

☐ Beverages & Protein Powders

- ☐ Almond Milk, unsweetened (no
- ☐ Apple Juice
- ☐ Beer
- ☐ Carrot Juice
- ☐ Coconut Kefir (No Tapioca,
- ☐ Coconut Milk(Native Forest or
- ☐ Coconut Water (low sugar)
- ☐ Coffee
- ☐ Coffee, Instant (has gluten)
- ☐ Collagen Protein (Powder)
- ☐ Echinacea Tea
- ☐ Grapefruit Juice
- ☐ Green Tea
- ☐ Hemp Protein (Powder)
- ☐ Komboucha Tea
- ☐ Lemon Juice
- ☐ Licorice Tea
- ☐ Lime Juice
- ☐ 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

- ☐ Apple Cider Vinegar (Bragg's®)
- ☐ Balsamic Vinegar MiaBella
- ☐ Balsamic Vinegar (with Red Wine
- ☐ Balsamic Vinegar (Caramel/Red W.
- ☐ Barbeque Sauce, GF Annie's®
- ☐ Carob
- ☐ Coconut Vinegar (Coconut Secret)
- ☐ Earth Balance® Coconut Spread
- ☐ Earth Balance® Avocado Oil Butter
- ☐ Horseradish Sauce, Gluten-free
- ☐ Hummus
- ☐ Ketchup (Organicville)
- ☐ Mayonnaise
- ☐ Mustard, Brown (Eden® gf mustard)
- ☐ Sauerkraut (Bubbies® Brand only)
- ☐ Ume Plum Vinegar
- ☐ Veganaise Soy-free (Follow Your
- ☐ Vinegar
- ☐ Vinegar, Distilled
- ☐ Vinegar, Malt
- ☐ Vinegar, Red Wine

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|--|--|---|
| <input type="checkbox"/> Vinegar, Rice | <input type="checkbox"/> Corn, White | <input type="checkbox"/> Corvina |
| <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Corn Gluten | <input type="checkbox"/> Crab |
| <input type="checkbox"/> Vinegar, White Wine | <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Crayfish |
| <input type="checkbox"/> Worcestershire Sauce (The | <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Flounder |
| <input type="checkbox"/> Sriracha Sauce Organicville | <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 | <input type="checkbox"/> Fructose | <input type="checkbox"/> Halibut |
| <input type="checkbox"/> Dressing, Primal Kitchen Honey | <input type="checkbox"/> GemWraps®®, Sandwich Wrap | <input type="checkbox"/> Herring |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen | <input type="checkbox"/> Maltodextrin (Corn-based, | <input type="checkbox"/> Lobster |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen | <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Mackerel |
| <input type="checkbox"/> BodyPro Almond Mayo Grade B | <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Mahi Mahi |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon | <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 | <input type="checkbox"/> Oyster |
| <input type="checkbox"/> Corn-Derived Foods | | <input type="checkbox"/> Perch |
| <input type="checkbox"/> Barbeque Sauce, GF Annie's® | <input type="checkbox"/> Fish & Shellfish | <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 | <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 |

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|---|--|--|
| <input type="checkbox"/> Swai | <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Swordfish | <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Date(s) | <input type="checkbox"/> Lime |
| <input type="checkbox"/> Trout | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime Juice |
| <input type="checkbox"/> Tuna | <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Elderberry | <input type="checkbox"/> Loganberry |
| <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Fig | <input type="checkbox"/> Loquat |
| <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mango |
| | <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Grape | <input type="checkbox"/> Maqui |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Melon, Honeydew |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Monk Fruit |
| <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Grape, Red | <input type="checkbox"/> Mulberry |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Grape, White | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Noni |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Guava | <input type="checkbox"/> Orange, Blood |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Cranberry | <input type="checkbox"/> Lemon | <input type="checkbox"/> Peach |

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|---|--|---|
| <input type="checkbox"/> Pear | <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Malt |
| <input type="checkbox"/> Pear, Asian | <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Maltodextrin (Can be |
| <input type="checkbox"/> Persimmons | | <input type="checkbox"/> Oats |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Orzo |
| <input type="checkbox"/> Plantain | <input type="checkbox"/> Barley | <input type="checkbox"/> Panko |
| <input type="checkbox"/> Plum | <input type="checkbox"/> Barley Greens (Not for | <input type="checkbox"/> Polish Wheat |
| <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Barley Juice (Not for | <input type="checkbox"/> Rye |
| <input type="checkbox"/> Pomelo | <input type="checkbox"/> Beer | <input type="checkbox"/> Semolina |
| <input type="checkbox"/> Prune | <input type="checkbox"/> Bran | <input type="checkbox"/> Soy Sauce |
| <input type="checkbox"/> Quince | <input type="checkbox"/> Bread | <input type="checkbox"/> Spelt |
| <input type="checkbox"/> Raisin (unsulfured, organic) | <input type="checkbox"/> Brown Rice Syrup (contains | <input type="checkbox"/> Techino |
| <input type="checkbox"/> Raspberry | <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Teriyaki Sauce |
| <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Triticale |
| <input type="checkbox"/> Strawberry | <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Tamarind | <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Vinegar, Malt |
| <input type="checkbox"/> Tangelo | <input type="checkbox"/> Couscous | <input type="checkbox"/> Vinegar, White |
| <input type="checkbox"/> Tangerine | <input type="checkbox"/> Durum Wheat | <input type="checkbox"/> Wheat (All Types) |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Farro | <input type="checkbox"/> Wheat Grass (Is |
| <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Gluten | <input type="checkbox"/> Crab, Immitation |
| <input type="checkbox"/> Youngberry | <input type="checkbox"/> Graham (wheat) | |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Kamut | |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Liquid Smoke (can have gluten) | |

