

☐ Fruits☐ Acai☐ Alpha☐ Apple (all types)☐ Apricot☐ Bilberry☐ Blackberry☐ Blueberry☐ Boysenberry☐ Bravo☐ Charlie☐ Cherry☐ Cranberry☐ Currant☐ Dragon Fruit (Pitaya)☐ Dried Fruit☐ dummy food☐ Goji Berry☐ Golden Berry☐ Gooseberry☐ Grapefruit☐ Huckleberry☐ Jack fruit☐ Kiwi☐ Lemon☐ Lemon Juice☐ Lemon Rind/Peel☐ Lime☐ Lime Juice☐ Litchi (aka Lychee)☐ Loganberry☐ Loquat☐ Maqui☐ Mulberry☐ Nectarines☐ Noni☐ Passion Fruit☐ Peach☐ Pear☐ Pear, Asian☐ Tamarind☐ Wolfberry☐ Youngberry☐ Nuts, Seeds, Drupes & Oils☐ Almond☐ Almond, Marcona☐ Almond Butter (Artisana®)☐ Almond Flavor (natural, gluten free)☐ Almond Flour (gluten free)☐ Almond Meal (gluten free)☐ Annatto Seed☐ Avocado Oil☐ Brazil Nut☐ Caraway Seed☐ Cashew Butter☐ Cashew Meal☐ Cashews☐ Chestnut☐ Chia Seed (1/4 cup, max)☐ Coconut, shredded (raw, unsweetened)☐ Coconut Butter☐ Coconut Oil☐ Cola Nut (aka Kola Nut)☐ Flax Meal☐ Flax Oil☐ Flax Seed☐ Hazelnut/Filbert

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|---|---|---|
| <input type="checkbox"/> Hazelnut Flour                         | <input type="checkbox"/> Sesame Seeds                     | <input type="checkbox"/> Crab                 |
| <input type="checkbox"/> Hemp Meal                              | <input type="checkbox"/> Sesame Seeds, Black              | <input type="checkbox"/> Crayfish             |
| <input type="checkbox"/> Hemp Protein (Powder)                  | <input type="checkbox"/> Sunflower Seed Butter            | <input type="checkbox"/> Flounder             |
| <input type="checkbox"/> Hemp Seed                              | <input type="checkbox"/> Sunflower Seed Lecithin          | <input type="checkbox"/> Haddock              |
| <input type="checkbox"/> Macadamia Nut Oil                      | <input type="checkbox"/> Sunflower Seed Oil               | <input type="checkbox"/> Hake                 |
| <input type="checkbox"/> Macadamia Nuts                         | <input type="checkbox"/> Sunflower Seeds                  | <input type="checkbox"/> Halibut              |
| <input type="checkbox"/> Olive Leaf Extract                     | <input type="checkbox"/> Tahini                           | <input type="checkbox"/> Herring              |
| <input type="checkbox"/> Olive Oil, Virgin                      | <input type="checkbox"/> Tea, Ramon                       | <input type="checkbox"/> Lobster              |
| <input type="checkbox"/> Palm Kernel Oil                        | <input type="checkbox"/> Tiger Nuts                       | <input type="checkbox"/> Mackerel             |
| <input type="checkbox"/> Pecan Flour                            | <input type="checkbox"/> Truffle Oil                      | <input type="checkbox"/> Mahi Mahi            |
| <input type="checkbox"/> Pecans                                 | <input type="checkbox"/> Truffle Oil, Black               | <input type="checkbox"/> Mussel               |
| <input type="checkbox"/> Pepitas                                | <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Octopus              |
| <input type="checkbox"/> Pili Nuts                              | <input type="checkbox"/> Walnut Oil                       | <input type="checkbox"/> Orange Roughy        |
| <input type="checkbox"/> Pine Nut                               | <input type="checkbox"/> Walnuts                          | <input type="checkbox"/> Oyster               |
| <input type="checkbox"/> Pistachios                             | <input type="checkbox"/> Walnuts, Black                   | <input type="checkbox"/> Perch                |
| <input type="checkbox"/> Poppy seeds                            | <input type="checkbox"/> <b>Fish &amp; Shellfish</b>      | <input type="checkbox"/> Red Snapper          |
| <input type="checkbox"/> Psyllium Husk                          | <input type="checkbox"/> Anchovy                          | <input type="checkbox"/> Salmon, wild (fresh) |
| <input type="checkbox"/> Pumpkin Oil                            | <input type="checkbox"/> Bass                             | <input type="checkbox"/> Sardines             |
| <input type="checkbox"/> Pumpkin Seed Oil                       | <input type="checkbox"/> Catfish                          | <input type="checkbox"/> Scallop              |
| <input type="checkbox"/> Pumpkin Seeds                          | <input type="checkbox"/> Chilean Sea Bass                 | <input type="checkbox"/> Shrimp               |
| <input type="checkbox"/> Ramon Seeds                            | <input type="checkbox"/> Clam                             | <input type="checkbox"/> Sole                 |
| <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Cod/ Cod Liver Oil               | <input type="checkbox"/> Squid                |
| <input type="checkbox"/> Sacha Inchi Seeds                      | <input type="checkbox"/> Corvina                          | <input type="checkbox"/> Swai                 |
| <input type="checkbox"/> Sesame Seed Oil                        |   | <input type="checkbox"/> Swordfish            |

