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|--|--|--|
| <input type="checkbox"/> Vegetables              | <input type="checkbox"/> Brussels Sprout       | <input type="checkbox"/> Collard Greens      |
| <input type="checkbox"/> Aloe Vera               | <input type="checkbox"/> Burdock               | <input type="checkbox"/> Corn (Gluten-free & |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Cabbage, Chinese (see | <input type="checkbox"/> Corn, Blue          |
| <input type="checkbox"/> Arugula                 | <input type="checkbox"/> Cabbage, Green        | <input type="checkbox"/> Corn, White         |
| <input type="checkbox"/> Asparagus               | <input type="checkbox"/> Cabbage, Purple       | <input type="checkbox"/> Cucumber            |
| <input type="checkbox"/> Avocado                 | <input type="checkbox"/> Cactus (Nopales)      | <input type="checkbox"/> Daikon Radish       |
| <input type="checkbox"/> Avocado Oil             | <input type="checkbox"/> Capers                | <input type="checkbox"/> Dandelion Greens    |
| <input type="checkbox"/> Bamboo Shoot            | <input type="checkbox"/> Capsicum              | <input type="checkbox"/> Dandelion Root      |
| <input type="checkbox"/> Bean, Green             | <input type="checkbox"/> Carrot Juice          | <input type="checkbox"/> Eggplant            |
| <input type="checkbox"/> Bean Sprout             | <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  | <input type="checkbox"/> Horseradish         |
| <input type="checkbox"/> Bell Pepper, Orange     | <input type="checkbox"/> Cauliflower           | <input type="checkbox"/> Jicama              |
| <input type="checkbox"/> Bell Pepper, Red        | <input type="checkbox"/> Cauliflower, Purple   | <input type="checkbox"/> Kale, all types     |
| <input type="checkbox"/> Bell Pepper, Yellow     | <input type="checkbox"/> Celery                | <input type="checkbox"/> Kelp/Dulse          |
| <input type="checkbox"/> Bok Choy                | <input type="checkbox"/> Chard                 | <input type="checkbox"/> Kohlrabi            |
| <input type="checkbox"/> Broccoli                | <input type="checkbox"/> Chayote               | <input type="checkbox"/> Kombu               |
| <input type="checkbox"/> Broccoli Rabe           | <input type="checkbox"/> Chives                | <input type="checkbox"/> Leeks               |
| <input type="checkbox"/> Broccoli Sprouts        | <input type="checkbox"/> Coconut (raw and      | <input type="checkbox"/> Lettuce, all types  |
| <input type="checkbox"/> Broccolini              | <input type="checkbox"/> Coconut Concentrate   | <input type="checkbox"/> Mushrooms           |

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|---|--|--|
| <input type="checkbox"/> Mushrooms, Button        | <input type="checkbox"/> Pepper, Chili           | <input type="checkbox"/> Rainbow Chard         |
| <input type="checkbox"/> Mushrooms,               | <input type="checkbox"/> Pepper, Green           | <input type="checkbox"/> Rhubarb               |
| <input type="checkbox"/> Mushrooms, Maitake       | <input type="checkbox"/> Pepper, Habanero        | <input type="checkbox"/> Rutabaga              |
| <input type="checkbox"/> Mushrooms, Shiitake      | <input type="checkbox"/> Pepper, Jalapeño        | <input type="checkbox"/> Sauerkraut (Bubbies®) |
| <input type="checkbox"/> Mustard Greens           | <input type="checkbox"/> Pepper, Poblano         | <input type="checkbox"/> Scallions             |
| <input type="checkbox"/> Nori                     | <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 | <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, Black-Eyed          | <input type="checkbox"/> Potato, Yukon Gold      | <input type="checkbox"/> Squash, Summer        |
| <input type="checkbox"/> Pea, Green               | <input type="checkbox"/> Prickly Pear            | <input type="checkbox"/> Squash, Winter        |
| <input type="checkbox"/> Pea, Snap                | <input type="checkbox"/> Psyllium Husk           | <input type="checkbox"/> Squash, Yellow        |
| <input type="checkbox"/> Pea, Snow                | <input type="checkbox"/> Pumpkin                 | <input type="checkbox"/> Sugar Beet            |
| <input type="checkbox"/> Pea, Split               | <input type="checkbox"/> Pumpkin Powder          | <input type="checkbox"/> Sweet Potato, Red     |
| <input type="checkbox"/> Pea Protein              | <input type="checkbox"/> Radicchio               | <input type="checkbox"/> Sweet Potatoes, White |
| <input type="checkbox"/> Pepper, Anaheim          | <input type="checkbox"/> Radish                  | <input type="checkbox"/> Swiss Chard           |

