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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 & Non-GMO) |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <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 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                   |
| <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 unsweetened)        | <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, Cremini/Crimini | <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® Br) |
| <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 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, 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 & Vinegar-free) | <input type="checkbox"/> Acai                  | <input type="checkbox"/> Fig              |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <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       |

<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, organic)	<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, u
<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 Oi
<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 (Artisana®)	<input type="checkbox"/> Flax Oil
<input type="checkbox"/> Pear	<input type="checkbox"/> Almond Flavor natural, gluten free)	<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

<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Safflower/Safflower Seed Oil	<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 Bean)
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Chickpea (see also Garbanzo)
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Shortening (Spectrum)	<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® - not the b	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Split

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|---|---|---|
| <input type="checkbox"/> Peanut (Organic, Valencia)         | <input type="checkbox"/> Halibut              | <input type="checkbox"/> Whitefish/Turbot           |
| <input type="checkbox"/> Peanut Butter (Organic, Maranatha) | <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 baco    |
| <input type="checkbox"/> Soy Beans (must be organic)        | <input type="checkbox"/> Mahi Mahi            | <input type="checkbox"/> Applegate® organic black   |
| <input type="checkbox"/> Soy Beans Oil (must be organic)    | <input type="checkbox"/> Mussel               | <input type="checkbox"/> Applegate® organic chick   |
| <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 o   |
| <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 ando    |
| <input type="checkbox"/> Bass                               | <input type="checkbox"/> Sardines             | <input type="checkbox"/> Applegate® organic chick   |
| <input type="checkbox"/> Catfish                            | <input type="checkbox"/> Scallop              | <input type="checkbox"/> Applegate® organic red p   |
| <input type="checkbox"/> Chilean Sea Bass                   | <input type="checkbox"/> Shrimp               | <input type="checkbox"/> Applegate® organic spina   |
| <input type="checkbox"/> Clam                               | <input type="checkbox"/> Sole                 | <input type="checkbox"/> Applegate® organic saus    |
| <input type="checkbox"/> Cod/ Cod Liver Oil                 | <input type="checkbox"/> Squid                | <input type="checkbox"/> Applegate® organic smol    |
| <input type="checkbox"/> Corvina                            | <input type="checkbox"/> Swai                 | <input type="checkbox"/> Applegate® organic smol    |
| <input type="checkbox"/> Crab                               | <input type="checkbox"/> Swordfish            | <input type="checkbox"/> Applegate® organic turke   |
| <input type="checkbox"/> Crayfish                           | <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Applegate® organic turke   |
| <input type="checkbox"/> Flounder                           | <input type="checkbox"/> Trout                | <input type="checkbox"/> Beef, Grass-fed only (orga |
| <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)   |

