input type="checkbox"/> Swerve® Xylitol
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> <b>Date Sugar</b>	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)
<input type="checkbox"/> Tahini	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Yacon Syrup
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Fructose	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Sucralose
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Agave Nectar
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Coconut Sugar
<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Honey, Wildflower from Mahava®	
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Just Like Sugar®	
<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Lo Han	
	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	
	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Chayote	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Arugula	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Beet	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Nori
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Parsley
<input type="checkbox"/> Burdock	<input type="checkbox"/> Endive	<input type="checkbox"/> Parsnip
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Fennel	<input type="checkbox"/> Pea, Black-Eyed
<input type="checkbox"/> Capers	<input type="checkbox"/> Garlic	<input type="checkbox"/> Pea, Green
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Jicama	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Pepper, Anaheim
<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pepper, Chili
<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Kombu	<input type="checkbox"/> Pepper, Green
<input type="checkbox"/> Celery	<input type="checkbox"/> Leeks	<input type="checkbox"/> Pepper, Habanero
<input type="checkbox"/> Chard	<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pepper, Jalapeño

<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Seaweed	<input type="checkbox"/> Tomato, Orange
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Spinach	<input type="checkbox"/> Tomato, Red
<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Spirulina	<input type="checkbox"/> Tomato, Roma
<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Squash	<input type="checkbox"/> Tomato, Sun-dried
<input type="checkbox"/> Pimento	<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Tomato, Yellow
<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Truffle
<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Turnips
<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Water Chestnut
<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Watercress
<input type="checkbox"/> Potato, White	<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Yams, Garnett
<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Yams, Japanese
<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Yucca
<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Alfalfa Sprouts
<input type="checkbox"/> Radicchio	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Radish	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Scallions	<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Chives

- ☐ Shallots
- ☐ Bell Pepper
- ☐ Bell Pepper, Yellow
- ☐ Bell Pepper, Orange