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|---|--|---|
| <input type="checkbox"/> Tomatillo              | <input type="checkbox"/> <b>Fruits</b>         | <input type="checkbox"/> Elderberry       |
| <input type="checkbox"/> Tomato Paste (gluten & | <input type="checkbox"/> Acai                  | <input type="checkbox"/> Fig              |
| <input type="checkbox"/> Tomato Sauce (gluten & | <input type="checkbox"/> Agar Gum              | <input type="checkbox"/> Goji Berry       |
| <input type="checkbox"/> Tomato                 | <input type="checkbox"/> Apple (all types)     | <input type="checkbox"/> Golden Berry     |
| <input type="checkbox"/> Tomatoes, Big Beef     | <input type="checkbox"/> Apple Cider           | <input type="checkbox"/> Gooseberry       |
| <input type="checkbox"/> Tomato, Cherry         | <input type="checkbox"/> Apple Juice           | <input type="checkbox"/> Grape            |
| <input type="checkbox"/> Tomato, Heirloom       | <input type="checkbox"/> Apple Sauce           | <input type="checkbox"/> Grape, Green     |
| <input type="checkbox"/> Tomato, Orange         | <input type="checkbox"/> Apricot               | <input type="checkbox"/> Grape, Purple    |
| <input type="checkbox"/> Tomato, Red            | <input type="checkbox"/> Banana                | <input type="checkbox"/> Grape, Red       |
| <input type="checkbox"/> Tomato, Roma           | <input type="checkbox"/> Bilberry              | <input type="checkbox"/> Grape, White     |
| <input type="checkbox"/> Tomato, Sun-dried      | <input type="checkbox"/> Blackberry            | <input type="checkbox"/> Grapefruit       |
| <input type="checkbox"/> Tomato, Yellow         | <input type="checkbox"/> Blueberry             | <input type="checkbox"/> Grapefruit Juice |
| <input type="checkbox"/> Truffle                | <input type="checkbox"/> Boysenberry           | <input type="checkbox"/> Guava            |
| <input type="checkbox"/> Turnip Greens          | <input type="checkbox"/> Cantaloupe            | <input type="checkbox"/> Huckleberry      |
| <input type="checkbox"/> Turnips                | <input type="checkbox"/> Cherry                | <input type="checkbox"/> Jack fruit       |
| <input type="checkbox"/> Water Chestnut         | <input type="checkbox"/> Clementine            | <input type="checkbox"/> Kiwi             |
| <input type="checkbox"/> Watercress             | <input type="checkbox"/> Cranberry             | <input type="checkbox"/> Kumquat          |
| <input type="checkbox"/> Yams, Garnett          | <input type="checkbox"/> Cranberry Juice       | <input type="checkbox"/> Lemon            |
| <input type="checkbox"/> Yams, Japanese         | <input type="checkbox"/> Currant               | <input type="checkbox"/> Lemon Juice      |
| <input type="checkbox"/> Yucca                  | <input type="checkbox"/> Date(s)               | <input type="checkbox"/> Lemon Rind/Peel  |
| <input type="checkbox"/> Zucchini               | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime             |
| <input type="checkbox"/> Alfalfa Sprouts        | <input type="checkbox"/> Dried Fruit           | <input type="checkbox"/> Lime Juice       |