<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Tomato & Basil Almond
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Oats	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free	<input type="checkbox"/> Sweet Potato Flour (gluten free)
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oat Grass (Not For Gluten	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Teff
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava
<input type="checkbox"/> Ener-G Brown Rice Yeast-Free	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Simple Mills
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Arrowroot Flour/powder
<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Rice, Wild (Lundberg® - not the	
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran	
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)	
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder (gluten free)	
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond	
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt	

<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Herbs De Provence
<input type="checkbox"/> Allspice	<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Hickory
<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Cumin	<input type="checkbox"/> Himalayan Salt
<input type="checkbox"/> Anise	<input type="checkbox"/> Curcumin	<input type="checkbox"/> Jamaican Jerk
<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Juniper Berry
<input type="checkbox"/> Astragalus	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lavender
<input type="checkbox"/> Basil	<input type="checkbox"/> Dill	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)
<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Lemon Pepper
<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Lemongrass
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Fennel	<input type="checkbox"/> Licorice Root
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garlic	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Ginger	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Chipotle Seasoning	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mesquite
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Mint
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Cloves	<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Guarana	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Olive Leaf Extract

<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Tarragon	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Azuki
<input type="checkbox"/> Oregano	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Black
<input type="checkbox"/> Parsley	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Butter
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon)	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Red Chili Paste Thai Kitchen®	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Saffron	<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Sage	<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Onion	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Shallots	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Paprika	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> St. John's Wort		<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Taco Seasoning		<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Tamari (Wheat Free)		<input type="checkbox"/> Lentil(s)

<input type="checkbox"/> Miso	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Applegate® organic andouille	<input type="checkbox"/> Quail
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Applegate® organic chicken/apple	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Applegate® organic red pepper	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Applegate® organic spinach & feta	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Peanut Butter (Organic,	<input type="checkbox"/> Applegate® organic sausage sweet	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Applegate® organic smoked	
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Applegate® organic smoked turkey	<input type="checkbox"/> Milk-Containing Foods
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Applegate® organic spinach & feta
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Butter, Raw and Pasture-raised
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Buttermilk
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Casein
<input type="checkbox"/> White Beans	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, American
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Chicken Broth (Imagine® gf/low	<input type="checkbox"/> Cheese, Asiago
	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Bleu
<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cheese, Brie
<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Duck	<input type="checkbox"/> Cheese, Cheddar (Raw)
<input type="checkbox"/> Applegate® organic black forest	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Cottage
<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Cheese, Cream
<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Cheese, Goat
<input type="checkbox"/> Applegate® organic herb roasted	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Gorgonzola
<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Gouda

<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Cheese, Mascapone	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Cheese, Raw and Pasture-raised	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Glucomannon Flour
<input type="checkbox"/> Cheese, Romano		<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Antimony	<input type="checkbox"/> Hops
<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Beef broth (Imagine® low	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)
<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Chewing Gum, Xylitew®	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Chicken Broth (Imagine® gf/low	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Malt
<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Cocoa/Cacao (raw, pure, &	<input type="checkbox"/> Maltodextrin (Can be

<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Acacia Gum	
<input type="checkbox"/> Red Chili Paste Thai Kitchen®	<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils
<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Almond
<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Skinny Crisps®(Plain Jane)	<input type="checkbox"/> Almond Butter (Artisana®)
<input type="checkbox"/> Sherry Vinegar	<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Silver	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> Tofu (Organic)		<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Tomato Paste (gluten &	<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Tomato Sauce (gluten &	<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Vegetable broth (Imagine® Low	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Cheese, Daiya	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Cashews
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Egg, Vital Farms® or Pasture	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Yeast, Baker's	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Yeast, Brewer's	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Yeast, Nutritional	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Coconut, shredded (raw,
<input type="checkbox"/> Latex	<input type="checkbox"/> Egg	<input type="checkbox"/> Cola Nut (aka Kola Nut)

