

<input type="checkbox"/> Fruits	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Maqui
<input type="checkbox"/> Acai	<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Melon, Honeydew
<input type="checkbox"/> alpha	<input type="checkbox"/> Grape	<input type="checkbox"/> Monk Fruit (Pure)
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Mulberry
<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Nectarines
<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Noni
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White	<input type="checkbox"/> Orange
<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Orange, Blood
<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava	<input type="checkbox"/> Orange Peel/Rind
<input type="checkbox"/> bravo	<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Papaya
<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Passion Fruit
<input type="checkbox"/> charlie	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Peach
<input type="checkbox"/> Cherry	<input type="checkbox"/> Kumquat	<input type="checkbox"/> Pear
<input type="checkbox"/> Clementine	<input type="checkbox"/> Lemon	<input type="checkbox"/> Pear, Asian
<input type="checkbox"/> Cranberry	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Persimmons
<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Pineapple
<input type="checkbox"/> Currant	<input type="checkbox"/> Lime	<input type="checkbox"/> Plantain
<input type="checkbox"/> Dates	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Plum
<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Pomegranate
<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Loganberry	<input type="checkbox"/> Pomelo
<input type="checkbox"/> Elderberry	<input type="checkbox"/> Loquat	<input type="checkbox"/> Prune
<input type="checkbox"/> Fig	<input type="checkbox"/> Mango	<input type="checkbox"/> Quince
<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Raisin (unsulfured, organic)

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|--|---|---|
| <input type="checkbox"/> Raspberry                             | <input type="checkbox"/> Cashew Meal                          | <input type="checkbox"/> Palm Kernel Oil                        |
| <input type="checkbox"/> Star Fruit                            | <input type="checkbox"/> Cashews                              | <input type="checkbox"/> Pecan Flour                            |
| <input type="checkbox"/> Strawberry                            | <input type="checkbox"/> Chestnut                             | <input type="checkbox"/> Pecans                                 |
| <input type="checkbox"/> Tamarind                              | <input type="checkbox"/> Chia Seed (1/4 cup, max)             | <input type="checkbox"/> Pepitas                                |
| <input type="checkbox"/> Tangelo                               | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Pili Nuts                              |
| <input type="checkbox"/> Tangerine                             | <input type="checkbox"/> Coconut Butter                       | <input type="checkbox"/> Pine Nut                               |
| <input type="checkbox"/> Vinegar, Red Wine                     | <input type="checkbox"/> Coconut Oil                          | <input type="checkbox"/> Pistachios                             |
| <input type="checkbox"/> Watermelon                            | <input type="checkbox"/> Cola Nut (aka Kola Nut)              | <input type="checkbox"/> Poppy seeds                            |
| <input type="checkbox"/> Wolfberry                             | <input type="checkbox"/> Corn Oil                             | <input type="checkbox"/> Psyllium Husk                          |
| <input type="checkbox"/> Youngberry                            | <input type="checkbox"/> Cottonseed/Cottonseed Oil            | <input type="checkbox"/> Pumpkin Oil                            |
| <input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b> | <input type="checkbox"/> Flax Meal                            | <input type="checkbox"/> Pumpkin Seed Oil                       |
| <input type="checkbox"/> Almond                                | <input type="checkbox"/> Flax Oil                             | <input type="checkbox"/> Pumpkin Seeds                          |
| <input type="checkbox"/> Almond, Marcona                       | <input type="checkbox"/> Flax Seed                            | <input type="checkbox"/> Ramon Seeds                            |
| <input type="checkbox"/> Almond Butter (Artisana®)             | <input type="checkbox"/> Grapeseed Oil, Organic               | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) |
| <input type="checkbox"/> Almond Flavor (natural, gluten free)  | <input type="checkbox"/> Hazelnut/Filbert                     | <input type="checkbox"/> Rice Bran Oil                          |
| <input type="checkbox"/> Almond Flour (gluten free)            | <input type="checkbox"/> Hazelnut Flour                       | <input type="checkbox"/> Sacha Inchi Seeds                      |
| <input type="checkbox"/> Almond Meal (gluten free)             | <input type="checkbox"/> Hemp Meal                            | <input type="checkbox"/> Safflower/Safflower Seed Oil           |
| <input type="checkbox"/> Annatto Seed                          | <input type="checkbox"/> Hemp Protein (Powder)                | <input type="checkbox"/> Sesame Seed Oil                        |
| <input type="checkbox"/> Avocado Oil                           | <input type="checkbox"/> Hemp Seed                            | <input type="checkbox"/> Sesame Seeds                           |
| <input type="checkbox"/> Brazil Nut                            | <input type="checkbox"/> Hydrogenated Oils                    | <input type="checkbox"/> Sesame Seeds, Black                    |
| <input type="checkbox"/> Canola/Rapeseed Oil                   | <input type="checkbox"/> Macadamia Nut Oil                    | <input type="checkbox"/> Sunflower Seed Butter                  |
| <input type="checkbox"/> Caraway Seed                          | <input type="checkbox"/> Macadamia Nuts                       | <input type="checkbox"/> Sunflower Seed Lecithin                |
| <input type="checkbox"/> Cashew Butter                         | <input type="checkbox"/> Olive Leaf Extract                   | <input type="checkbox"/> Sunflower Seed Oil                     |
|  | <input type="checkbox"/> Olive Oil, Virgin                    | <input type="checkbox"/> Sunflower Seeds                        |