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

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|--|---|--|
| <input type="checkbox"/> Hemp Meal               | <input type="checkbox"/> Safflower/Safflower Seed | <input type="checkbox"/> Bean, Cannellini    |
| <input type="checkbox"/> Hemp Protein (Powder)   | <input type="checkbox"/> Sacha Inchi Seeds        | <input type="checkbox"/> Bean, Chana Dahl    |
| <input type="checkbox"/> Hemp Seed               | <input type="checkbox"/> Sesame Seed Oil          | <input type="checkbox"/> Bean, Chili         |
| <input type="checkbox"/> Hydrogenated Oils       | <input type="checkbox"/> Sesame Seeds             | <input type="checkbox"/> Bean, Green         |
| <input type="checkbox"/> Macadamia Nut Oil       | <input type="checkbox"/> Sesame Seeds, Black      | <input type="checkbox"/> Bean, Italian       |
| <input type="checkbox"/> Macadamia Nuts          | <input type="checkbox"/> Sunflower Seed Butter    | <input type="checkbox"/> Bean, Kidney        |
| <input type="checkbox"/> Olive Leaf Extract      | <input type="checkbox"/> Sunflower Seed Lecithin  | <input type="checkbox"/> Bean, Lima          |
| <input type="checkbox"/> Olive Oil, Virgin       | <input type="checkbox"/> Sunflower Seed Oil       | <input type="checkbox"/> Bean, Mung          |
| <input type="checkbox"/> Palm Kernel Oil         | <input type="checkbox"/> Sunflower Seeds          | <input type="checkbox"/> Bean, Navy/Ninja    |
| <input type="checkbox"/> Pecan                   | <input type="checkbox"/> Tahini                   | <input type="checkbox"/> Bean, Pinto/Frijole |
| <input type="checkbox"/> Pecan Flour             | <input type="checkbox"/> Tea, Ramon               | <input type="checkbox"/> Bean, Red (see also |
| <input type="checkbox"/> Pepitas                 | <input type="checkbox"/> Tiger Nuts               | <input type="checkbox"/> Chickpea (see also  |
| <input type="checkbox"/> Pili Nuts               | <input type="checkbox"/> Vegetable Oil            | <input type="checkbox"/> Edamame (must be    |
| <input type="checkbox"/> Pine Nut                | <input type="checkbox"/> Vegetable Shortening     | <input type="checkbox"/> Fava Bean           |
| <input type="checkbox"/> Pistachios              | <input type="checkbox"/> Walnut (few)             | <input type="checkbox"/> Fava Bean Flour     |
| <input type="checkbox"/> Poppy seeds             | <input type="checkbox"/> Walnut Oil               | <input type="checkbox"/> Garbanzo Bean       |
| <input type="checkbox"/> Psyllium Husk           | <input type="checkbox"/> Walnut, Black (few)      | <input type="checkbox"/> Garbanzo Flour      |
| <input type="checkbox"/> Pumpkin Oil             | <input type="checkbox"/> Almond                   | <input type="checkbox"/> Lentil(s)           |
| <input type="checkbox"/> Pumpkin Seed Oil        | <input type="checkbox"/> Legumes & Pulses         | <input type="checkbox"/> Miso                |
| <input type="checkbox"/> Pumpkin Seeds           | <input type="checkbox"/> Bean, Azuki              | <input type="checkbox"/> Pea, Snap           |
| <input type="checkbox"/> Ramon Seeds             | <input type="checkbox"/> Bean, Black              | <input type="checkbox"/> Pea, Snow           |
| <input type="checkbox"/> Rice, Wild (Lundberg® - | <input type="checkbox"/> Bean, Butter             | <input type="checkbox"/> Pea, Split          |