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|---|---|---|
| <input type="checkbox"/> Tilapia (Wild, Non-farmed)         | <input type="checkbox"/> Bell Pepper, Yellow                  | <input type="checkbox"/> Daikon Radish              |
| <input type="checkbox"/> Trout                              | <input type="checkbox"/> Bok Choy                             | <input type="checkbox"/> Dandelion Greens           |
| <input type="checkbox"/> Tuna                               | <input type="checkbox"/> Broccoli                             | <input type="checkbox"/> Dandelion Root             |
| <input type="checkbox"/> Walleye Pike                       | <input type="checkbox"/> Broccolini                           | <input type="checkbox"/> Eggplant                   |
| <input type="checkbox"/> Whitefish/Turbot                   | <input type="checkbox"/> Broccoli Rabe                        | <input type="checkbox"/> Endive                     |
| <input type="checkbox"/> <b>Vegetables</b>                  | <input type="checkbox"/> Broccoli Sprouts                     | <input type="checkbox"/> Fennel                     |
| <input type="checkbox"/> Alfalfa Grass                      | <input type="checkbox"/> Brussels Sprout                      | <input type="checkbox"/> Garlic                     |
| <input type="checkbox"/> Alfalfa Sprouts                    | <input type="checkbox"/> Burdock                              | <input type="checkbox"/> Hearts of Palm             |
| <input type="checkbox"/> Aloe Vera                          | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Horseradish                |
| <input type="checkbox"/> Artichoke (not pickled)            | <input type="checkbox"/> Cabbage, Green                       | <input type="checkbox"/> Jicama                     |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Cabbage, Purple                      | <input type="checkbox"/> Kale, all types            |
| <input type="checkbox"/> Arugula                            | <input type="checkbox"/> Cactus (Nopales)                     | <input type="checkbox"/> Kelp/Dulse                 |
| <input type="checkbox"/> Asparagus                          | <input type="checkbox"/> Capers                               | <input type="checkbox"/> Kohlrabi                   |
| <input type="checkbox"/> Avocado                            | <input type="checkbox"/> Capsicum                             | <input type="checkbox"/> Kombu                      |
| <input type="checkbox"/> Bamboo Shoot                       | <input type="checkbox"/> Cauliflower                          | <input type="checkbox"/> Leeks                      |
| <input type="checkbox"/> Bean, Green                        | <input type="checkbox"/> Cauliflower, Purple                  | <input type="checkbox"/> Lettuce, all types         |
| <input type="checkbox"/> Bean Sprout                        | <input type="checkbox"/> Celery                               | <input type="checkbox"/> Mushrooms                  |
| <input type="checkbox"/> Beet                               | <input type="checkbox"/> Chard                                | <input type="checkbox"/> Mushrooms, Button          |
| <input type="checkbox"/> Beet Greens                        | <input type="checkbox"/> Chayote                              | <input type="checkbox"/> Mushrooms, Cremini/Crimini |
| <input type="checkbox"/> Bell Pepper                        | <input type="checkbox"/> Chives                               | <input type="checkbox"/> Mushrooms, Maitake         |
| <input type="checkbox"/> Bell Pepper, Green                 | <input type="checkbox"/> Coconut (raw and unsweetened)        | <input type="checkbox"/> Mushrooms, Shiitake        |
| <input type="checkbox"/> Bell Pepper, Orange                | <input type="checkbox"/> Coconut Concentrate                  | <input type="checkbox"/> Mustard Greens             |
| <input type="checkbox"/> Bell Pepper, Red                   | <input type="checkbox"/> Collard Greens                       | <input type="checkbox"/> Nori                       |
|   | <input type="checkbox"/> Cucumber                             | <input type="checkbox"/> Okra                       |