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| <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Pistachios | <input type="checkbox"/> Walnut (few) |
| <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Walnut Oil |
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Walnut, Black (few) |
| <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Pumpkin Oil | |
| <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Pumpkin Seed Oil | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Date(s) |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Simple Mills Chocolate Chip |
| <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Rice, Wild (Lundberg® - not the | <input type="checkbox"/> Apple Sauce |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Safflower/Safflower Seed Oil | |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Sacha Inchi Seeds | <input type="checkbox"/> Sweeteners |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Aspartame/Nutrasweet |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Brown Rice Syrup (contains |
| <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Chocolate, Dark |
| <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Sunflower Seed Butter | <input type="checkbox"/> Chocolate, Milk |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sunflower Seed Lecithin | <input type="checkbox"/> Chocolate, White |
| <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Sunflower Seed Oil | <input type="checkbox"/> Coconut Palm Sugar |
| <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Date Sugar |
| <input type="checkbox"/> Pecan | <input type="checkbox"/> Tahini | <input type="checkbox"/> Erythritol (non-GMO) |
| <input type="checkbox"/> Pecan Flour | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Fructose |
| <input type="checkbox"/> Pepitas | <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Fruit Pectin |
| <input type="checkbox"/> Pili Nuts | <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Honey, (Organic) |
| <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Honey, Manuka |

<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Brussels Sprout
<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Burdock
<input type="checkbox"/> Lo Han		<input type="checkbox"/> Cabbage, Chinese (see also Bok
<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cabbage, Green
<input type="checkbox"/> Maltodextrin (Corn-based,	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cabbage, Purple
<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cactus (Nopales)
<input type="checkbox"/> Maple Syrup (Grade A Dark Amber	<input type="checkbox"/> Arugula	<input type="checkbox"/> Capers
<input type="checkbox"/> Molasses	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Avocado	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Carrot, Orange
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Carrot, Purple
<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, White
<input type="checkbox"/> Splenda	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot, Yellow
<input type="checkbox"/> Sucanat	<input type="checkbox"/> Beet	<input type="checkbox"/> Cassava (see Tapioca and Yucca)
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cauliflower, Purple
<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Celery
<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard
<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote
<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> BodyPro Almond Mayo Grade B	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Sucralose	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Collard Greens

<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Serrano
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pickles, Bubbies® brand only
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pimento
<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Potato, Fingerling
<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Nori	<input type="checkbox"/> Potato, Purple
<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra	<input type="checkbox"/> Potato, Red
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Potato, Russet
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Sweet
<input type="checkbox"/> Endive	<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, White
<input type="checkbox"/> Fennel	<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Potato, Yukon Gold
<input type="checkbox"/> Garlic	<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Horseradish	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Jicama	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Radish
<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rhubarb
<input type="checkbox"/> Kombu	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Leeks	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Scallions
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Sea Vegetables
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Seaweed

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|---|--|--|
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Tomato, Red | <input type="checkbox"/> Bell Pepper |
| <input type="checkbox"/> Spirulina | <input type="checkbox"/> Tomato, Roma | <input type="checkbox"/> Bell Pepper, Yellow |
| <input type="checkbox"/> Squash | <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Bell Pepper, Orange |
| <input type="checkbox"/> Squash, Acorn | <input type="checkbox"/> Tomato, Yellow | |
| <input type="checkbox"/> Squash, Butternut | <input type="checkbox"/> Truffle | |
| <input type="checkbox"/> Squash, Green | <input type="checkbox"/> Turnip Greens | |
| <input type="checkbox"/> Squash, Spaghetti | <input type="checkbox"/> Turnips | |
| <input type="checkbox"/> Squash, Summer | <input type="checkbox"/> Water Chestnut | |
| <input type="checkbox"/> Squash, Winter | <input type="checkbox"/> Watercress | |
| <input type="checkbox"/> Squash, Yellow | <input type="checkbox"/> Yams, Garnett | |
| <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Yams, Japanese | |
| <input type="checkbox"/> Sweet Potato, Red | <input type="checkbox"/> Yucca | |
| <input type="checkbox"/> Sweet Potatoes, White | <input type="checkbox"/> Zucchini | |
| <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Alfalfa Sprouts | |
| <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Psyllium Husk | |
| <input type="checkbox"/> Tomato Paste (gluten & | <input type="checkbox"/> Onion, Green | |
| <input type="checkbox"/> Tomato Sauce (gluten & | <input type="checkbox"/> Onion, Maui | |
| <input type="checkbox"/> Tomato | <input type="checkbox"/> Onion, Red | |
| <input type="checkbox"/> Tomatoes, Big Beef | <input type="checkbox"/> Onion, Sweet | |
| <input type="checkbox"/> Tomato, Cherry | <input type="checkbox"/> Onion, Yellow | |
| <input type="checkbox"/> Tomato, Heirloom | <input type="checkbox"/> Chives | |
| <input type="checkbox"/> Tomato, Orange | <input type="checkbox"/> Shallots | |