

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Vegetables              | <input type="checkbox"/> Brussels Sprout                 | <input type="checkbox"/> Collard Greens               |
| <input type="checkbox"/> Aloe Vera               | <input type="checkbox"/> Burdock                         | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Cabbage, Chinese (see also Bok  | <input type="checkbox"/> Corn, Blue                   |
| <input type="checkbox"/> Arugula                 | <input type="checkbox"/> Cabbage, Green                  | <input type="checkbox"/> Corn, White                  |
| <input type="checkbox"/> Asparagus               | <input type="checkbox"/> Cabbage, Purple                 | <input type="checkbox"/> Cucumber                     |
| <input type="checkbox"/> Avocado                 | <input type="checkbox"/> Cactus (Nopales)                | <input type="checkbox"/> Daikon Radish                |
| <input type="checkbox"/> Avocado Oil             | <input type="checkbox"/> Capers                          | <input type="checkbox"/> Dandelion Greens             |
| <input type="checkbox"/> Bamboo Shoot            | <input type="checkbox"/> Capsicum                        | <input type="checkbox"/> Dandelion Root               |
| <input type="checkbox"/> Bean, Green             | <input type="checkbox"/> Carrot Juice                    | <input type="checkbox"/> Eggplant                     |
| <input type="checkbox"/> Bean Sprout             | <input type="checkbox"/> Carrot, Orange                  | <input type="checkbox"/> Endive                       |
| <input type="checkbox"/> Beet                    | <input type="checkbox"/> Carrot, Purple                  | <input type="checkbox"/> Fennel                       |
| <input type="checkbox"/> Beet Greens             | <input type="checkbox"/> Carrot, White                   | <input type="checkbox"/> Garlic                       |
| <input type="checkbox"/> Bell Pepper             | <input type="checkbox"/> Carrot, Yellow                  | <input type="checkbox"/> Hearts of Palm               |
| <input type="checkbox"/> Bell Pepper, Green      | <input type="checkbox"/> Cassava (see Tapioca and Yucca) | <input type="checkbox"/> Horseradish                  |
| <input type="checkbox"/> Bell Pepper, Orange     | <input type="checkbox"/> Cauliflower                     | <input type="checkbox"/> Jicama                       |
| <input type="checkbox"/> Bell Pepper, Red        | <input type="checkbox"/> Cauliflower, Purple             | <input type="checkbox"/> Kale, all types              |
| <input type="checkbox"/> Bell Pepper, Yellow     | <input type="checkbox"/> Celery                          | <input type="checkbox"/> Kelp/Dulse                   |
| <input type="checkbox"/> Bok Choy                | <input type="checkbox"/> Chard                           | <input type="checkbox"/> Kohlrabi                     |
| <input type="checkbox"/> Broccoli                | <input type="checkbox"/> Chayote                         | <input type="checkbox"/> Kombu                        |
| <input type="checkbox"/> Broccoli Rabe           | <input type="checkbox"/> Chives                          | <input type="checkbox"/> Leeks                        |
| <input type="checkbox"/> Broccoli Sprouts        | <input type="checkbox"/> Coconut (raw and unsweetened)   | <input type="checkbox"/> Lettuce, all types           |
| <input type="checkbox"/> Broccolini              | <input type="checkbox"/> Coconut Concentrate             | <input type="checkbox"/> Mushrooms                    |