<input type="checkbox"/> Tahini	<input type="checkbox"/> Hake	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Halibut	<input type="checkbox"/> <b>Vegetables</b>
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Herring	<input type="checkbox"/> Agave Nectar
<input type="checkbox"/> Truffle Oil	<input type="checkbox"/> Lobster	<input type="checkbox"/> Alfalfa Grass
<input type="checkbox"/> Truffle Oil, Black	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Alfalfa Sprouts
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Aloe Vera
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Mussel	<input type="checkbox"/> Artichoke (not pickled)
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Octopus	<input type="checkbox"/> Artichoke, Jerusalem (not pickled)
<input type="checkbox"/> Walnuts	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Arugula
<input type="checkbox"/> Walnuts, Black	<input type="checkbox"/> Oyster	<input type="checkbox"/> Asparagus
<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Perch	<input type="checkbox"/> Avocado
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Bamboo Shoot
<input type="checkbox"/> Bass	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Barley Grass (can have gluten)
<input type="checkbox"/> Catfish	<input type="checkbox"/> Sardines	<input type="checkbox"/> Barley Greens (may contain gluten)
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Scallop	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Clam	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Bean Sprout
<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Sole	<input type="checkbox"/> Beet
<input type="checkbox"/> Corvina	<input type="checkbox"/> Squid	<input type="checkbox"/> Beet Greens
<input type="checkbox"/> Crab	<input type="checkbox"/> Swai	<input type="checkbox"/> Bell Pepper
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Bell Pepper, Green
<input type="checkbox"/> Crayfish	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Bell Pepper, Orange
<input type="checkbox"/> Flounder	<input type="checkbox"/> Trout	<input type="checkbox"/> Bell Pepper, Red
<input type="checkbox"/> Haddock	<input type="checkbox"/> Tuna	<input type="checkbox"/> Bell Pepper, Yellow
	<input type="checkbox"/> Walleye Pike	

