

<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard
<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Beer	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Hummus
<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Mayonnaise
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Tabasco Sauce
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Vinegar, Beet
<input type="checkbox"/> Coffee	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Teechino	<input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Water	
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Cheese, Cream
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Cheese, Daiya (Coconut Tapioca yeast & ...)
<input type="checkbox"/> Hemp Protein (Powder)		<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Condiments	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Balsamic Vinegar (Caramel/Red W. Vinegar)	<input type="checkbox"/> Corn Gluten
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Carob	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil	<input type="checkbox"/> Corn Starch (gluten free)

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| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Halibut | <input type="checkbox"/> Fruits |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Herring | <input type="checkbox"/> Acai |
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Mackerel | <input type="checkbox"/> Apple (all types) |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Mahi Mahi | <input type="checkbox"/> Apple Cider |
| <input type="checkbox"/> GemWraps®®, Sandwich Wrap (Carrot) | <input type="checkbox"/> Mussel | <input type="checkbox"/> Apple Juice |
| <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) | <input type="checkbox"/> Octopus | <input type="checkbox"/> Apple Sauce |
| <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Orange Roughy | <input type="checkbox"/> Apricot |
| <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Oyster | <input type="checkbox"/> Banana |
| <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Perch | <input type="checkbox"/> Bilberry |
| | <input type="checkbox"/> Red Snapper | <input type="checkbox"/> Blackberry |
| <input type="checkbox"/> Fish & Shellfish | <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Blueberry |
| <input type="checkbox"/> Anchovy | <input type="checkbox"/> Sardines | <input type="checkbox"/> Boysenberry |
| <input type="checkbox"/> Bass | <input type="checkbox"/> Scallop | <input type="checkbox"/> Cherry |
| <input type="checkbox"/> Catfish | <input type="checkbox"/> Sole | <input type="checkbox"/> Clementine |
| <input type="checkbox"/> Chilean Sea Bass | <input type="checkbox"/> Squid | <input type="checkbox"/> Cranberry |
| <input type="checkbox"/> Cod/ Cod Liver Oil | <input type="checkbox"/> Swai | <input type="checkbox"/> Cranberry Juice |
| <input type="checkbox"/> Corvina | <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Currant |
| <input type="checkbox"/> Crab | <input type="checkbox"/> Trout | <input type="checkbox"/> Date(s) |
| <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Tuna | <input type="checkbox"/> Dragon Fruit (Pitaya) |
| <input type="checkbox"/> Crayfish | <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Dried Fruit |
| <input type="checkbox"/> Flounder | <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Elderberry |
| <input type="checkbox"/> Hake | | <input type="checkbox"/> Fig |

<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Youngberry
<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Mulberry	
<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Gluten-Containing Foods
<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Noni	<input type="checkbox"/> Barley
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Papaya	<input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive)
<input type="checkbox"/> Guava	<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive)
<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Pear	<input type="checkbox"/> Beer
<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Bran
<input type="checkbox"/> Kiwi	<input type="checkbox"/> Persimmons	<input type="checkbox"/> Bread
<input type="checkbox"/> Kumquat	<input type="checkbox"/> Plantain	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)
<input type="checkbox"/> Lemon	<input type="checkbox"/> Plum	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Cheese, Bleu
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Pomelo	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Lime	<input type="checkbox"/> Prune	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Quince	<input type="checkbox"/> Couscous
<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Crab, Imitation
<input type="checkbox"/> Loganberry	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Durum Wheat
<input type="checkbox"/> Loquat	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Farro
<input type="checkbox"/> Mango	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Gluten
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Graham (wheat)
<input type="checkbox"/> Maqui	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Kamut
<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Liquid Smoke (can have gluten)

<input type="checkbox"/> Malt	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Millet
<input type="checkbox"/> Oats (Can be contaminated with gluten)	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)
<input type="checkbox"/> Orzo	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)
<input type="checkbox"/> Panko	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Oats (Certified GF)
<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Flour (gluten free)
<input type="checkbox"/> Rye	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Potato Starch (gluten free)
<input type="checkbox"/> Semolina	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> ProGranola (Julian Bakery)
<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Spelt	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> Teechino	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Triticale	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Vinegar	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Teff
<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Tortilla, Siete Almond
	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut
	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Tortilla, Siete Chia & Cassava

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

<input type="checkbox"/> Peppermint	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Wormwood	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)		<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Miso
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Saffron	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Sage	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Peanut (Organic, Valencia)
<input type="checkbox"/> Shallots	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Sumac	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Soy Beans (must be organic)
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Soy Beans Oil (must be organic)
<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Navy/Ninja	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> White Beans
<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)	
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Coffee Bean, Organic	
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Edamame (must be organic)	
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Fava Bean	

<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Duck	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Quail	<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey
	<input type="checkbox"/> Cheese, Provolone	

<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Silver
<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Skinny Crisps®(Plain Jane)
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Antimony	<input type="checkbox"/> Hops	<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Inulin	<input type="checkbox"/> Tragacanth Gum
<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)
<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Latex	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Liquid Aminos (Briggs®)(has Soy)	
<input type="checkbox"/> Chewing Gum, Xylite®	<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Lycopene	<input type="checkbox"/> Cheese, Daiya (Coconut Tapioca yeast)
<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Malt	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Modified Food Starch (Tapioca-based)	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Modified Food Starch
<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Paleo Cheese (Julianbakery.com or
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Red Food Dye	
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)	<input type="checkbox"/> Resveratrol	
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)	<input type="checkbox"/> Rice Starch (if certified gluten free)	