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Mushrooms, Button          | <input type="checkbox"/> Pepper, Chili                | <input type="checkbox"/> Rhubarb                          |
| <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Pepper, Green                | <input type="checkbox"/> Rutabaga                         |
| <input type="checkbox"/> Mushrooms, Maitake         | <input type="checkbox"/> Pepper, Habanero             | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Mushrooms, Shiitake        | <input type="checkbox"/> Pepper, Jalapeño             | <input type="checkbox"/> Scallions                        |
| <input type="checkbox"/> Mustard Greens             | <input type="checkbox"/> Pepper, Poblano              | <input type="checkbox"/> Sea Vegetables                   |
| <input type="checkbox"/> Nori                       | <input type="checkbox"/> Pepper, Red                  | <input type="checkbox"/> Seaweed                          |
| <input type="checkbox"/> Okra                       | <input type="checkbox"/> Pepper, Serrano              | <input type="checkbox"/> Shallots                         |
| <input type="checkbox"/> Olives (without vinegar)   | <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Spinach                          |
| <input type="checkbox"/> Onion, Green               | <input type="checkbox"/> Pimento                      | <input type="checkbox"/> Spirulina                        |
| <input type="checkbox"/> Onion, Maui                | <input type="checkbox"/> Potato, Fingerling           | <input type="checkbox"/> Squash                           |
| <input type="checkbox"/> Onion, Red                 | <input type="checkbox"/> Potato, Purple               | <input type="checkbox"/> Squash, Acorn                    |
| <input type="checkbox"/> Onion, Sweet               | <input type="checkbox"/> Potato, Red                  | <input type="checkbox"/> Squash, Butternut                |
| <input type="checkbox"/> Onion, Yellow              | <input type="checkbox"/> Potato, Russet               | <input type="checkbox"/> Squash, Green                    |
| <input type="checkbox"/> Parsley                    | <input type="checkbox"/> Potato, Sweet                | <input type="checkbox"/> Squash, Spaghetti                |
| <input type="checkbox"/> Parsnip                    | <input type="checkbox"/> Potato, White                | <input type="checkbox"/> Squash, Summer                   |
| <input type="checkbox"/> Pea, Black-Eyed            | <input type="checkbox"/> Potato, Yukon Gold           | <input type="checkbox"/> Squash, Winter                   |
| <input type="checkbox"/> Pea, Green                 | <input type="checkbox"/> Prickly Pear                 | <input type="checkbox"/> Squash, Yellow                   |
| <input type="checkbox"/> Pea, Snap                  | <input type="checkbox"/> Pumpkin                      | <input type="checkbox"/> Sugar Beet                       |
| <input type="checkbox"/> Pea, Snow                  | <input type="checkbox"/> Pumpkin Powder               | <input type="checkbox"/> Sweet Potato, Red                |
| <input type="checkbox"/> Pea, Split                 | <input type="checkbox"/> Radicchio                    | <input type="checkbox"/> Sweet Potatoes, White            |
| <input type="checkbox"/> Pea Protein                | <input type="checkbox"/> Radish                       | <input type="checkbox"/> Swiss Chard                      |
| <input type="checkbox"/> Pepper, Anaheim            | <input type="checkbox"/> Rainbow Chard                | <input type="checkbox"/> Tomatillo                        |

<input type="checkbox"/> Tomato Paste (gluten &	<input type="checkbox"/> <b>Fruits</b>	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Tomato Sauce (gluten &	<input type="checkbox"/> Acai	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Tomato	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Truffle	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Turnips	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Watercress	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Yucca	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lime
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Litchi (aka Lychee)
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Fig	<input type="checkbox"/> Loganberry