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|--|---|---|
| <input type="checkbox"/> Chicken Broth (Imagine® gf/low    | <input type="checkbox"/> Coconut Milk(Native Forest or Natu     | <input type="checkbox"/> Earth Balance® Avocado     |
| <input type="checkbox"/> Chicken, free range (organic)     | <input type="checkbox"/> Egg, Pasture-raised (from a farmer     | <input type="checkbox"/> Horseradish Sauce, Gluten  |
| <input type="checkbox"/> Deer (see also Venison)           | <input type="checkbox"/> Egg, Vital Farms® or Pasture Ver       | <input type="checkbox"/> Hummus                     |
| <input type="checkbox"/> Duck                              | <input type="checkbox"/> Egg, Whites, Pasture-raised            | <input type="checkbox"/> Ketchup (Organicville)     |
| <input type="checkbox"/> Goat, Grass-fed only (organic)    | <input type="checkbox"/> Egg, Yolks Pasture-raised              | <input type="checkbox"/> Mayonnaise                 |
| <input type="checkbox"/> Lamb (organic)                    | <input type="checkbox"/> Milk, Soy (Organic)                    | <input type="checkbox"/> Mayonnaise, Primal Kitch   |
| <input type="checkbox"/> Lard (pork)                       | <input type="checkbox"/> Sriracha Sauce Organicville gluten-    | <input type="checkbox"/> Mayonnaise, Primal Kitch   |
| <input type="checkbox"/> Ostrich                           | <input type="checkbox"/> Egg                                    | <input type="checkbox"/> Mustard, Brown (Eden®)     |
| <input type="checkbox"/> Pheasant                          | <input type="checkbox"/> Condiments                             | <input type="checkbox"/> Sauerkraut (Bubbies® Br    |
| <input type="checkbox"/> Pork, (organic)                   | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®)         | <input type="checkbox"/> Sriracha Sauce Organicvill |
| <input type="checkbox"/> Quail                             | <input type="checkbox"/> Balsamic Vinegar MiaBella NoCar        | <input type="checkbox"/> Ume Plum Vinegar           |
| <input type="checkbox"/> Rabbit                            | <input type="checkbox"/> Balsamic Vinegar (with Red Wine        | <input type="checkbox"/> Veganaise Soy-free (Follow |
| <input type="checkbox"/> Turkey (organic)                  | <input type="checkbox"/> Balsamic Vinegar (Caramel/Red W        | <input type="checkbox"/> Vinegar                    |
| <input type="checkbox"/> Veal (organic)                    | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sw         | <input type="checkbox"/> Vinegar, Distilled         |
| <input type="checkbox"/> Venison (see also Deer)           | <input type="checkbox"/> BodyPro Almond Mayo Grade B Ma         | <input type="checkbox"/> Vinegar, Malt              |
| <input type="checkbox"/> Non-Dairy & Eggs                  | <input type="checkbox"/> BodyPro Almond Mayo with Yacon         | <input type="checkbox"/> Vinegar, Red Wine          |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapi | <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise         | <input type="checkbox"/> Vinegar, Rice              |
| <input type="checkbox"/> Almond Yogurt, unsweetened        | <input type="checkbox"/> Carob                                  | <input type="checkbox"/> Vinegar, White             |
| <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise    | <input type="checkbox"/> Coconut Vinegar (Coconut Secret)       | <input type="checkbox"/> Vinegar, White Wine        |
| <input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca,  | <input type="checkbox"/> Dressing, Primal Kitchen Greek Avo     | <input type="checkbox"/> Worcestershire Sauce (The  |
| <input type="checkbox"/> Cheese, Soy (Organic) (see Soy)   | <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard |   |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carage | <input type="checkbox"/> Earth Balance® Coconut Spread          |   |

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|--|--|---|
| <input type="checkbox"/> Sweeteners                          | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber)    | <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 Grade B M       | <input type="checkbox"/> Nutrasweet®                         | <input type="checkbox"/> Cardamom           |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon      | <input type="checkbox"/> Rebiana Leaf (Stevia)               | <input type="checkbox"/> Celery Powder      |
| <input type="checkbox"/> Brown Rice Syrup (contains MSG)     | <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 Xylitol/non-corn sc | <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"/> Herbs & Spices                      | <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 Mahava®      | <input type="checkbox"/> Almond Flavor natural, gluten free  | <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 Wheat-derived) | <input type="checkbox"/> Astragalus                          | <input type="checkbox"/> Dandelion Root     |
| <input type="checkbox"/> Maltodextrin (Corn-based, non-GM    | <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 Garlic/L  |
| <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 gluten)     | <input type="checkbox"/> Pepper/Peppercorns           |
| <input type="checkbox"/> Garlic Pepper                    | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Pepper/Peppercorns, Szechuan |
| <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 Kitchen |
| <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 free)        | <input type="checkbox"/> Sage                         |
| <input type="checkbox"/> Guarana                          | <input type="checkbox"/> Nutmeg                             | <input type="checkbox"/> Saw Palmetto                 |
| <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 Officinalis) | <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 corn-free)	<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 (Raw)	<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 Unpasteurized
<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 Pasture-raised	<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Applegate® organic spinach & feta	<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Cheese, Feta
<input type="checkbox"/> Butter, Raw and Pasture-raised	<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 (Mozzarella)	<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 Unpasteurized	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Coconut Meal (gluten free)