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|--|---|--|
| <input type="checkbox"/> Peanut (Organic,            | <input type="checkbox"/> Halibut              | <input type="checkbox"/> Whitefish/Turbot          |
| <input type="checkbox"/> Peanut Butter (Organic,     | <input type="checkbox"/> Herring              | <input type="checkbox"/> Crab, Immitation          |
| <input type="checkbox"/> Peanut Oil (Organic)        | <input type="checkbox"/> Lobster              | <input type="checkbox"/> <b>Meat &amp; Poultry</b> |
| <input type="checkbox"/> Red Bean Paste              | <input type="checkbox"/> Mackerel             | <input type="checkbox"/> Applegate® organic        |
| <input type="checkbox"/> Soy Beans (must be          | <input type="checkbox"/> Mahi Mahi            | <input type="checkbox"/> Applegate® organic black  |
| <input type="checkbox"/> Soy Beans Oil (must be      | <input type="checkbox"/> Mussel               | <input type="checkbox"/> Applegate® organic        |
| <input type="checkbox"/> Vanilla Bean                | <input type="checkbox"/> Orange Roughy        | <input type="checkbox"/> Applegate® organic ham    |
| <input type="checkbox"/> Vanilla Powder              | <input type="checkbox"/> Oyster               | <input type="checkbox"/> Applegate® organic herb   |
| <input type="checkbox"/> White Beans                 | <input type="checkbox"/> Perch                | <input type="checkbox"/> Applegate® organic hot    |
| <input type="checkbox"/> <b>Fish &amp; Shellfish</b> | <input type="checkbox"/> Red Snapper          | <input type="checkbox"/> Applegate® organic roast  |
| <input type="checkbox"/> Anchovy                     | <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Applegate® organic        |
| <input type="checkbox"/> Bass                        | <input type="checkbox"/> Sardines             | <input type="checkbox"/> Applegate® organic        |
| <input type="checkbox"/> Catfish                     | <input type="checkbox"/> Scallop              | <input type="checkbox"/> Applegate® organic red    |
| <input type="checkbox"/> Chilean Sea Bass            | <input type="checkbox"/> Shrimp               | <input type="checkbox"/> Applegate® organic        |
| <input type="checkbox"/> Clam                        | <input type="checkbox"/> Sole                 | <input type="checkbox"/> Applegate® organic        |
| <input type="checkbox"/> Cod/ Cod Liver Oil          | <input type="checkbox"/> Squid                | <input type="checkbox"/> Applegate® organic        |
| <input type="checkbox"/> Corvina                     | <input type="checkbox"/> Swai                 | <input type="checkbox"/> Applegate® organic        |
| <input type="checkbox"/> Crab                        | <input type="checkbox"/> Swordfish            | <input type="checkbox"/> Applegate® organic        |
| <input type="checkbox"/> Crayfish                    | <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Applegate® organic        |
| <input type="checkbox"/> Flounder                    | <input type="checkbox"/> Trout                | <input type="checkbox"/> Beef, Grass-fed only      |
| <input type="checkbox"/> Haddock                     | <input type="checkbox"/> Tuna                 | <input type="checkbox"/> Bison (see also Buffalo)  |
| <input type="checkbox"/> Hake                        | <input type="checkbox"/> Walleye Pike         | <input type="checkbox"/> Buffalo (see also Bison)  |

- ☐ Chicken Broth (Imagine®)
- ☐ Chicken, free range
- ☐ Deer (see also Venison)
- ☐ Duck
- ☐ Goat, Grass-fed only
- ☐ Lamb (organic)
- ☐ Lard (pork)
- ☐ Ostrich
- ☐ Pheasant
- ☐ Pork, (organic)
- ☐ Quail
- ☐ Rabbit
- ☐ Turkey (organic)
- ☐ Veal (organic)
- ☐ Venison (see also Deer)
- ☐ Non-Dairy & Eggs
- ☐ Almond Milk,
- ☐ Almond Yogurt,
- ☐ BodyPro Avocado Oil
- ☐ Cheese, Daiya (Coconut,
- ☐ Cheese, Soy (Organic)
- ☐ Coconut Kefir (No

- ☐ Coconut Milk(Native
- ☐ Egg, Pasture-raised (from
- ☐ Egg, Vital Farms® or
- ☐ Egg, Whites,
- ☐ Egg, Yolks Pasture-raised
- ☐ Milk, Soy (Organic)
- ☐ Sriracha Sauce
- ☐ Egg
- ☐ Condiments
- ☐ Apple Cider Vinegar
- ☐ Balsamic Vinegar
- ☐ Balsamic Vinegar (with
- ☐ Balsamic Vinegar
- ☐ Barbeque Sauce, GF
- ☐ BodyPro Almond Mayo
- ☐ BodyPro Almond Mayo
- ☐ BodyPro Avocado Oil
- ☐ Carob
- ☐ Coconut Vinegar
- ☐ Dressing, Primal Kitchen
- ☐ Dressing, Primal Kitchen
- ☐ Earth Balance® Coconut