Nanny Mai

10/17/2017

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|---|--|---|
| <input type="checkbox"/> Bok Choy                             | <input type="checkbox"/> Chives                        | <input type="checkbox"/> Lettuce, all types                   |
| <input type="checkbox"/> Broccoli                             | <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Mushrooms                            |
| <input type="checkbox"/> Broccolini                           | <input type="checkbox"/> Coconut Concentrate           | <input type="checkbox"/> Mushrooms, Button                    |
| <input type="checkbox"/> Broccoli Rabe                        | <input type="checkbox"/> Collard Greens                | <input type="checkbox"/> Mushrooms, Cremini/Crimini           |
| <input type="checkbox"/> Broccoli Sprouts                     | <input type="checkbox"/> Corn (Gluten-free & Non-GMO)  | <input type="checkbox"/> Mushrooms, Maitake                   |
| <input type="checkbox"/> Brussels Sprout                      | <input type="checkbox"/> Corn, Blue                    | <input type="checkbox"/> Mushrooms, Shiitake                  |
| <input type="checkbox"/> Burdock                              | <input type="checkbox"/> Corn, White                   | <input type="checkbox"/> Mustard Greens                       |
| <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Cucumber                      | <input type="checkbox"/> Nori                                 |
| <input type="checkbox"/> Cabbage, Green                       | <input type="checkbox"/> Daikon Radish                 | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) |
| <input type="checkbox"/> Cabbage, Purple                      | <input type="checkbox"/> Dandelion Greens              | <input type="checkbox"/> Okra                                 |
| <input type="checkbox"/> Cactus (Nopales)                     | <input type="checkbox"/> Dandelion Root                | <input type="checkbox"/> Olives (without vinegar)             |
| <input type="checkbox"/> Capers                               | <input type="checkbox"/> Eggplant                      | <input type="checkbox"/> Onion, Green                         |
| <input type="checkbox"/> Capsicum                             | <input type="checkbox"/> Endive                        | <input type="checkbox"/> Onion, Maui                          |
| <input type="checkbox"/> Carrot, Orange                       | <input type="checkbox"/> Fennel                        | <input type="checkbox"/> Onion, Red                           |
| <input type="checkbox"/> Carrot, Purple                       | <input type="checkbox"/> Garlic                        | <input type="checkbox"/> Onion, Sweet                         |
| <input type="checkbox"/> Carrot, White                        | <input type="checkbox"/> Hearts of Palm                | <input type="checkbox"/> Onion, Yellow                        |
| <input type="checkbox"/> Carrot, Yellow                       | <input type="checkbox"/> Horseradish                   | <input type="checkbox"/> Paprika                              |
| <input type="checkbox"/> Carrot Juice                         | <input type="checkbox"/> Hydrogenated Oils             | <input type="checkbox"/> Parsley                              |
| <input type="checkbox"/> Cassava (see Tapioca and Yucca)      | <input type="checkbox"/> Jicama                        | <input type="checkbox"/> Parsnip                              |
| <input type="checkbox"/> Cauliflower                          | <input type="checkbox"/> Kale, all types               | <input type="checkbox"/> Pea, Black-Eyed                      |
| <input type="checkbox"/> Cauliflower, Purple                  | <input type="checkbox"/> Kelp/Dulse                    | <input type="checkbox"/> Pea, Green                           |
| <input type="checkbox"/> Celery                               | <input type="checkbox"/> Kohlrabi                      | <input type="checkbox"/> Pea, Snap                            |
| <input type="checkbox"/> Chard                                | <input type="checkbox"/> Kombu                         | <input type="checkbox"/> Pea, Snow                            |
| <input type="checkbox"/> Chayote                              | <input type="checkbox"/> Leeks                         | <input type="checkbox"/> Pea, Split                           |