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|---|---|---|
| <input type="checkbox"/> Olives (without vinegar)     | <input type="checkbox"/> Pumpkin Powder                   | <input type="checkbox"/> Tomato                                   |
| <input type="checkbox"/> Onion, Green                 | <input type="checkbox"/> Radicchio                        | <input type="checkbox"/> Tomato, Cherry                           |
| <input type="checkbox"/> Onion, Maui                  | <input type="checkbox"/> Radish                           | <input type="checkbox"/> Tomato, Heirloom                         |
| <input type="checkbox"/> Onion, Red                   | <input type="checkbox"/> Rainbow Chard                    | <input type="checkbox"/> Tomato, Orange                           |
| <input type="checkbox"/> Onion, Sweet                 | <input type="checkbox"/> Red Pepper Flake                 | <input type="checkbox"/> Tomato, Red                              |
| <input type="checkbox"/> Onion, Yellow                | <input type="checkbox"/> Rhubarb                          | <input type="checkbox"/> Tomato, Roma                             |
| <input type="checkbox"/> Paprika                      | <input type="checkbox"/> Rutabaga                         | <input type="checkbox"/> Tomato, Sun-dried                        |
| <input type="checkbox"/> Parsley                      | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Tomato, Yellow                           |
| <input type="checkbox"/> Parsnip                      | <input type="checkbox"/> Scallions                        | <input type="checkbox"/> Tomatoes, Big Beef                       |
| <input type="checkbox"/> Pea, Black-Eyed              | <input type="checkbox"/> Sea Vegetables                   | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)     |
| <input type="checkbox"/> Pepper, Anaheim              | <input type="checkbox"/> Seaweed                          | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)     |
| <input type="checkbox"/> Pepper, Cayenne              | <input type="checkbox"/> Shallots                         | <input type="checkbox"/> Truffle                                  |
| <input type="checkbox"/> Pepper, Chili                | <input type="checkbox"/> Spinach                          | <input type="checkbox"/> Turnip Greens                            |
| <input type="checkbox"/> Pepper, Green                | <input type="checkbox"/> Spirulina                        | <input type="checkbox"/> Turnips                                  |
| <input type="checkbox"/> Pepper, Habanero             | <input type="checkbox"/> Squash                           | <input type="checkbox"/> Water Chestnut                           |
| <input type="checkbox"/> Pepper, Jalapeño             | <input type="checkbox"/> Squash, Acorn                    | <input type="checkbox"/> Watercress                               |
| <input type="checkbox"/> Pepper, Poblano              | <input type="checkbox"/> Squash, Butternut                | <input type="checkbox"/> Zucchini                                 |
| <input type="checkbox"/> Pepper, Red                  | <input type="checkbox"/> Squash, Green                    | <input type="checkbox"/> <b>Meat &amp; Poultry</b>                |
| <input type="checkbox"/> Pepper, Serrano              | <input type="checkbox"/> Squash, Spaghetti                | <input type="checkbox"/> Applegate® organic black forest ham      |
| <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Squash, Summer                   | <input type="checkbox"/> Applegate® organic chicken/apple sausage |
| <input type="checkbox"/> Pimento                      | <input type="checkbox"/> Squash, Winter                   | <input type="checkbox"/> Applegate® organic ham                   |
| <input type="checkbox"/> Prickly Pear                 | <input type="checkbox"/> Squash, Yellow                   | <input type="checkbox"/> Applegate® organic hot dogs              |
| <input type="checkbox"/> Psyllium Husk                | <input type="checkbox"/> Swiss Chard                      | <input type="checkbox"/> Applegate® organic red pepper sausage    |
| <input type="checkbox"/> Pumpkin                      | <input type="checkbox"/> Tomatillo                        |   |