- ☐ Earth Balance® Avocado
- ☐ Horseradish Sauce,
- ☐ Hummus
- ☐ Ketchup (Organicville)
- ☐ Mayonnaise
- ☐ Mayonnaise, Primal
- ☐ Mayonnaise, Primal
- ☐ Mustard, Brown (Eden®)
- ☐ Sauerkraut (Bubbies®)
- ☐ Sriracha Sauce
- ☐ Ume Plum Vinegar
- ☐ Veganaise Soy-free
- ☐ Vinegar
- ☐ Vinegar, Distilled
- ☐ Vinegar, Malt
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White
- ☐ Vinegar, White Wine
- ☐ Worcestershire Sauce

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|--|--|---|
| <input type="checkbox"/> <b>Sweeteners</b>         | <input type="checkbox"/> Maple Syrup (Grade A      | <input type="checkbox"/> Black Cohosh       |
| <input type="checkbox"/> Agave Nectar              | <input type="checkbox"/> Molasses                  | <input type="checkbox"/> Caramel Coloring   |
| <input type="checkbox"/> Aspartame/Nutrasweet      | <input type="checkbox"/> Monk Fruit                | <input type="checkbox"/> Caraway Seed       |
| <input type="checkbox"/> BodyPro Almond Mayo       | <input type="checkbox"/> Nutrasweet®               | <input type="checkbox"/> Cardamom           |
| <input type="checkbox"/> BodyPro Almond Mayo       | <input type="checkbox"/> Rebiana Leaf (Stevia)     | <input type="checkbox"/> Celery Powder      |
| <input type="checkbox"/> Brown Rice Syrup          | <input type="checkbox"/> Sorbitol                  | <input type="checkbox"/> Chicory Root       |
| <input type="checkbox"/> Chocolate, Dark           | <input type="checkbox"/> Splenda                   | <input type="checkbox"/> Chili Powder       |
| <input type="checkbox"/> Chocolate, Milk           | <input type="checkbox"/> Sucanat                   | <input type="checkbox"/> Chipotle Seasoning |
| <input type="checkbox"/> Chocolate, White          | <input type="checkbox"/> Sugar Beet                | <input type="checkbox"/> Cilantro/Coriander |
| <input type="checkbox"/> Coconut Palm Sugar        | <input type="checkbox"/> Sugar Cane                | <input type="checkbox"/> Cinnamon           |
| <input type="checkbox"/> Date Sugar                | <input type="checkbox"/> Sweetleaf® Stevia         | <input type="checkbox"/> Cinnamon, Ceylon   |
| <input type="checkbox"/> Erythritol (non-GMO)      | <input type="checkbox"/> Swerve® Xylitol           | <input type="checkbox"/> Cloves             |
| <input type="checkbox"/> Fructose                  | <input type="checkbox"/> Xyla (Birchwood           | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Fruit Pectin              | <input type="checkbox"/> Yacon Syrup               | <input type="checkbox"/> Cloves, Penang     |
| <input type="checkbox"/> Honey, (Organic)          | <input type="checkbox"/> <b>Herbs &amp; Spices</b> | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Honey, Manuka             | <input type="checkbox"/> Allspice                  | <input type="checkbox"/> Cream of Tartar    |
| <input type="checkbox"/> Honey, Wildflower from    | <input type="checkbox"/> Almond Flavor natural,    | <input type="checkbox"/> Cumin              |
| <input type="checkbox"/> Just Like Sugar®          | <input type="checkbox"/> Anise                     | <input type="checkbox"/> Curcumin           |
| <input type="checkbox"/> Lo Han                    | <input type="checkbox"/> Ashwaganda                | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Maltodextrin (Can be      | <input type="checkbox"/> Astragalus                | <input type="checkbox"/> Dandelion Root     |
| <input type="checkbox"/> Maltodextrin (Corn-based, | <input type="checkbox"/> Basil                     | <input type="checkbox"/> Dill               |
| <input type="checkbox"/> Maple Sugar               | <input type="checkbox"/> Bay Leaf                  | <input type="checkbox"/> Dong Quai          |



