

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Chives
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Capers	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Endive
<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Fennel
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Garlic
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Jicama
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery	<input type="checkbox"/> Kelp/Dulse

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|---|---|---|
| <input type="checkbox"/> Kohlrabi                             | <input type="checkbox"/> Pea, Black-Eyed              | <input type="checkbox"/> Prickly Pear                     |
| <input type="checkbox"/> Kombu                                | <input type="checkbox"/> Pea, Green                   | <input type="checkbox"/> Psyllium Husk                    |
| <input type="checkbox"/> Leeks                                | <input type="checkbox"/> Pea, Snap                    | <input type="checkbox"/> Pumpkin                          |
| <input type="checkbox"/> Lettuce, all types                   | <input type="checkbox"/> Pea, Snow                    | <input type="checkbox"/> Pumpkin Powder                   |
| <input type="checkbox"/> Mushrooms                            | <input type="checkbox"/> Pea, Split                   | <input type="checkbox"/> Radicchio                        |
| <input type="checkbox"/> Mushrooms, Button                    | <input type="checkbox"/> Pepper, Anaheim              | <input type="checkbox"/> Radish                           |
| <input type="checkbox"/> Mushrooms, Cremini/Crimini           | <input type="checkbox"/> Pepper, Chili                | <input type="checkbox"/> Rainbow Chard                    |
| <input type="checkbox"/> Mushrooms, Maitake                   | <input type="checkbox"/> Pepper, Green                | <input type="checkbox"/> Rhubarb                          |
| <input type="checkbox"/> Mushrooms, Shiitake                  | <input type="checkbox"/> Pepper, Habanero             | <input type="checkbox"/> Rutabaga                         |
| <input type="checkbox"/> Mustard Greens                       | <input type="checkbox"/> Pepper, Jalapeño             | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Nori                                 | <input type="checkbox"/> Pepper, Poblano              | <input type="checkbox"/> Scallions                        |
| <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <input type="checkbox"/> Pepper, Red                  | <input type="checkbox"/> Sea Vegetables                   |
| <input type="checkbox"/> Okra                                 | <input type="checkbox"/> Pepper, Serrano              | <input type="checkbox"/> Seaweed                          |
| <input type="checkbox"/> Olives (without vinegar)             | <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Shallots                         |
| <input type="checkbox"/> Onion, Green                         | <input type="checkbox"/> Pimento                      | <input type="checkbox"/> Spinach                          |
| <input type="checkbox"/> Onion, Maui                          | <input type="checkbox"/> Potato, Fingerling           | <input type="checkbox"/> Spirulina                        |
| <input type="checkbox"/> Onion, Red                           | <input type="checkbox"/> Potato, Purple               | <input type="checkbox"/> Squash                           |
| <input type="checkbox"/> Onion, Sweet                         | <input type="checkbox"/> Potato, Red                  | <input type="checkbox"/> Squash, Acorn                    |
| <input type="checkbox"/> Onion, Yellow                        | <input type="checkbox"/> Potato, Russet               | <input type="checkbox"/> Squash, Butternut                |
| <input type="checkbox"/> Parsley                              | <input type="checkbox"/> Potato, Sweet                | <input type="checkbox"/> Squash, Green                    |
| <input type="checkbox"/> Parsnip                              | <input type="checkbox"/> Potato, White                | <input type="checkbox"/> Squash, Spaghetti                |
| <input type="checkbox"/> Pea Protein                          | <input type="checkbox"/> Potato, Yukon Gold           | <input type="checkbox"/> Squash, Summer                   |

<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Watercress	<input type="checkbox"/> Cranberry Juice
<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Currant
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Dates
<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Dragon Fruit (Pitaya)
<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Yucca	<input type="checkbox"/> Dried Fruit
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Elderberry
<input type="checkbox"/> Tomatillo		<input type="checkbox"/> Fig
<input type="checkbox"/> Tomato	<input type="checkbox"/> <b>Fruits</b>	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Acai	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Truffle	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Turnips	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kumquat