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|---|---|---|
| <input type="checkbox"/> Pea Protein                  | <input type="checkbox"/> Radish                           | <input type="checkbox"/> Tomatillo                            |
| <input type="checkbox"/> Pepper, Anaheim              | <input type="checkbox"/> Rainbow Chard                    | <input type="checkbox"/> Tomato                               |
| <input type="checkbox"/> Pepper, Cayenne              | <input type="checkbox"/> Red Pepper Flake                 | <input type="checkbox"/> Tomato, Cherry                       |
| <input type="checkbox"/> Pepper, Chili                | <input type="checkbox"/> Rhubarb                          | <input type="checkbox"/> Tomato, Heirloom                     |
| <input type="checkbox"/> Pepper, Green                | <input type="checkbox"/> Rutabaga                         | <input type="checkbox"/> Tomato, Orange                       |
| <input type="checkbox"/> Pepper, Habanero             | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Tomato, Red                          |
| <input type="checkbox"/> Pepper, Jalapeño             | <input type="checkbox"/> Scallions                        | <input type="checkbox"/> Tomato, Roma                         |
| <input type="checkbox"/> Pepper, Poblano              | <input type="checkbox"/> Sea Vegetables                   | <input type="checkbox"/> Tomato, Sun-dried                    |
| <input type="checkbox"/> Pepper, Red                  | <input type="checkbox"/> Seaweed                          | <input type="checkbox"/> Tomato, Yellow                       |
| <input type="checkbox"/> Pepper, Serrano              | <input type="checkbox"/> Shallots                         | <input type="checkbox"/> Tomatoes, Big Beef                   |
| <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Spinach                          | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |
| <input type="checkbox"/> Pimento                      | <input type="checkbox"/> Spirulina                        | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <input type="checkbox"/> Potato, Fingerling           | <input type="checkbox"/> Squash                           | <input type="checkbox"/> Truffle                              |
| <input type="checkbox"/> Potato, Purple               | <input type="checkbox"/> Squash, Acorn                    | <input type="checkbox"/> Turnip Greens                        |
| <input type="checkbox"/> Potato, Red                  | <input type="checkbox"/> Squash, Butternut                | <input type="checkbox"/> Turnips                              |
| <input type="checkbox"/> Potato, Russet               | <input type="checkbox"/> Squash, Green                    | <input type="checkbox"/> Vegetable Oil                        |
| <input type="checkbox"/> Potato, Sweet                | <input type="checkbox"/> Squash, Spaghetti                | <input type="checkbox"/> Water Chestnut                       |
| <input type="checkbox"/> Potato, White                | <input type="checkbox"/> Squash, Summer                   | <input type="checkbox"/> Watercress                           |
| <input type="checkbox"/> Potato, Yukon Gold           | <input type="checkbox"/> Squash, Winter                   | <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated) |
| <input type="checkbox"/> Prickly Pear                 | <input type="checkbox"/> Squash, Yellow                   | <input type="checkbox"/> Yams, Garnett                        |
| <input type="checkbox"/> Psyllium Husk                | <input type="checkbox"/> Sugar Beet                       | <input type="checkbox"/> Yams, Japanese                       |
| <input type="checkbox"/> Pumpkin                      | <input type="checkbox"/> Sweet Potato, Red                | <input type="checkbox"/> Yucca                                |
| <input type="checkbox"/> Pumpkin Powder               | <input type="checkbox"/> Sweet Potatoes, White            | <input type="checkbox"/> Zucchini                             |
| <input type="checkbox"/> Radicchio                    | <input type="checkbox"/> Swiss Chard                      |   |

<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> Duck	<input type="checkbox"/> Egg, Whites, Pasture-raised
<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Egg, Yolks Pasture-raised
<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Lamb	<input type="checkbox"/> Paleo Cheese (Julianbakery.com or
<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> <b>Condiments, Spreads &amp; Sauces</b>
<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)
<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)
<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)
<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Quail	<input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)
<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy
<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup
<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup
<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> Carob
<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Cocoa Butter
<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,....)	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard
<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Deer (see also Venison)		