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

<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Valerian	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> Vanilla (gluten and	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Mozzarella	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey
<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Raw and	<input type="checkbox"/> Yogurt (See Xanthan
<input type="checkbox"/> Applegate® organic	<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Cheese, Feta
<input type="checkbox"/> Butter, Raw and	<input type="checkbox"/> Cheese, Romano	<input type="checkbox"/> Gluten-Free Grains
<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Amaranth
<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String	<input type="checkbox"/> Arrowroot Flour/powder
<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Basmati Rice (gluten free)
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Buckwheat
<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Buckwheat Flour
<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Cream, Raw and	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Ghee (Pasture-Raised,	<input type="checkbox"/> Coconut Flour (gluten
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Coconut Meal (gluten

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|---|---|--|
| <input type="checkbox"/> Corn (Gluten-free &        | <input type="checkbox"/> Quinoa, Red (gluten free)  | <input type="checkbox"/> Tolerant Red or Green     |
| <input type="checkbox"/> Corn, Blue                 | <input type="checkbox"/> Rice, Basmati (gluten      | <input type="checkbox"/> Tortilla, Siete Almond    |
| <input type="checkbox"/> Corn, White                | <input type="checkbox"/> Rice, Black (gluten free)  | <input type="checkbox"/> Tortilla, Siete Cassava & |
| <input type="checkbox"/> Corn Starch (gluten free)  | <input type="checkbox"/> Rice, Brown (gluten free)  | <input type="checkbox"/> Tortilla, Siete Chia &    |
| <input type="checkbox"/> Ener-G Brown Rice          | <input type="checkbox"/> Rice, Japonica (gluten     | <input type="checkbox"/> Simple Mills EverythingSp |
| <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"/> Gluten-Containing Foods   |
| <input type="checkbox"/> Garbanzo Flour             | <input type="checkbox"/> Rice, White (gluten free)  | <input type="checkbox"/> Barley                    |
| <input type="checkbox"/> Glucomannon Flour          | <input type="checkbox"/> Rice, Wild (LundbergÂ® -   | <input type="checkbox"/> Barley Greens (Not for    |
| <input type="checkbox"/> Hazelnut Flour             | <input type="checkbox"/> Rice Bran                  | <input type="checkbox"/> Barley Juice (Not for     |
| <input type="checkbox"/> Hemp Meal                  | <input type="checkbox"/> Rice Flour (gluten free)   | <input type="checkbox"/> Beer                      |
| <input type="checkbox"/> Hemp Protein (Powder)      | <input type="checkbox"/> Rice Protein Powder        | <input type="checkbox"/> Bran                      |
| <input type="checkbox"/> Hemp Seed                  | <input type="checkbox"/> Simple Mills Grnd Sea      | <input type="checkbox"/> Bread                     |
| <input type="checkbox"/> Konjac Glucomannon         | <input type="checkbox"/> Simple Mills Rosemary &    | <input type="checkbox"/> Brown Rice Syrup          |
| <input type="checkbox"/> Millet                     | <input type="checkbox"/> Simple Mills Tomato &      | <input type="checkbox"/> Caramel Coloring          |
| <input type="checkbox"/> Oats                       | <input type="checkbox"/> Sorghum                    | <input type="checkbox"/> Cheese, Bleu              |
| <input type="checkbox"/> Oats (Bob's Red Mill       | <input type="checkbox"/> Sweet Potato Flour         | <input type="checkbox"/> Chewing Gum (has gluten   |
| <input type="checkbox"/> Oat Grass (Not For         | <input type="checkbox"/> Tapioca                    | <input type="checkbox"/> Coffee, Instant (has      |
| <input type="checkbox"/> Potato Flour (gluten free) | <input type="checkbox"/> Tapioca Flour (gluten      | <input type="checkbox"/> Couscous                  |
| <input type="checkbox"/> Potato Starch (gluten      | <input type="checkbox"/> Tapioca Starch (gluten     | <input type="checkbox"/> Durum Wheat               |
| <input type="checkbox"/> Quinoa (gluten free)       | <input type="checkbox"/> Teff                       | <input type="checkbox"/> Farro                     |
| <input type="checkbox"/> Quinoa, Black (gluten      | <input type="checkbox"/> Tolerant Green Lentil &    | <input type="checkbox"/> Gluten                    |