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

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

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

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

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



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

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| <input type="checkbox"/> Wormwood                          | <input type="checkbox"/> Coffee Bean, Organic                | <input type="checkbox"/> <b>Gluten-Free Grains</b>           |
|  | <input type="checkbox"/> Edamame (must be organic)           | <input type="checkbox"/> Almond Flour (gluten free)          |
| <input type="checkbox"/> <b>Milk-Containing Foods</b>      | <input type="checkbox"/> Fava Bean                           | <input type="checkbox"/> Amaranth                            |
|  | <input type="checkbox"/> Fava Bean Flour                     | <input type="checkbox"/> Arrowroot Flour/powder              |
| <input type="checkbox"/> <b>Legumes &amp; Pulses</b>       | <input type="checkbox"/> Garbanzo Bean                       | <input type="checkbox"/> Basmati Rice (gluten free)          |
| <input type="checkbox"/> Bean, Azuki                       | <input type="checkbox"/> Garbanzo Flour                      | <input type="checkbox"/> Buckwheat                           |
| <input type="checkbox"/> Bean, Black                       | <input type="checkbox"/> Kidney Bean                         | <input type="checkbox"/> Buckwheat Flour                     |
| <input type="checkbox"/> Bean, Butter                      | <input type="checkbox"/> Lentil(s)                           | <input type="checkbox"/> Chicory Root                        |
| <input type="checkbox"/> Bean, Cannellini                  | <input type="checkbox"/> Miso                                | <input type="checkbox"/> Coconut Flour (gluten free)         |
| <input type="checkbox"/> Bean, Chana Dahl                  | <input type="checkbox"/> Pea, Snap                           | <input type="checkbox"/> Coconut Meal (gluten free)          |
| <input type="checkbox"/> Bean, Chili                       | <input type="checkbox"/> Pea, Snow                           | <input type="checkbox"/> Corn (Gluten-free & Non-GMO)        |
| <input type="checkbox"/> Bean, Green                       | <input type="checkbox"/> Pea, Split                          | <input type="checkbox"/> Corn Meal (gluten free)             |
| <input type="checkbox"/> Bean, Italian                     | <input type="checkbox"/> Peanut (Organic, Valencia)          | <input type="checkbox"/> Corn Starch (gluten free)           |
| <input type="checkbox"/> Bean, Kidney                      | <input type="checkbox"/> Peanut Butter (Organic, Maranatha®) | <input type="checkbox"/> Corn, Blue                          |
| <input type="checkbox"/> Bean, Lima                        | <input type="checkbox"/> Peanut Oil (Organic)                | <input type="checkbox"/> Corn, White                         |
| <input type="checkbox"/> Bean, Mung                        | <input type="checkbox"/> Red Bean Paste                      | <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread  |
| <input type="checkbox"/> Bean, Navy                        | <input type="checkbox"/> Soy Beans (must be organic)         | <input type="checkbox"/> Fava Bean Flour                     |
| <input type="checkbox"/> Bean, Ninja                       | <input type="checkbox"/> Soy Beans Oil (must be organic)     | <input type="checkbox"/> Flax Meal                           |
| <input type="checkbox"/> Bean, Pinto/Frijole               | <input type="checkbox"/> Vanilla Bean                        | <input type="checkbox"/> Garbanzo Flour                      |
| <input type="checkbox"/> Bean, Red                         | <input type="checkbox"/> Vanilla Powder                      | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) |
| <input type="checkbox"/> Bean, White                       |  | <input type="checkbox"/> Hazelnut Flour                      |
| <input type="checkbox"/> Chickpea (see also Garbanzo Bean) |  | <input type="checkbox"/> Hemp Meal                           |

