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| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Cucumber |
| <input type="checkbox"/> Alfalfa Grass | <input type="checkbox"/> Burdock | <input type="checkbox"/> Daikon Radish |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Dandelion Greens |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Endive |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Capers | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Capsicum | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Carrot, Orange | <input type="checkbox"/> Hearts of Palm |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Carrot, Purple | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Carrot, White | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Carrot, Yellow | <input type="checkbox"/> Kale, all types |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Kelp/Dulse |
| <input type="checkbox"/> Bell Pepper | <input type="checkbox"/> Cassava (see Tapioca and Yucca) | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Bell Pepper, Green | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Kombu |
| <input type="checkbox"/> Bell Pepper, Orange | <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Celery | <input type="checkbox"/> Lettuce, all types |
| <input type="checkbox"/> Bell Pepper, Yellow | <input type="checkbox"/> Chard | <input type="checkbox"/> Mustard Greens |
| <input type="checkbox"/> Bitter Melon | <input type="checkbox"/> Chayote | <input type="checkbox"/> Nori |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Chives | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Broccolini | <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Olives (without vinegar) |
| <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Onion, Green |
| <input type="checkbox"/> Broccoli Sprouts | <input type="checkbox"/> Comfrey | <input type="checkbox"/> Onion, Maui |

<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Squash, Yellow
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Swede
<input type="checkbox"/> Paprika	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Sweet Potato, Red
<input type="checkbox"/> Parsley	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Sweet Potatoes, White
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Radish	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Taro
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomato, Cherry
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tomato, Heirloom
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Scallions	<input type="checkbox"/> Tomato, Orange
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Tomato, Red
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Seaweed	<input type="checkbox"/> Tomato, Roma
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Shallots	<input type="checkbox"/> Tomato, Sun-dried
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Spinach	<input type="checkbox"/> Tomato, Yellow
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Spirulina	<input type="checkbox"/> Tomatoes, Big Beef
<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Squash	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Truffle
<input type="checkbox"/> Pepper, Tabasco	<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Turnips
<input type="checkbox"/> Pimento	<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Wasabi Root
<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Water Chestnut

<input type="checkbox"/> Watercress	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Maqui
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Melon, Honeydew
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Durian Fruit	<input type="checkbox"/> Monk Fruit (Pure)
<input type="checkbox"/> Yucca	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Mulberry
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Fig	<input type="checkbox"/> Nectarines
<input type="checkbox"/> Fruits	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Noni
<input type="checkbox"/> Acai	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Papaya
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Gooseberries	<input type="checkbox"/> Passion Fruit
<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape	<input type="checkbox"/> Peach
<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Pear
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Pear, Asian
<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Persimmons
<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grape, White	<input type="checkbox"/> Pineapple
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Ground Cherries	<input type="checkbox"/> Plantain
<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Guava	<input type="checkbox"/> Plum
<input type="checkbox"/> Cape Gooseberries	<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Pomegranate
<input type="checkbox"/> Carambola	<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Pomelo
<input type="checkbox"/> Cherry	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Prune
<input type="checkbox"/> Clementine	<input type="checkbox"/> Loganberry	<input type="checkbox"/> Quince
<input type="checkbox"/> Cranberry	<input type="checkbox"/> Longan Fruit	<input type="checkbox"/> Raisin (unsulfured, organic)
<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Loquat	<input type="checkbox"/> Rambutan
<input type="checkbox"/> Currant	<input type="checkbox"/> Lychee	<input type="checkbox"/> Raspberry
<input type="checkbox"/> Dates	<input type="checkbox"/> Mango	<input type="checkbox"/> Star Fruit
	<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Strawberry