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|--|--|---|
| <input type="checkbox"/> Harissa   | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)    | <input type="checkbox"/> Coconut Palm Sugar                       |
| <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)       | <input type="checkbox"/> Ume Plum Vinegar                        | <input type="checkbox"/> Coconut Sugar                            |
| <input type="checkbox"/> Hummus  | <input type="checkbox"/> Veganise Soy-free (Follow Your Heart®)  | <input type="checkbox"/> Date Sugar                               |
| <input type="checkbox"/> Ketchup (Organicville)                          | <input type="checkbox"/> Vegetable Shortening (Spectrum®)        | <input type="checkbox"/> Erythritol (non-GMO)                     |
| <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)                | <input type="checkbox"/> Vinegar                                 | <input type="checkbox"/> Fructose                                 |
| <input type="checkbox"/> Liquid Smoke (can have gluten)                  | <input type="checkbox"/> Vinegar, Beet                           | <input type="checkbox"/> Fruit Pectin                             |
| <input type="checkbox"/> Liquid Smoke gluten free (natural)              | <input type="checkbox"/> Vinegar, Distilled                      | <input type="checkbox"/> Honey, (Organic)                         |
| <input type="checkbox"/> Mayonnaise                                      | <input type="checkbox"/> Vinegar, Malt                           | <input type="checkbox"/> Honey, Manuka                            |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil          | <input type="checkbox"/> Vinegar, Red Wine                       | <input type="checkbox"/> Honey, Wildflower from Mahava®           |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil | <input type="checkbox"/> Vinegar, Rice                           | <input type="checkbox"/> Jerusalem Artichoke Syrup                |
| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard)               | <input type="checkbox"/> Vinegar, White                          | <input type="checkbox"/> Just Like Sugar®                         |
| <input type="checkbox"/> Olives (without vinegar)                        | <input type="checkbox"/> Vinegar, White Wine                     | <input type="checkbox"/> Lo Han                                   |
| <input type="checkbox"/> Red Bean Paste                                  | <input type="checkbox"/> White/Distilled Vinegar                 | <input type="checkbox"/> Maltitol                                 |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)     | <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) | <input type="checkbox"/> Maltodextrin (Barley-derived)            |
| <input type="checkbox"/> Red Tomato Paste (gluten free)                  | <input type="checkbox"/> <b>Sweeteners</b>                       | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)       |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only)                | <input type="checkbox"/> Agave Nectar                            | <input type="checkbox"/> Maltodextrin (Tapioca-based)             |
| <input type="checkbox"/> Sherry Vinegar                                  | <input type="checkbox"/> Aspartame                               | <input type="checkbox"/> Maple Sugar                              |
| <input type="checkbox"/> Sour Cream, Raw and Unpasteurized               | <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) |
| <input type="checkbox"/> Soy Sauce                                       | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)  | <input type="checkbox"/> Molasses                                 |
| <input type="checkbox"/> Sriracha Sauce Organicville gluten-free         | <input type="checkbox"/> Cane Syrup                              | <input type="checkbox"/> Monk Fruit (Pure)                        |
| <input type="checkbox"/> Tabasco Sauce                                   | <input type="checkbox"/> Chocolate, Dark                         | <input type="checkbox"/> Monk Fruit Extract                       |
| <input type="checkbox"/> Tamari (Wheat Free)                             | <input type="checkbox"/> Chocolate, Milk                         | <input type="checkbox"/> Nutrasweet®                              |
| <input type="checkbox"/> Teriyaki Sauce                                  | <input type="checkbox"/> Chocolate, White                        | <input type="checkbox"/> Rebiana Leaf (Stevia)                    |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)            |  | <input type="checkbox"/> Sorbitol                                 |

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|---|---|---|
| <input type="checkbox"/> Splenda                              | <input type="checkbox"/> Caraway Seed       | <input type="checkbox"/> Garlic Pepper                    |
| <input type="checkbox"/> Sucanat                              | <input type="checkbox"/> Cardamom           | <input type="checkbox"/> Garlic Powder                    |
| <input type="checkbox"/> Sucralose                            | <input type="checkbox"/> Celery Powder      | <input type="checkbox"/> Garlic Salt                      |
| <input type="checkbox"/> Sugar Beet                           | <input type="checkbox"/> Chicory Root       | <input type="checkbox"/> Ginger                           |
| <input type="checkbox"/> Sugar Cane                           | <input type="checkbox"/> Chili Powder       | <input type="checkbox"/> Ginkgo Biloba                    |
| <input type="checkbox"/> Sweetleaf® Stevia                    | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginseng (All Types)              |
| <input type="checkbox"/> Swerve® Sweetener                    | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Goldenseal                       |
| <input type="checkbox"/> Tapioca Dextrose                     | <input type="checkbox"/> Cinnamon           | <input type="checkbox"/> Grapefruit Seed Extract          |
| <input type="checkbox"/> Xyla (Birchwood Xylitol)             | <input type="checkbox"/> Cinnamon, Ceylon   | <input type="checkbox"/> Grapeseed Extract                |
| <input type="checkbox"/> Xylitol                              | <input type="checkbox"/> Cloves             | <input type="checkbox"/> Guarana                          |
| <input type="checkbox"/> Yacon Syrup                          | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Gymnema Silvestre                |
| <input type="checkbox"/> <b>Herbs &amp; Spices</b>            | <input type="checkbox"/> Cloves, Penang     | <input type="checkbox"/> Herbs De Provence                |
| <input type="checkbox"/> Allspice                             | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Hickory                          |
| <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Cream of Tartar    | <input type="checkbox"/> Himalayan Salt                   |
| <input type="checkbox"/> Anise                                | <input type="checkbox"/> Cumin              | <input type="checkbox"/> Hydrogenated Oils                |
| <input type="checkbox"/> Ashwaganda                           | <input type="checkbox"/> Curcumin           | <input type="checkbox"/> Jamaican Jerk                    |
| <input type="checkbox"/> Astragalus                           | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Juniper Berry                    |
| <input type="checkbox"/> Basil                                | <input type="checkbox"/> Dandelion Root     | <input type="checkbox"/> Lavender                         |
| <input type="checkbox"/> Bay Leaf                             | <input type="checkbox"/> Dill               | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| <input type="checkbox"/> Bell Pepper, Red                     | <input type="checkbox"/> Dong Quai          | <input type="checkbox"/> Lemongrass                       |
| <input type="checkbox"/> Black Cohosh                         | <input type="checkbox"/> Echinacea          | <input type="checkbox"/> Lemon Pepper                     |
| <input type="checkbox"/> Capsicum                             | <input type="checkbox"/> Fennel             | <input type="checkbox"/> Licorice Root                    |
| <input type="checkbox"/> Caramel Coloring                     | <input type="checkbox"/> Garam Masala       | <input type="checkbox"/> Maca Root                        |
|   | <input type="checkbox"/> Garlic             | <input type="checkbox"/> Mace Spice                       |