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|---|--|--|
| <input type="checkbox"/> Graham (wheat)         | <input type="checkbox"/> Corn-Derived Foods        | <input type="checkbox"/> Beverages & Protein Powders |
| <input type="checkbox"/> Kamut                  | <input type="checkbox"/> Barbeque Sauce, GF        | <input type="checkbox"/> Almond Milk,                |
| <input type="checkbox"/> Liquid Smoke (can have | <input type="checkbox"/> Cheese, Cream             | <input type="checkbox"/> Apple Juice                 |
| <input type="checkbox"/> Malt                   | <input type="checkbox"/> Cheese, Daiya (Coconut,   | <input type="checkbox"/> Beer                        |
| <input type="checkbox"/> Maltodextrin (Can be   | <input type="checkbox"/> Cheese, Soy (Organic)     | <input type="checkbox"/> Carrot Juice                |
| <input type="checkbox"/> Oats                   | <input type="checkbox"/> Chewing Gum (has gluten   | <input type="checkbox"/> Coconut Kefir (No           |
| <input type="checkbox"/> Orzo                   | <input type="checkbox"/> Corn (Gluten-free &       | <input type="checkbox"/> Coconut Milk(Native         |
| <input type="checkbox"/> Panko                  | <input type="checkbox"/> Corn, Blue                | <input type="checkbox"/> Coconut Water (low          |
| <input type="checkbox"/> Polish Wheat           | <input type="checkbox"/> Corn, White               | <input type="checkbox"/> Coffee Bean, Organic        |
| <input type="checkbox"/> Rye                    | <input type="checkbox"/> Corn Gluten               | <input type="checkbox"/> Coffee                      |
| <input type="checkbox"/> Semolina               | <input type="checkbox"/> Corn Meal (gluten free)   | <input type="checkbox"/> Coffee, Instant (has        |
| <input type="checkbox"/> Soy Sauce              | <input type="checkbox"/> Corn Oil                  | <input type="checkbox"/> Collagen Protein            |
| <input type="checkbox"/> Spelt                  | <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Echinacea Tea               |
| <input type="checkbox"/> Teechino               | <input type="checkbox"/> Erythritol (non-GMO)      | <input type="checkbox"/> Grapefruit Juice            |
| <input type="checkbox"/> Teriyaki Sauce         | <input type="checkbox"/> Fructose                  | <input type="checkbox"/> Green Tea                   |
| <input type="checkbox"/> Triticale              | <input type="checkbox"/> GemWraps®®, Sandwich      | <input type="checkbox"/> Hemp Protein (Powder)       |
| <input type="checkbox"/> Vinegar                | <input type="checkbox"/> Maltodextrin (Corn-based, | <input type="checkbox"/> Komboucha Tea               |
| <input type="checkbox"/> Vinegar, Malt          | <input type="checkbox"/> Sriracha Sauce            | <input type="checkbox"/> Lemon Juice                 |
| <input type="checkbox"/> Vinegar, White         | <input type="checkbox"/> Swerve® Xylitol           | <input type="checkbox"/> Licorice Tea                |
| <input type="checkbox"/> Wheat (All Types)      | <input type="checkbox"/> Vegetable Oil             | <input type="checkbox"/> Lime Juice                  |
| <input type="checkbox"/> Wheat Grass (Is        | <input type="checkbox"/> Xanthan Gum               | <input type="checkbox"/> Milk, Cow                   |
| <input type="checkbox"/> Crab, Immitation       | <input type="checkbox"/> Yogurt (See Xanthan       | <input type="checkbox"/> Milk, Goat                  |