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Loquat           | <input type="checkbox"/> Pomegranate                         | <input type="checkbox"/> Almond, Marcona           |
| <input type="checkbox"/> Mango            | <input type="checkbox"/> Pomelo                              | <input type="checkbox"/> Annatto Seed              |
| <input type="checkbox"/> Mangosteen       | <input type="checkbox"/> Prune                               | <input type="checkbox"/> Arrowroot Flour/powder    |
| <input type="checkbox"/> Maqui            | <input type="checkbox"/> Quince                              | <input type="checkbox"/> Brazil Nut                |
| <input type="checkbox"/> Melon, Honeydew  | <input type="checkbox"/> Raisin (unsulfured, organic)        | <input type="checkbox"/> Canola/Rapeseed Oil       |
| <input type="checkbox"/> Monk Fruit       | <input type="checkbox"/> Raspberry                           | <input type="checkbox"/> Caraway Seed              |
| <input type="checkbox"/> Mulberry         | <input type="checkbox"/> Star Fruit                          | <input type="checkbox"/> Cashews                   |
| <input type="checkbox"/> Nectarines       | <input type="checkbox"/> Strawberry                          | <input type="checkbox"/> Cashew Butter             |
| <input type="checkbox"/> Noni             | <input type="checkbox"/> Tamarind                            | <input type="checkbox"/> Cashew Meal               |
| <input type="checkbox"/> Orange           | <input type="checkbox"/> Tangelo                             | <input type="checkbox"/> Chestnut                  |
| <input type="checkbox"/> Orange, Blood    | <input type="checkbox"/> Tangerine                           | <input type="checkbox"/> Chia Seed (1/4 cup, max)  |
| <input type="checkbox"/> Orange Juice     | <input type="checkbox"/> Watermelon                          | <input type="checkbox"/> Coconut Butter            |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Wolfberry                           | <input type="checkbox"/> Coconut Oil               |
| <input type="checkbox"/> Papaya           | <input type="checkbox"/> Youngberry                          | <input type="checkbox"/> Coconut, shredded (raw,   |
| <input type="checkbox"/> Passion Fruit    | <input type="checkbox"/> Banana                              | <input type="checkbox"/> Cola Nut (aka Kola Nut)   |
| <input type="checkbox"/> Peach            | <input type="checkbox"/> Apricot                             | <input type="checkbox"/> Corn Oil                  |
| <input type="checkbox"/> Pear             |  | <input type="checkbox"/> Cottonseed/Cottonseed Oil |
| <input type="checkbox"/> Pear, Asian      | <input type="checkbox"/> Nuts, Seeds, & Oils                 | <input type="checkbox"/> Flax Meal                 |
| <input type="checkbox"/> Persimmons       | <input type="checkbox"/> Almond Butter (Artisana®)           | <input type="checkbox"/> Flax Oil                  |
| <input type="checkbox"/> Pineapple        | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Flax Seed                 |
| <input type="checkbox"/> Plantain         | <input type="checkbox"/> Almond Flour (gluten free)          | <input type="checkbox"/> Grapeseed Oil, Organic    |
| <input type="checkbox"/> Plum             | <input type="checkbox"/> Almond Meal (gluten free)           | <input type="checkbox"/> Hazelnut Flour            |

<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Bean, Azuki
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Bean, Black
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Bean, Butter
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Tahini	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Almond	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Pumpkin Seeds		<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Ramon Seeds		<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Rice, Wild (Lundberg® - not the		<input type="checkbox"/> Lentil(s)

<input type="checkbox"/> Miso	<input type="checkbox"/> Crab	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Tilapia (Non-farmed)
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Flounder	<input type="checkbox"/> Trout
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Haddock	<input type="checkbox"/> Tuna
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Hake	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Peanut Butter (Organic,	<input type="checkbox"/> Halibut	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Herring	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Lobster	
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Mackerel	<input type="checkbox"/> <b>Meat &amp; Poultry</b>
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic black forest
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> White Beans	<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic ham
	<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic herb roasted
<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Bass	<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic andouille
<input type="checkbox"/> Catfish	<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic chicken/apple
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic red pepper
<input type="checkbox"/> Clam	<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic spinach & feta
<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Squid	<input type="checkbox"/> Applegate® organic sausage sweet
<input type="checkbox"/> Corvina	<input type="checkbox"/> Swai	<input type="checkbox"/> Applegate® organic smoked

<input type="checkbox"/> Applegate® organic smoked turkey	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> BodyPro Almond Mayo Grade B
<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> BodyPro Almond Mayo with Yacon
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Carob
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Daiya	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Dressing, Primal Kitchen Greek
<input type="checkbox"/> Chicken Broth (Imagine® gf/low	<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Dressing, Primal Kitchen Honey
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Earth Balance® Avocado Oil Butter
<input type="checkbox"/> Duck	<input type="checkbox"/> Egg, Vital Farms® or Pasture	<input type="checkbox"/> Horseradish Sauce, Gluten-free
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Hummus
<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Ketchup (Organicville)
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Mayonnaise
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Sriracha Sauce Organicville	<input type="checkbox"/> Mayonnaise, Primal Kitchen
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Egg	<input type="checkbox"/> Mayonnaise, Primal Kitchen
<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> <b>Condiments</b>	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Quail	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Balsamic Vinegar MiaBella	<input type="checkbox"/> Sriracha Sauce Organicville
<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Balsamic Vinegar (with Red Wine	<input type="checkbox"/> Ume Plum Vinegar
<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Balsamic Vinegar (Caramel/Red W.	<input type="checkbox"/> Veganaise Soy-free (Follow Your
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Barbeque Sauce, GF Annie's®	<input type="checkbox"/> Vinegar
		<input type="checkbox"/> Vinegar, Distilled