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| <input type="checkbox"/> Tamarind | <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Almond Meal (gluten free) |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Edamame (must be organic) | <input type="checkbox"/> Almond Oil |
| <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Fava Bean | <input type="checkbox"/> Annatto Seed |
| <input type="checkbox"/> Youngberry | <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Avocado Oil |
| <input type="checkbox"/> Legumes, Pods, & Pulses | <input type="checkbox"/> Garbanzo Bean | <input type="checkbox"/> Borage Seed Oil |
| <input type="checkbox"/> Bean, Azuki | <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Brazil Nut |
| <input type="checkbox"/> Bean, Black | <input type="checkbox"/> Kidney Bean | <input type="checkbox"/> Canola/Rapeseed Oil |
| <input type="checkbox"/> Bean, Butter | <input type="checkbox"/> Lentil(s) | <input type="checkbox"/> Canola Oil, Non-GMO |
| <input type="checkbox"/> Bean, Cannellini | <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Caraway Seed |
| <input type="checkbox"/> Bean, Chana Dahl | <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Cashew Butter |
| <input type="checkbox"/> Bean, Chili | <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Cashew Meal |
| <input type="checkbox"/> Bean, Haricot | <input type="checkbox"/> Peanut (Organic, Valencia) | <input type="checkbox"/> Cashews |
| <input type="checkbox"/> Bean, Italian | <input type="checkbox"/> Peanut Butter (Organic, Maranatha®) | <input type="checkbox"/> Chestnut |
| <input type="checkbox"/> Bean, Kidney | <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Chia Seed (1/4 cup, max) |
| <input type="checkbox"/> Bean, Lima | <input type="checkbox"/> Soybean oil(must be organic) | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) |
| <input type="checkbox"/> Bean, Mung | <input type="checkbox"/> Soy Beans (must be organic) | <input type="checkbox"/> Coconut Butter |
| <input type="checkbox"/> Bean, Navy | <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Bean, Ninja | <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Cola Nut (aka Kola Nut) |
| <input type="checkbox"/> Bean, Pinto/Frijole | <input type="checkbox"/> Almond | <input type="checkbox"/> Cottonseed/Cottonseed Oil |
| <input type="checkbox"/> Bean, Red | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Duck Fat |
| <input type="checkbox"/> Bean, White | <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Fenugreek Seed |
| <input type="checkbox"/> Beans | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Flax Meal |
| <input type="checkbox"/> Chickpea (see also Garbanzo Bean) | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Flax Oil |
| | | <input type="checkbox"/> Flax Seed |

<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Allspice
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Almond Flavor (natural, gluten free)
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Anise
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Basil
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Krill Oil	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Bell Pepper, Red
<input type="checkbox"/> Lard/Tallow (pork)	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> MCT Oil	<input type="checkbox"/> Sunflower Seed Flour	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Catnip
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Celery Seed
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Tahini	<input type="checkbox"/> Chaparral
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Chervil
<input type="checkbox"/> Pecans	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Chili Powder
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Truffle Oil	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Truffle Oil, Black	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnuts	<input type="checkbox"/> Clove Powder
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnuts, Black	<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Pumpkin Oil		<input type="checkbox"/> Cloves, Penang

<input type="checkbox"/> Comfrey	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pepper, Szechuan
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Lavender	<input type="checkbox"/> Pepper/Peppercorns
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Cumin	<input type="checkbox"/> Maca Root	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Red Clover
<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Mesquite	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Dill	<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Mint	<input type="checkbox"/> Saffron
<input type="checkbox"/> Fennel	<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Sage
<input type="checkbox"/> Fennel Seed	<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Sassafras
<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Savory
<input type="checkbox"/> Garlic	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Saw Plametto
<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Onion	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Oregano	<input type="checkbox"/> Shallots
<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Paprika	<input type="checkbox"/> Spearmint
<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> St. John's Wort
<input type="checkbox"/> Guarana	<input type="checkbox"/> Parsley	<input type="checkbox"/> Sumac
<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Pau D'arco	<input type="checkbox"/> Taco Seasoning
<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Hickory	<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Tarragon
<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Thyme
<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Tomatillo

<input type="checkbox"/> Turmeric	<input type="checkbox"/> Herring	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Krill	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Valerian	<input type="checkbox"/> Lobster	<input type="checkbox"/> Applegate® organic andouille sausage
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Lox	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Octopus	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic herb roasted turkey
<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic red pepper sausage
<input type="checkbox"/> Bass	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Catfish	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic smoked chicken breast
<input type="checkbox"/> Clam	<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic smoked turkey breast
<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic turkey
<input type="checkbox"/> Corvina	<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic turkey bacon
<input type="checkbox"/> Crab	<input type="checkbox"/> Squid	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Crayfish	<input type="checkbox"/> Swai	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Flounder	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Haddock	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Hake	<input type="checkbox"/> Trout	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Halibut	<input type="checkbox"/> Tuna	<input type="checkbox"/> Collagen Protein (Powder)
	<input type="checkbox"/> Walleye Pike	