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| <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Safflower/Safflower Seed Oil |
| <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Sunflower Seed Butter |
| <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Sunflower Seed Lecithin |
| <input type="checkbox"/> Canola/Rapeseed Oil | <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Sunflower Seed Oil |
| <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Tahini |
| <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Tea, Ramon |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Tiger Nuts |
| <input type="checkbox"/> Chestnut | <input type="checkbox"/> Pecan | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Chia Seed (1/4 cup, max) | <input type="checkbox"/> Pecan Flour | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Pepitas | <input type="checkbox"/> Walnut, Black (few) |
| <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Pili Nuts | |
| <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Pistachios | <input type="checkbox"/> Apple Sauce |
| <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Date(s) |
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Pumpkin Oil | |
| <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Pumpkin Seed Oil | |
| <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Pumpkin Seeds | |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Ramon Seeds | |
| <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Sacha Inchi Seeds | |

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| <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Vegetables |
| <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Molasses | <input type="checkbox"/> Alfalfa Sprouts |
| <input type="checkbox"/> Aspartame/Nutrasweet | <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Aloe Vera |
| <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Monk Fruit Extract | <input type="checkbox"/> Artichoke (not pickled) |
| <input type="checkbox"/> Cane Syrup | <input type="checkbox"/> Nutrasweet® | <input type="checkbox"/> Artichoke, Jerusalem (not pickled) |
| <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Arugula |
| <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Sorbitol | <input type="checkbox"/> Bamboo Shoot |
| <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Splenda | <input type="checkbox"/> Bean Sprout |
| <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Sucanat | <input type="checkbox"/> Bean, Green |
| <input type="checkbox"/> Coconut Sugar | <input type="checkbox"/> Sucralose | <input type="checkbox"/> Beet |
| <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Beet Greens |
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Bell Pepper |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Bell Pepper, Green |
| <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Bell Pepper, Orange |
| <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Tapioca Dextrose | <input type="checkbox"/> Bell Pepper, Red |
| <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source) | <input type="checkbox"/> Bell Pepper, Yellow |
| <input type="checkbox"/> Lo Han | <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Maltitol | | <input type="checkbox"/> Broccoli Rabe |
| <input type="checkbox"/> Maltodextrin (Barley-derived) | | <input type="checkbox"/> Broccoli Sprouts |
| <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) | | <input type="checkbox"/> Broccolini |
| <input type="checkbox"/> Maltodextrin (Tapioca-based) | | <input type="checkbox"/> Burdock |
| <input type="checkbox"/> Maple Sugar | | <input type="checkbox"/> Cactus (Nopales) |

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| <input type="checkbox"/> Capers | <input type="checkbox"/> Endive | <input type="checkbox"/> Pea, Green |
| <input type="checkbox"/> Capsicum | <input type="checkbox"/> Fennel | <input type="checkbox"/> Pea, Snap |
| <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Hearts of Palm | <input type="checkbox"/> Pea, Snow |
| <input type="checkbox"/> Carrot, Orange | <input type="checkbox"/> Horseradish | <input type="checkbox"/> Pea, Split |
| <input type="checkbox"/> Carrot, Purple | <input type="checkbox"/> Jicama | <input type="checkbox"/> Pepper, Anaheim |
| <input type="checkbox"/> Carrot, White | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Pepper, Chili |
| <input type="checkbox"/> Carrot, Yellow | <input type="checkbox"/> Kombu | <input type="checkbox"/> Pepper, Green |
| <input type="checkbox"/> Cassava (see Tapioca and Yucca) | <input type="checkbox"/> Leeks | <input type="checkbox"/> Pepper, Habanero |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Lettuce, all types | <input type="checkbox"/> Pepper, Jalapeño |
| <input type="checkbox"/> Chard | <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Pepper, Poblano |
| <input type="checkbox"/> Chayote | <input type="checkbox"/> Nori | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Okra | <input type="checkbox"/> Pepper, Serrano |
| <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Pimento |
| <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Onion, Green | <input type="checkbox"/> Potato, Fingerling |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Onion, Maui | <input type="checkbox"/> Potato, Purple |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Onion, Red | <input type="checkbox"/> Potato, Red |
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Onion, Sweet | <input type="checkbox"/> Potato, Russet |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Onion, Yellow | <input type="checkbox"/> Potato, White |
| <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Parsley | <input type="checkbox"/> Potato, Yukon Gold |
| <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Parsnip | <input type="checkbox"/> Prickly Pear |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Pea, Black-Eyed | <input type="checkbox"/> Pumpkin |

- ☐ Pumpkin Powder
- ☐ Radicchio
- ☐ Radish
- ☐ Rainbow Chard
- ☐ Rhubarb
- ☐ Rutabaga
- ☐ Scallions
- ☐ Shallots
- ☐ Spinach
- ☐ Spirulina
- ☐ Sugar Beet
- ☐ Swiss Chard
- ☐ Truffle
- ☐ Turnip Greens
- ☐ Turnips
- ☐ Water Chestnut
- ☐ Watercress
- ☐ Yams, Garnett
- ☐ Yams, Japanese
- ☐ Yucca
- ☐ Zucchini