<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava
<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Simple Mills Everything Sprinkle
<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 (konjacfood)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the best)	<input type="checkbox"/> Barley Greens (Not for Gluten Sensitive)
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Barley Juice (Not for Gluten Sensitive)
<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 (gluten free)	<input type="checkbox"/> Bran
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond	<input type="checkbox"/> Bread
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt	<input type="checkbox"/> Brown Rice Syrup (contains gluten)
<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Tomato & Basil Almond	<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 Gluten Free)	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Chewing Gum (has gluten)
<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Couscous
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)	<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 free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<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 Annie's® Soy         | <input type="checkbox"/> Almond Milk, unsweetened     |
| <input type="checkbox"/> Liquid Smoke (can have gluten)      | <input type="checkbox"/> Cheese, Cream                           | <input type="checkbox"/> Apple Juice                  |
| <input type="checkbox"/> Malt                                | <input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, etc.)  | <input type="checkbox"/> Beer                         |
| <input type="checkbox"/> Maltodextrin (Can be Wheat-derived) | <input type="checkbox"/> Cheese, Soy (Organic) (see Soy)         | <input type="checkbox"/> Carrot Juice                 |
| <input type="checkbox"/> Oats                                | <input type="checkbox"/> Chewing Gum (has gluten and corn)       | <input type="checkbox"/> Coconut Kefir (No Tapioca)   |
| <input type="checkbox"/> Orzo                                | <input type="checkbox"/> Corn (Gluten-free & Non-GMO)            | <input type="checkbox"/> Coconut Milk(Native Forest)  |
| <input type="checkbox"/> Panko                               | <input type="checkbox"/> Corn, Blue                              | <input type="checkbox"/> Coconut Water (low sugar)    |
| <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 gluten) |
| <input type="checkbox"/> Soy Sauce                           | <input type="checkbox"/> Corn Oil                                | <input type="checkbox"/> Collagen Protein (Powder)    |
| <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 Wrap (Corn)         | <input type="checkbox"/> Hemp Protein (Powder)        |
| <input type="checkbox"/> Vinegar                             | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)      | <input type="checkbox"/> Komboucha Tea                |
| <input type="checkbox"/> Vinegar, Malt                       | <input type="checkbox"/> Sriracha Sauce Organicville gluten-free | <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 Gluten-containing)  | <input type="checkbox"/> Xanthan Gum                             | <input type="checkbox"/> Milk, Cow                    |
| <input type="checkbox"/> Crab, Immitation                    | <input type="checkbox"/> Yogurt (See Xanthan Gum)                | <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 Gelatin     |
| <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 Wraps      |
| <input type="checkbox"/> Pea Protein                        | <input type="checkbox"/> Baking Powder                          | <input type="checkbox"/> Julian Bakery Almond Bread     |
| <input type="checkbox"/> Rice Protein Powder (gluten free)  | <input type="checkbox"/> Baking Soda (Arm & Hammer®)            | <input type="checkbox"/> Julian Bakery Coconut Bread    |
| <input type="checkbox"/> Soy Milk/Soy Cheese (Organic)      | <input type="checkbox"/> Beef broth (Imagine® low sodium)       | <input type="checkbox"/> Konjac Glucomannon Flour       |
| <input type="checkbox"/> Soy Protein (Organic)              | <input type="checkbox"/> Carrageenan Gum                        | <input type="checkbox"/> Lard (pork)                    |
| <input type="checkbox"/> Sparkling Water, unflavored        | <input type="checkbox"/> Chewing Gum (has gluten and corn)      | <input type="checkbox"/> Liquid Aminos (Braggs®)        |
| <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® gf/low sodium) | <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, & unsweetened) | <input type="checkbox"/> Maltodextrin (Can be Wheat)    |
| <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, unflavored/caffeine-free only | <input type="checkbox"/> Collagen Protein (Powder)              | <input type="checkbox"/> Red Chili Paste Thai Kitchen   |
| <input type="checkbox"/> Tea, White                         | <input type="checkbox"/> Garam Masala                           | <input type="checkbox"/> Red Tomato Paste (gluten free) |
| <input type="checkbox"/> Teechino                           | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Cinnamon)    | <input type="checkbox"/> Resveratrol                    |
| <input type="checkbox"/> Water                              | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale)        | <input type="checkbox"/> Sherry Vinegar                 |
| <input type="checkbox"/> Wine, Red                          | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Mint)        | <input type="checkbox"/> Silver                         |
| <input type="checkbox"/> Wine, White (Champagne)            | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Tiramisu)    | <input type="checkbox"/> Skinny Crisps® (Plain Janitor) |
| <input type="checkbox"/> Yerba Matte Tea (Organic/Pure)     | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com)    | <input type="checkbox"/> Tagacanth Gum                  |

- ☐ Tamari (Wheat Free)
- ☐ Tofu (Organic)
- ☐ Tomato Paste (gluten & Vinegar-free)
- ☐ Tomato Sauce (gluten & Vinegar-free)
- ☐ Tagacanth Gum
- ☐ Vegetable broth (Imagine® Low Sodium)
- ☐ Vegetable Oil
- ☐ Vegetable Shortening (Spectrum®)
- ☐ 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