<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Egg Yolks, Pasture-raised	<input type="checkbox"/> Mikey's Original English Muffin
<input type="checkbox"/> Duck	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Mikey's Pizza crust
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Paleo Cheese (Julianbakery.com or	<input type="checkbox"/> Mikey's Sliced Bread Loaf
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)
<input type="checkbox"/> Lamb	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Oats (Certified GF)
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Potato Flour (gluten free)
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> ProGranola (Julian Bakery)
<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Avenin (Gluten-free)	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Quail	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers
<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers
No foods in this Category	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Sunflower Seed Flour
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Sweet Potato Flour (gluten free)
<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Teff
<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Teff Flour
<input type="checkbox"/> Egg Whites, Pasture-raised	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
		<input type="checkbox"/> Tolerant Red or Green Lentil Pasta

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| <input type="checkbox"/> Tortilla, Siete Chia & Cassava | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Honey, (Organic) |
| <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil | <input type="checkbox"/> Honey, Manuka |
| <input type="checkbox"/> No foods in this Category | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Honey, Wildflower from Mahava® |
| <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Jerusalem Artichoke Syrup |
| <input type="checkbox"/> No foods in this Category | <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Just Like Sugar® |
| <input type="checkbox"/> Condiments, Spreads & Sauces | <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Lo Han |
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Maltodextrin (Tapioca-based) |
| <input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar) | <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Maple Sugar |
| <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <input type="checkbox"/> Molasses |
| <input type="checkbox"/> Carob | <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Monk Fruit (Pure) |
| <input type="checkbox"/> Cocoa Butter | <input type="checkbox"/> Vinegar, Beet | <input type="checkbox"/> Monk Fruit Extract |
| <input type="checkbox"/> Coconut Aminos® | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Nutrasweet® |
| <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Rebiana Leaf (Stevia) |
| <input type="checkbox"/> Coconut Vinegar (Coconut Secret) | <input type="checkbox"/> Aspartame | <input type="checkbox"/> Sorbitol |
| <input type="checkbox"/> Daiya - Medium Cheddar Block | <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup | <input type="checkbox"/> Splenda |
| <input type="checkbox"/> Distilled White Vinegar | <input type="checkbox"/> Brown Sugar | <input type="checkbox"/> Sucanat |
| <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread | <input type="checkbox"/> Cane Syrup | <input type="checkbox"/> Sucralose |
| <input type="checkbox"/> Earth Balance® Coconut Spread | <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> Harissa | <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Sugar Cane |
| <input type="checkbox"/> Horseradish Mustard, Gluten-free (Annie's®) | <input type="checkbox"/> Coconut Sugar | <input type="checkbox"/> Sweetleaf® Stevia |
| <input type="checkbox"/> Kosher Salt | <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Tapioca Dextrose |
| <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy) | <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Tapioca Syrup |
| | | <input type="checkbox"/> Xyla (Birchwood Xylitol) |

<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Hops
<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Tea, Chicory Root	<input type="checkbox"/> Latex
<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Modified Food Starch (Tapioca-based)
<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Cocoa	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Tea, Unflavored	<input type="checkbox"/> Silver
<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Tobacco
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Water	<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Coffee (Brewed and Not Instant)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Snacks
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Apple Sauce
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Antimony	<input type="checkbox"/> Dates
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Simple Mills Chocolate Chip Cookies
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Bone Broth, Beef	<input type="checkbox"/> Skinny Crisps® (Plain Jane)
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Cacao (Raw, Pure, & Unsweetened)	
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Cocoa	
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Collagen Protein (Powder)	
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle)	
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Great Lake's® Beef Gelatin	

- ☐ Food Additives
- ☐ Agar Gum
- ☐ Annatto Coloring
- ☐ Arabic Gum
- ☐ Asafoetida Powder
- ☐ Blue Food Dye
- ☐ Carrageenan Gum
- ☐ Chicory Root
- ☐ Formaldehyde
- ☐ Guar Gum
- ☐ Inulin
- ☐ Lactic Acid (beet-derived)
- ☐ Locust Bean Gum
- ☐ MSG/MonosodiumGlutamate
- ☐ Palm Wax
- ☐ Pea Protein Isolate
- ☐ Pea Starch
- ☐ Red Food Dye
- ☐ Sodium Alginate
- ☐ Tragacanth Gum
- ☐ Tricalcium Phosphate
- ☐ Vegan Enzyme
- ☐ Vegan Natural Flavors (no MSG)
- ☐ Vegan Natural Flavors (with MSG)