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|---|---|---|
| <input type="checkbox"/> Applegate® organic roast beef            | <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>                  | <input type="checkbox"/> Liquid Smoke gluten free (natural)   |
| <input type="checkbox"/> Applegate® organic sausage sweet italian | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)        | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard)    |
| <input type="checkbox"/> Beef, Grass-fed only (organic)           | <input type="checkbox"/> Almond Yogurt, unsweetened                   | <input type="checkbox"/> Olives (without vinegar)             |
| <input type="checkbox"/> Bison (see also Buffalo)                 | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)       | <input type="checkbox"/> Red Bean Paste                       |
| <input type="checkbox"/> Buffalo (see also Bison)                 | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Red Tomato Paste (gluten free)       |
| <input type="checkbox"/> Chicken, free range (organic)            | <input type="checkbox"/> Egg, Pasture-raised (from a farmer)          | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only)     |
| <input type="checkbox"/> Collagen Protein (Powder)                | <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®          | <input type="checkbox"/> Tamari (Wheat Free)                  |
| <input type="checkbox"/> Deer (see also Venison)                  | <input type="checkbox"/> Egg, Whites, Pasture-raised                  | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |
| <input type="checkbox"/> Duck                                     | <input type="checkbox"/> Egg, Yolks Pasture-raised                    | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <input type="checkbox"/> Goat, Grass-fed only (organic)           | <input type="checkbox"/> Milk, Soy (Organic)                          | <input type="checkbox"/> Vegetable Shortening (Spectrum®)     |
| <input type="checkbox"/> Great Lake's® Beef Gelatin               | <input type="checkbox"/> <b>Condiments, Spreads &amp; Sauces</b>      | <input type="checkbox"/> <b>Sweeteners</b>                    |
| <input type="checkbox"/> Lamb                                     | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®)               | <input type="checkbox"/> Coconut Palm Sugar                   |
| <input type="checkbox"/> Lard (pork)                              | <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup         | <input type="checkbox"/> Jerusalem Artichoke Syrup            |
| <input type="checkbox"/> Ostrich                                  | <input type="checkbox"/> Carob  | <input type="checkbox"/> Just Like Sugar®                     |
| <input type="checkbox"/> Pheasant                                 | <input type="checkbox"/> Cocoa Butter                                 | <input type="checkbox"/> Lo Han                               |
| <input type="checkbox"/> Pork, (organic)                          | <input type="checkbox"/> Coconut Aminos®                              | <input type="checkbox"/> Rebiana Leaf (Stevia)                |
| <input type="checkbox"/> Quail                                    | <input type="checkbox"/> Coconut Cream                                | <input type="checkbox"/> Sweetleaf® Stevia                    |
| <input type="checkbox"/> Rabbit                                   | <input type="checkbox"/> Coconut Vinegar (Coconut Secret)             | <input type="checkbox"/> Yacon Syrup                          |
| <input type="checkbox"/> Turkey (organic)                         | <input type="checkbox"/> Earth Balance® Coconut Spread                |   |
| <input type="checkbox"/> Veal (organic)                           | <input type="checkbox"/> Harissa                                      |   |
| <input type="checkbox"/> Venison (see also Deer)                  | <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)    |   |
|   | <input type="checkbox"/> Hummus                                       |   |
|   | <input type="checkbox"/> Liquid Aminos (Briggs®)(has Soy)             |   |