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Vinegar, Malt                  | <input type="checkbox"/> Honey, Manuka                    | <input type="checkbox"/> Herbs & Spices                      |
| <input type="checkbox"/> Vinegar, Red Wine              | <input type="checkbox"/> Honey, Wildflower from Mahava®   | <input type="checkbox"/> Allspice                            |
| <input type="checkbox"/> Vinegar, Rice                  | <input type="checkbox"/> Just Like Sugar®                 | <input type="checkbox"/> Almond Flavor natural, gluten free) |
| <input type="checkbox"/> Vinegar, White                 | <input type="checkbox"/> Lo Han                           | <input type="checkbox"/> Anise                               |
| <input type="checkbox"/> Vinegar, White Wine            | <input type="checkbox"/> Maltodextrin (Can be             | <input type="checkbox"/> Ashwaganda                          |
| <input type="checkbox"/> Worcestershire Sauce (The      | <input type="checkbox"/> Maltodextrin (Corn-based,        | <input type="checkbox"/> Astragalus                          |
|   | <input type="checkbox"/> Maple Sugar                      | <input type="checkbox"/> Basil                               |
| <input type="checkbox"/> Sweeteners                     | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber  | <input type="checkbox"/> Bay Leaf                            |
| <input type="checkbox"/> Agave Nectar                   | <input type="checkbox"/> Molasses                         | <input type="checkbox"/> Black Cohosh                        |
| <input type="checkbox"/> Aspartame/Nutrasweet           | <input type="checkbox"/> Monk Fruit                       | <input type="checkbox"/> Caramel Coloring                    |
| <input type="checkbox"/> BodyPro Almond Mayo Grade B    | <input type="checkbox"/> Nutrasweet®                      | <input type="checkbox"/> Caraway Seed                        |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon | <input type="checkbox"/> Rebiana Leaf (Stevia)            | <input type="checkbox"/> Cardamom                            |
| <input type="checkbox"/> Brown Rice Syrup (contains     | <input type="checkbox"/> Sorbitol                         | <input type="checkbox"/> Celery Powder                       |
| <input type="checkbox"/> Chocolate, Dark                | <input type="checkbox"/> Splenda                          | <input type="checkbox"/> Chicory Root                        |
| <input type="checkbox"/> Chocolate, Milk                | <input type="checkbox"/> Sucanat                          | <input type="checkbox"/> Chili Powder                        |
| <input type="checkbox"/> Chocolate, White               | <input type="checkbox"/> Sugar Beet                       | <input type="checkbox"/> Chipotle Seasoning                  |
| <input type="checkbox"/> Coconut Palm Sugar             | <input type="checkbox"/> Sugar Cane                       | <input type="checkbox"/> Cilantro/Coriander                  |
| <input type="checkbox"/> Date Sugar                     | <input type="checkbox"/> Sweetleaf® Stevia                | <input type="checkbox"/> Cinnamon                            |
| <input type="checkbox"/> Erythritol (non-GMO)           | <input type="checkbox"/> Swerve® Xylitol                  | <input type="checkbox"/> Cinnamon, Ceylon                    |
| <input type="checkbox"/> Fructose                       | <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn | <input type="checkbox"/> Cloves                              |
| <input type="checkbox"/> Fruit Pectin                   | <input type="checkbox"/> Yacon Syrup                      | <input type="checkbox"/> Cloves, Madagascar                  |
| <input type="checkbox"/> Honey, (Organic)               |   | <input type="checkbox"/> Cloves, Penang                      |



- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Cramp Bark Extract      | <input type="checkbox"/> Herbs De Provence                  | <input type="checkbox"/> Onion                           |
| <input type="checkbox"/> Cream of Tartar         | <input type="checkbox"/> Hickory                            | <input type="checkbox"/> Onion Powder                    |
| <input type="checkbox"/> Cumin                   | <input type="checkbox"/> Himalayan Salt                     | <input type="checkbox"/> Orange Peel/Rind                |
| <input type="checkbox"/> Curcumin                | <input type="checkbox"/> Jamaican Jerk                      | <input type="checkbox"/> Orange Salt                     |
| <input type="checkbox"/> Curry (must be GF)      | <input type="checkbox"/> Juniper Berry                      | <input type="checkbox"/> Oregano                         |
| <input type="checkbox"/> Dandelion Root          | <input type="checkbox"/> Lavender                           | <input type="checkbox"/> Paprika                         |
| <input type="checkbox"/> Dill                    | <input type="checkbox"/> Lemon Balm (Melissa Officinalis)   | <input type="checkbox"/> Paprika (smoked)                |
| <input type="checkbox"/> Dong Quai               | <input type="checkbox"/> Lemon Pepper                       | <input type="checkbox"/> Parsley                         |
| <input type="checkbox"/> Echinacea               | <input type="checkbox"/> Lemongrass                         | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon |
| <input type="checkbox"/> Fennel                  | <input type="checkbox"/> Licorice Root                      | <input type="checkbox"/> Pepper, Cayenne                 |
| <input type="checkbox"/> Garlic                  | <input type="checkbox"/> Liquid Smoke (can have gluten)     | <input type="checkbox"/> Pepper/Peppercorns              |
| <input type="checkbox"/> Garlic Pepper           | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Pepper/Peppercorns, Szechuan    |
| <input type="checkbox"/> Garlic Powder           | <input type="checkbox"/> Maca Root                          | <input type="checkbox"/> Pepper, Red                     |
| <input type="checkbox"/> Garlic Salt             | <input type="checkbox"/> Mace Spice                         | <input type="checkbox"/> Peppermint                      |
| <input type="checkbox"/> Ginger                  | <input type="checkbox"/> Marjoram                           | <input type="checkbox"/> Pine Bark Extract               |
| <input type="checkbox"/> Ginkgo Biloba           | <input type="checkbox"/> Mesquite                           | <input type="checkbox"/> Red Chili Paste Thai Kitchen®   |
| <input type="checkbox"/> Ginseng (All Types)     | <input type="checkbox"/> Milk Thistle                       | <input type="checkbox"/> Red Pepper Flake                |
| <input type="checkbox"/> Goldenseal              | <input type="checkbox"/> Mint                               | <input type="checkbox"/> Rosemary                        |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard (as a Powder)              | <input type="checkbox"/> Saffron                         |
| <input type="checkbox"/> Grapeseed Extract       | <input type="checkbox"/> Mustard Seeds (gluten free)        | <input type="checkbox"/> Sage                            |
| <input type="checkbox"/> Guarana                 | <input type="checkbox"/> Nutmeg                             | <input type="checkbox"/> Saw Plametto                    |
| <input type="checkbox"/> Gymnema Silvestre       | <input type="checkbox"/> Olive Leaf Extract                 | <input type="checkbox"/> Sesame Seeds                    |

☐ Sesame Seeds, Black☐ Shallots☐ Spearmint☐ St. John's Wort☐ Taco Seasoning☐ Tamari (Wheat Free)☐ Tarragon☐ Thyme☐ Tomatillo☐ Turmeric☐ Uva Ursi☐ Valerian☐ Vanilla (gluten and corn-free)☐ Vanilla Bean☐ Vanilla Powder☐ White Willow Bark Extract☐ Wintergreen☐ Rose Hips☐ Milk-Containing Foods☐ Applegate® organic spinach & feta☐ Butter, Raw and Pasture-raised☐ Buttermilk☐ Casein☐ Cheese, American☐ Cheese, Asiago☐ Cheese, Bleu☐ Cheese, Brie☐ Cheese, Cheddar (Raw)☐ Cheese, Cottage☐ Cheese, Cream☐ Cheese, Goat☐ Cheese, Gorgonzola☐ Cheese, Gouda☐ Cheese, Havarti☐ Cheese, Machego☐ Cheese, Mascapone☐ Cheese, Mozzarella (Raw)☐ Cheese, Muenster☐ Cheese, Parmesan☐ Cheese, Pecorino☐ Cheese, Raw and Pasture-raised☐ Cheese, Ricotta☐ Cheese, Romano☐ Cheese, Provolone☐ Cheese, Sheep☐ Cheese, String (Mozzarella)☐ Cheese, Swiss☐ Chocolate, Milk☐ Chocolate, White☐ Cream, Raw and Unpasteurized☐ Ghee (Pasture-Raised, Organic)☐ Goat Cheese☐ Goat Kefir☐ Kefir, Raw☐ Lactalbumin☐ Milk Chocolate☐ Milk, Cow☐ Milk, Goat☐ Milk, Sheep☐ Mozzarella Cheese☐ Sour Cream, Raw and☐ Whey