<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Bran
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Bread
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)
<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Couscous
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> ProGranola (Julian Bakery)	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Durum Wheat
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Farro
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Teff	<input type="checkbox"/> Gluten
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Graham (wheat)
<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Kamut
<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Malt
<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Maltitol
<input type="checkbox"/> Rice, Black (gluten free)		<input type="checkbox"/> Maltodextrin (Barley-derived)
<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Modified Food Starch
<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Barley	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)
<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Oats
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Barley Juice (may contain gluten)	<input type="checkbox"/> Oats, GF (not Certified) can have gluten
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Beer	<input type="checkbox"/> Orzo

<input type="checkbox"/> Panko	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Rye	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Coconut Water (low sugar)
<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Coffee
<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Spelt	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Teechino	<input type="checkbox"/> Fructose	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Echinacea Tea
<input type="checkbox"/> Triticale	<input type="checkbox"/> Maltitol	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Vinegar	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Green Tea
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Swerve® Sweetener	<input type="checkbox"/> Komboucha Tea
<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Lemon Juice
	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> <b>Corn-Derived Foods</b>		<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,Â....)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Beer	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)

<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> <b>Miscellaneous</b>	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> GemWrapsÂ®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> GemWrapsÂ®, Sandwich Wrap (Kale-Apple)
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Antimony	<input type="checkbox"/> GemWrapsÂ®, Sandwich Wrap (Mango/Chipotle)
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> GemWrapsÂ®, Sandwich Wrap (Tomato)
<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Tea, Komboucha	<input type="checkbox"/> Baking Soda (Arm & HammerÂ®)	<input type="checkbox"/> Great Lake'sÂ® Beef Gelatin
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Banana	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Beef broth (ImagineÂ® low sodium/GF)	<input type="checkbox"/> Hops
<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Inulin
<input type="checkbox"/> Tea, Unflavored	<input type="checkbox"/> Bone Broth, Beef	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Tea, White	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Teechino	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Water	<input type="checkbox"/> Chewing Gum, XylichewÂ®	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Wine, Red	<input type="checkbox"/> Chicken Broth (ImagineÂ® gf/low sodium)	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Latex
<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Liquid Aminos (BriggsÂ®)(has Soy)
<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Locust Bean Gum
	<input type="checkbox"/> Coconut AminosÂ®	<input type="checkbox"/> Lycopene
	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Malt
	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Maltodextrin (Barley-derived)
	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Modified Food Starch

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| <input type="checkbox"/> Modified Food Starch (Tapioca-based)        | <input type="checkbox"/> Xanthan Gum                         |
| <input type="checkbox"/> Palm Wax                                    | <input type="checkbox"/> Yeast, Baker's                      |
| <input type="checkbox"/> Pycnogenol                                  | <input type="checkbox"/> Yeast, Brewer's                     |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> Yeast, Nutritional                  |
| <input type="checkbox"/> Red Food Dye                                |  |
| <input type="checkbox"/> Red Tomato Paste (gluten free)              | <input type="checkbox"/> Snacks                              |
| <input type="checkbox"/> Resveratrol                                 | <input type="checkbox"/> Apple Sauce                         |
| <input type="checkbox"/> Rice Starch (if certified gluten free)      | <input type="checkbox"/> Dates                               |
| <input type="checkbox"/> Sherry Vinegar                              | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Silver                                      |  |
| <input type="checkbox"/> Skinny Crisps® (Plain Jane)                 |  |
| <input type="checkbox"/> Tamari (Wheat Free)                         |  |
| <input type="checkbox"/> Tofu (Organic)                              |  |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)        |  |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)        |  |
| <input type="checkbox"/> Tragacanth Gum                              |  |
| <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)       |  |
| <input type="checkbox"/> Vegetable Oil                               |  |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®)            |  |
| <input type="checkbox"/> Vinegar, Red Wine                           |  |
| <input type="checkbox"/> Vinegar, Rice                               |  |
| <input type="checkbox"/> Vinegar, White Wine                         |  |