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

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| <input type="checkbox"/> Pepper, Red         | <input type="checkbox"/> Uva Ursi                       | <input type="checkbox"/> Bean, Red                           |
| <input type="checkbox"/> Pepper, Sichuan     | <input type="checkbox"/> Valerian                       | <input type="checkbox"/> Beans                               |
| <input type="checkbox"/> Pepper, Szechuan    | <input type="checkbox"/> Vanilla (gluten and corn-free) | <input type="checkbox"/> Chickpea (see also Garbanzo Bean)   |
| <input type="checkbox"/> Pepper/Peppercorns  | <input type="checkbox"/> Vanilla Bean                   | <input type="checkbox"/> Coffee Bean, Organic                |
| <input type="checkbox"/> Peppermint          | <input type="checkbox"/> Vanilla Powder                 | <input type="checkbox"/> Edamame (must be organic)           |
| <input type="checkbox"/> Pine Bark Extract   | <input type="checkbox"/> White Willow Bark Extract      | <input type="checkbox"/> Garbanzo Bean                       |
| <input type="checkbox"/> Red Pepper Flake    | <input type="checkbox"/> Wintergreen                    | <input type="checkbox"/> Garbanzo Flour                      |
| <input type="checkbox"/> Rose Hips           | <input type="checkbox"/> Wormwood                       | <input type="checkbox"/> Kidney Bean                         |
| <input type="checkbox"/> Rosemary            | <input type="checkbox"/> <b>Milk-Containing Foods</b>   | <input type="checkbox"/> Lentil(s)                           |
| <input type="checkbox"/> Saffron             | <div>No foods in this Category</div>                    | <input type="checkbox"/> Miso                                |
| <input type="checkbox"/> Sage                | <input type="checkbox"/> <b>Legumes &amp; Pulses</b>    | <input type="checkbox"/> Peanut (Organic, Valencia)          |
| <input type="checkbox"/> Saw Plametto        | <input type="checkbox"/> Bean, Azuki                    | <input type="checkbox"/> Peanut Butter (Organic, Maranatha®) |
| <input type="checkbox"/> Sesame Seeds        | <input type="checkbox"/> Bean, Black                    | <input type="checkbox"/> Peanut Oil (Organic)                |
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Bean, Butter                   | <input type="checkbox"/> Red Bean Paste                      |
| <input type="checkbox"/> Shallots            | <input type="checkbox"/> Bean, Cannellini               | <input type="checkbox"/> Soybean oil(must be organic)        |
| <input type="checkbox"/> Spearmint           | <input type="checkbox"/> Bean, Chana Dahl               | <input type="checkbox"/> Soy Beans (must be organic)         |
| <input type="checkbox"/> St. John's Wort     | <input type="checkbox"/> Bean, Chili                    | <input type="checkbox"/> Vanilla Bean                        |
| <input type="checkbox"/> Sumac               | <input type="checkbox"/> Bean, Green                    | <input type="checkbox"/> Vanilla Powder                      |
| <input type="checkbox"/> Taco Seasoning      | <input type="checkbox"/> Bean, Italian                  |  |
| <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Bean, Kidney                   |  |
| <input type="checkbox"/> Tarragon            | <input type="checkbox"/> Bean, Lima                     |  |
| <input type="checkbox"/> Thyme               | <input type="checkbox"/> Bean, Mung                     |  |
| <input type="checkbox"/> Tomatillo           | <input type="checkbox"/> Bean, Pinto/Frijole            |  |
| <input type="checkbox"/> Turmeric            |   |  |