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|---|---|--|
| <input type="checkbox"/> Marjoram                                   | <input type="checkbox"/> Red Chili Paste Thai Kitchen®<br>(gluten free) | <input type="checkbox"/> White Willow Bark Extract                 |
| <input type="checkbox"/> Mesquite                                   | <input type="checkbox"/> Red Pepper Flake                               | <input type="checkbox"/> Wintergreen                               |
| <input type="checkbox"/> Milk Thistle                               | <input type="checkbox"/> Rose Hips                                      | <input type="checkbox"/> Wormwood                                  |
| <input type="checkbox"/> Mint                                       | <input type="checkbox"/> Rosemary                                       | <input type="checkbox"/> <b>Milk-Containing Foods</b>              |
| <input type="checkbox"/> Mustard (as a Powder)                      | <input type="checkbox"/> Saffron  | <input type="checkbox"/> Applegate® organic spinach & feta sausage |
| <input type="checkbox"/> Mustard Seeds (gluten free)                | <input type="checkbox"/> Sage   | <input type="checkbox"/> Butter, Raw and Pasture-raised            |
| <input type="checkbox"/> Nutmeg                                     | <input type="checkbox"/> Saw Plametto                                   | <input type="checkbox"/> Buttermilk                                |
| <input type="checkbox"/> Olive Leaf Extract                         | <input type="checkbox"/> Sesame Seeds                                   | <input type="checkbox"/> Casein                                    |
| <input type="checkbox"/> Onion                                      | <input type="checkbox"/> Sesame Seeds, Black                            | <input type="checkbox"/> Cheese, American                          |
| <input type="checkbox"/> Onion Powder                               | <input type="checkbox"/> Shallots                                       | <input type="checkbox"/> Cheese, Asiago                            |
| <input type="checkbox"/> Orange Peel/Rind                           | <input type="checkbox"/> Spearmint                                      | <input type="checkbox"/> Cheese, Bleu                              |
| <input type="checkbox"/> Orange Salt                                | <input type="checkbox"/> St. John's Wort                                | <input type="checkbox"/> Cheese, Brie                              |
| <input type="checkbox"/> Oregano                                    | <input type="checkbox"/> Sumac  | <input type="checkbox"/> Cheese, Cheddar (Raw)                     |
| <input type="checkbox"/> Paprika                                    | <input type="checkbox"/> Taco Seasoning                                 | <input type="checkbox"/> Cheese, Cottage                           |
| <input type="checkbox"/> Paprika (smoked)                           | <input type="checkbox"/> Tamari (Wheat Free)                            | <input type="checkbox"/> Cheese, Cream                             |
| <input type="checkbox"/> Parsley                                    | <input type="checkbox"/> Tarragon                                       | <input type="checkbox"/> Cheese, Feta                              |
| <input type="checkbox"/> Pepper, Black (see<br>Garlic/Lemon Pepper) | <input type="checkbox"/> Thyme  | <input type="checkbox"/> Cheese, Goat                              |
| <input type="checkbox"/> Pepper, Cayenne                            | <input type="checkbox"/> Tomatillo                                      | <input type="checkbox"/> Cheese, Gorgonzola                        |
| <input type="checkbox"/> Pepper, Red                                | <input type="checkbox"/> Turmeric                                       | <input type="checkbox"/> Cheese, Gouda                             |
| <input type="checkbox"/> Pepper, Sichuan                            | <input type="checkbox"/> Uva Ursi                                       | <input type="checkbox"/> Cheese, Havarti                           |
| <input type="checkbox"/> Pepper, Szechuan                           | <input type="checkbox"/> Valerian                                       | <input type="checkbox"/> Cheese, Machego                           |
| <input type="checkbox"/> Pepper/Peppercorns                         | <input type="checkbox"/> Vanilla (gluten and corn-free)                 | <input type="checkbox"/> Cheese, Marscapone                        |
| <input type="checkbox"/> Peppermint                                 | <input type="checkbox"/> Vanilla Bean                                   | <input type="checkbox"/> Cheese, Mozzarella (Raw)                  |
| <input type="checkbox"/> Pine Bark Extract                          | <input type="checkbox"/> Vanilla Powder                                 |  |