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|--|---|---|
| <input type="checkbox"/> Milk, Sheep           | <input type="checkbox"/> Miscellaneous            | <input type="checkbox"/> Great Lake's® Beef       |
| <input type="checkbox"/> Milk, Soy (Organic)   | <input type="checkbox"/> Agar Gum                 | <input type="checkbox"/> Guar Gum                 |
| <input type="checkbox"/> Mineral Water         | <input type="checkbox"/> Antimony                 | <input type="checkbox"/> Hops                     |
| <input type="checkbox"/> Orange Juice          | <input type="checkbox"/> Arabic Gum               | <input type="checkbox"/> Julian Bakery Paleo      |
| <input type="checkbox"/> Pea Protein           | <input type="checkbox"/> Baking Powder            | <input type="checkbox"/> Julian Bakery Almond     |
| <input type="checkbox"/> Rice Protein Powder   | <input type="checkbox"/> Baking Soda (Arm &       | <input type="checkbox"/> Julian Bakery Coconut    |
| <input type="checkbox"/> Soy Milk/Soy Cheese   | <input type="checkbox"/> Beef broth (Imagine® low | <input type="checkbox"/> Konjac Glucomannon       |
| <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Carrageenan Gum          | <input type="checkbox"/> Lard (pork)              |
| <input type="checkbox"/> Sparkling Water,      | <input type="checkbox"/> Chewing Gum (has gluten  | <input type="checkbox"/> Liquid Aminos            |
| <input type="checkbox"/> Tea, Black            | <input type="checkbox"/> Chewing Gum, Xylichew®   | <input type="checkbox"/> Locust Bean Gum          |
| <input type="checkbox"/> Tea, Chamomile        | <input type="checkbox"/> Chicken Broth (Imagine®  | <input type="checkbox"/> Lycopene                 |
| <input type="checkbox"/> Tea, Green            | <input type="checkbox"/> Chicory Root             | <input type="checkbox"/> Malt                     |
| <input type="checkbox"/> Tea, Oolong           | <input type="checkbox"/> Cocoa/Cacao (raw, pure,  | <input type="checkbox"/> Maltodextrin (Can be     |
| <input type="checkbox"/> Tea, Ramon            | <input type="checkbox"/> Coconut Aminos®          | <input type="checkbox"/> Palm Wax                 |
| <input type="checkbox"/> Tea, Roobios          | <input type="checkbox"/> Coconut Cream            | <input type="checkbox"/> Pycnogenol               |
| <input type="checkbox"/> Tea,                  | <input type="checkbox"/> Collagen Protein         | <input type="checkbox"/> Red Chili Paste Thai     |
| <input type="checkbox"/> Tea, White            | <input type="checkbox"/> Garam Masala             | <input type="checkbox"/> Red Tomato Paste (gluten |
| <input type="checkbox"/> Teechino              | <input type="checkbox"/> GemWraps®, Sandwich      | <input type="checkbox"/> Resveratrol              |
| <input type="checkbox"/> Water                 | <input type="checkbox"/> GemWraps®, Sandwich      | <input type="checkbox"/> Sherry Vinegar           |
| <input type="checkbox"/> Wine, Red             | <input type="checkbox"/> GemWraps®, Sandwich      | <input type="checkbox"/> Silver                   |
| <input type="checkbox"/> Wine, White           | <input type="checkbox"/> GemWraps®, Sandwich      | <input type="checkbox"/> Skinny Crisps®(Plain     |
| <input type="checkbox"/> Yerba Matte Tea       | <input type="checkbox"/> Glucomannon Flour        | <input type="checkbox"/> Tagacanth Gum            |

- ☐ Tamari (Wheat Free)
- ☐ Tofu (Organic)
- ☐ Tomato Paste (gluten &
- ☐ Tomato Sauce (gluten &
- ☐ Tragacanth Gum
- ☐ Vegetable broth
- ☐ Vegetable Oil
- ☐ Vegetable Shortening
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White Wine
- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional
- ☐ Latex
- ☐ Formaldehyde
- ☐ Red Dye
- ☐ Ispaghula/Psyllium
- ☐ Acacia Gum