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|---|---|---|
| <input type="checkbox"/> <b>Corn-Derived Foods</b>              | <input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>       | <input type="checkbox"/> Tea, Hibiscus                          |
| <div>No foods in this Category</div>                            | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)        | <input type="checkbox"/> Tea, Oolong                            |
| <input type="checkbox"/> <b>Gluten-Containing Foods</b>         | <input type="checkbox"/> Bone Broth Protein, Beef                     | <input type="checkbox"/> Tea, Ramon                             |
| <div>No foods in this Category</div>                            | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)       | <input type="checkbox"/> Tea, Roobios                           |
| <input type="checkbox"/> <b>Gluten-Free Grains</b>              | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Tea, Unflavored                        |
| <input type="checkbox"/> Almond Flour (gluten free)             | <input type="checkbox"/> Coconut Water (low sugar)                    | <input type="checkbox"/> Tea, White                             |
| <input type="checkbox"/> Amaranth                               | <input type="checkbox"/> Coffee                                       | <input type="checkbox"/> Water                                  |
| <input type="checkbox"/> Chicory Root                           | <input type="checkbox"/> Coffee Bean, Organic                         | <input type="checkbox"/> Yerba Matte Tea (Organic/Pure)         |
| <input type="checkbox"/> Coconut Flour (gluten free)            | <input type="checkbox"/> Collagen Protein (Powder)                    | <input type="checkbox"/> Zevia Drinks                           |
| <input type="checkbox"/> Coconut Meal (gluten free)             | <input type="checkbox"/> Echinacea Tea                                | <input type="checkbox"/> <b>Miscellaneous</b>                   |
| <input type="checkbox"/> Flax Meal                              | <input type="checkbox"/> Great Lake's® Beef Gelatin                   | <input type="checkbox"/> Acacia Gum                             |
| <input type="checkbox"/> Garbanzo Flour                         | <input type="checkbox"/> Green Tea                                    | <input type="checkbox"/> Agar Gum                               |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com)    | <input type="checkbox"/> Hemp Protein (Powder)                        | <input type="checkbox"/> Antimony                               |
| <input type="checkbox"/> Hazelnut Flour                         | <input type="checkbox"/> Lemon Juice                                  | <input type="checkbox"/> Arabic Gum                             |
| <input type="checkbox"/> Hemp Meal                              | <input type="checkbox"/> Licorice Tea                                 | <input type="checkbox"/> Baking Soda (Arm & Hammer®)            |
| <input type="checkbox"/> Hemp Protein (Powder)                  | <input type="checkbox"/> Lime Juice                                   | <input type="checkbox"/> Blue Food Dye                          |
| <input type="checkbox"/> Hemp Seed                              | <input type="checkbox"/> Milk, Soy (Organic)                          | <input type="checkbox"/> Bone Broth, Beef                       |
| <input type="checkbox"/> Konjac Glucomannon Flour               | <input type="checkbox"/> Mineral Water                                | <input type="checkbox"/> Chicory Root                           |
| <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Soy Milk/Soy Cheese (Organic)                | <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened) |
| <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta      | <input type="checkbox"/> Soy Protein (Organic)                        | <input type="checkbox"/> Collagen Protein (Powder)              |
| <input type="checkbox"/> Tolerant Red or Green Lentil Pasta     | <input type="checkbox"/> Sparkling Water, unflavored                  | <input type="checkbox"/> Formaldehyde                           |
|   | <input type="checkbox"/> Tea, Black                                   | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com)    |
|   | <input type="checkbox"/> Tea, Chamomile                               | <input type="checkbox"/> Great Lake's® Beef Gelatin             |
|   | <input type="checkbox"/> Tea, Green                                   |   |



- ☐ Guar Gum
- ☐ Inulin
- ☐ Julian Bakery Almond Bread
- ☐ Julian Bakery Coconut Bread
- ☐ Konjac Glucomannon Flour
- ☐ Lard (pork)
- ☐ Latex
- ☐ Locust Bean Gum
- ☐ Lycopene
- ☐ Palm Wax
- ☐ Red Food Dye
- ☐ Red Tomato Paste (gluten free)
- ☐ Silver
- ☐ Skinny Crisps® (Plain Jane)
- ☐ Tofu (Organic)
- ☐ Tragacanth Gum

☐ Snacks

No foods in this Category