<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Whey	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Cheese, Raw and Pasture-raised	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Cheese, Romano	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Kidney Bean
<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Miso
<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Peanut (Organic, Valencia)
<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)
<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Bean, Navy	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Bean, Ninja	<input type="checkbox"/> Soybean oil(must be organic)
<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Soy Beans (must be organic)
<input type="checkbox"/> Milk, Buffalo	<input type="checkbox"/> Bean, Red	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Bean, White	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Beans	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	
<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Coffee Bean, Organic	
<input type="checkbox"/> Mozzarella Cheese		

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|---|---|---|
| <input type="checkbox"/> <b>Corn-Derived Foods</b>                  | <input type="checkbox"/> Yogurt (See Xanthan Gum)               | <input type="checkbox"/> Maltitol                                 |
| <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy  | <input type="checkbox"/> <b>Gluten-Containing Foods</b>         | <input type="checkbox"/> Maltodextrin (Barley-derived)            |
| <input type="checkbox"/> Cheese, Cream                              | <input type="checkbox"/> Barley                                 | <input type="checkbox"/> Modified Food Starch                     |
| <input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,....) | <input type="checkbox"/> Barley Grass (can have gluten)         | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)     |
| <input type="checkbox"/> Cheese, Soy (Organic) (see Soy)            | <input type="checkbox"/> Barley Greens (may contain gluten)     | <input type="checkbox"/> Oats                                     |
| <input type="checkbox"/> Chewing Gum (has gluten and corn)          | <input type="checkbox"/> Barley Juice (may contain gluten)      | <input type="checkbox"/> Oats, GF (not Certified) can have gluten |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO)               | <input type="checkbox"/> Beer                                   | <input type="checkbox"/> Orzo                                     |
| <input type="checkbox"/> Corn, Blue                                 | <input type="checkbox"/> Bran                                   | <input type="checkbox"/> Panko                                    |
| <input type="checkbox"/> Corn, White                                | <input type="checkbox"/> Bread                                  | <input type="checkbox"/> Polish Wheat                             |
| <input type="checkbox"/> Corn Gluten                                | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Rye                                      |
| <input type="checkbox"/> Corn Meal (gluten free)                    | <input type="checkbox"/> Caramel Coloring                       | <input type="checkbox"/> Semolina                                 |
| <input type="checkbox"/> Corn Oil                                   | <input type="checkbox"/> Cheese, Bleu                           | <input type="checkbox"/> Soy Sauce                                |
| <input type="checkbox"/> Corn Starch (gluten free)                  | <input type="checkbox"/> Chewing Gum (has gluten and corn)      | <input type="checkbox"/> Spelt                                    |
| <input type="checkbox"/> Erythritol (non-GMO)                       | <input type="checkbox"/> Coffee, Instant (has gluten)           | <input type="checkbox"/> Teechino                                 |
| <input type="checkbox"/> Fructose                                   | <input type="checkbox"/> Couscous                               | <input type="checkbox"/> Teriyaki Sauce                           |
| <input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)          | <input type="checkbox"/> Crab, Immitation                       | <input type="checkbox"/> Triticale                                |
| <input type="checkbox"/> Hydrogenated Oils                          | <input type="checkbox"/> Durum Wheat                            | <input type="checkbox"/> Vinegar                                  |
| <input type="checkbox"/> Maltitol                                   | <input type="checkbox"/> Farro                                  | <input type="checkbox"/> Vinegar, Malt                            |
| <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)         | <input type="checkbox"/> Gluten                                 | <input type="checkbox"/> Vinegar, White                           |
| <input type="checkbox"/> Modified Food Starch                       | <input type="checkbox"/> Graham (wheat)                         | <input type="checkbox"/> Wheat (All Types)                        |
| <input type="checkbox"/> Sriracha Sauce Organicville gluten-free    | <input type="checkbox"/> Kamut                                  | <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)     |
| <input type="checkbox"/> Swerve® Sweetener                          | <input type="checkbox"/> Liquid Smoke (can have gluten)         |   |
| <input type="checkbox"/> Vegetable Oil                              | <input type="checkbox"/> Malt                                   |   |
| <input type="checkbox"/> Xanthan Gum                                |   |   |

<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Millet	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Sweet Potato Flour (gluten free)
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> ProGranola (Julian Bakery)	<input type="checkbox"/> Teff
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava
<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>
<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Apple Cider
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Apple Juice
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Beer
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Bone Broth Protein, Beef
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Casein
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers	

<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> <b>Miscellaneous</b>
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Coffee	<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Antimony
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Baking Powder
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tea, Komboucha	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Bone Broth, Beef
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Tea, Unflavored	<input type="checkbox"/> Chewing Gum, XylicheW®
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Teechino	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
<input type="checkbox"/> Milk, Buffalo	<input type="checkbox"/> Water	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Whey	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle)
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)
<input type="checkbox"/> Orange Juice		<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Pea Protein		<input type="checkbox"/> Great Lake's® Beef Gelatin

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|---|--|
| <input type="checkbox"/> Guar Gum                               | <input type="checkbox"/> Tofu (Organic)                        |
| <input type="checkbox"/> Hops                                   | <input type="checkbox"/> Tragacanth Gum                        |
| <input type="checkbox"/> Hydrogenated Oils                      | <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium) |
| <input type="checkbox"/> Inulin                                 | <input type="checkbox"/> Vegetable Oil                         |
| <input type="checkbox"/> Julian Bakery Almond Bread             | <input type="checkbox"/> Vinegar, Red Wine                     |
| <input type="checkbox"/> Julian Bakery Coconut Bread            | <input type="checkbox"/> Xanthan Gum                           |
| <input type="checkbox"/> Julian Bakery Paleo Wraps              | <input type="checkbox"/> Yeast, Baker's                        |
| <input type="checkbox"/> Konjac Glucomannon Flour               | <input type="checkbox"/> Yeast, Brewer's                       |
| <input type="checkbox"/> Lard (pork)                            | <input type="checkbox"/> Yeast, Nutritional                    |
| <input type="checkbox"/> Latex                                  | <input type="checkbox"/> <b>Snacks</b>                         |
| <input type="checkbox"/> Locust Bean Gum                        | <input type="checkbox"/> Apple Sauce                           |
| <input type="checkbox"/> Lycopene                               | <input type="checkbox"/> Dates                                 |
| <input type="checkbox"/> Malt                                   | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies   |
| <input type="checkbox"/> Maltodextrin (Barley-derived)          |  |
| <input type="checkbox"/> Modified Food Starch                   |  |
| <input type="checkbox"/> Modified Food Starch (Tapioca-based)   |  |
| <input type="checkbox"/> Palm Wax                               |  |
| <input type="checkbox"/> Pycnogenol                             |  |
| <input type="checkbox"/> Red Food Dye                           |  |
| <input type="checkbox"/> Red Tomato Paste (gluten free)         |  |
| <input type="checkbox"/> Resveratrol                            |  |
| <input type="checkbox"/> Rice Starch (if certified gluten free) |  |
| <input type="checkbox"/> Silver                                 |  |
| <input type="checkbox"/> Skinny Crisps® (Plain Jane)            |  |