<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran
<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)
	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Tomato & Basil Almond
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Oats	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free)	<input type="checkbox"/> Sweet Potato Flour (gluten free)
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Oat Grass (Not For Gluten)	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Teff
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava
<input type="checkbox"/> Ener-G Brown Rice Yeast-Free	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Simple Mills
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Red (gluten free)	
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, White (gluten free)	
<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Rice, Wild (Lundberg® - not the	

<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Orzo	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Barley	<input type="checkbox"/> Panko	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Barley Greens (Not for	<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Barley Juice (Not for	<input type="checkbox"/> Rye	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Beer	<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn Gluten
<input type="checkbox"/> Bran	<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Bread	<input type="checkbox"/> Spelt	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Brown Rice Syrup (contains	<input type="checkbox"/> Teechino	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Triticale	<input type="checkbox"/> Fructose
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Vinegar	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Maltodextrin (Corn-based,
<input type="checkbox"/> Couscous	<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Sriracha Sauce Organicville
<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Swerve® Xylitol
<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat Grass (Is	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Gluten	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Graham (wheat)		<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Kamut	<input type="checkbox"/> <b>Corn-Derived Foods</b>	
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Barbeque Sauce, GF Annie's®	
<input type="checkbox"/> Malt	<input type="checkbox"/> Cheese, Cream	
<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Cheese, Daiya	
<input type="checkbox"/> Oats	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	

☐ Beverages & Protein Powders☐ Almond Milk, unsweetened (no☐ Apple Juice☐ Beer☐ Carrot Juice☐ Coconut Kefir (No Tapioca,☐ Coconut Milk(Native Forest or☐ Coconut Water (low sugar)☐ Coffee Bean, Organic☐ Coffee☐ Coffee, Instant (has gluten)☐ Collagen Protein (Powder)☐ Echinacea Tea☐ Grapefruit Juice☐ Green Tea☐ Hemp Protein (Powder)☐ Komboucha Tea☐ Lemon Juice☐ Licorice Tea☐ Lime Juice☐ Milk, Cow☐ Milk, Goat☐ Milk, Sheep☐ Milk, Soy (Organic)☐ Mineral Water☐ Orange Juice☐ Pea Protein☐ Rice Protein Powder (gluten free)☐ Soy Milk/Soy Cheese (Organic)☐ Soy Protein (Organic)☐ Sparkling Water, unflavored☐ Tea, Black☐ Tea, Chamomile☐ Tea, Green☐ Tea, Oolong☐ Tea, Ramon☐ Tea, Roobios☐ Tea, unflavored/caffeine-free only☐ Tea, White☐ Teechino☐ Water☐ Wine, Red☐ Wine, White (Champagne)☐ Yerba Matte Tea (Organic/Pure)☐ Miscellaneous☐ Agar Gum☐ Antimony☐ Arabic Gum☐ Baking Powder☐ Baking Soda (Arm & Hammer®)☐ Beef broth (Imagine® low☐ Carrageenan Gum☐ Chewing Gum (has gluten and corn)☐ Chewing Gum, Xylitol®☐ Chicken Broth (Imagine® gf/low☐ Chicory Root☐ Cocoa/Cacao (raw, pure, &☐ Coconut Aminos®☐ Coconut Cream☐ Collagen Protein (Powder)☐ Garam Masala☐ GemWraps®, Sandwich Wrap☐ GemWraps®, Sandwich Wrap☐ GemWraps®, Sandwich Wrap☐ GemWraps®, Sandwich Wrap☐ Glucomannon Flour

- |   |   |
|---|---|
| <input type="checkbox"/> Great Lake's® Beef Gelatin       | <input type="checkbox"/> Tamari (Wheat Free)              |
| <input type="checkbox"/> Guar Gum                         | <input type="checkbox"/> Tofu (Organic)                   |
| <input type="checkbox"/> Hops                             | <input type="checkbox"/> Tomato Paste (gluten &           |
| <input type="checkbox"/> Julian Bakery Paleo Wraps        | <input type="checkbox"/> Tomato Sauce (gluten &           |
| <input type="checkbox"/> Julian Bakery Almond Bread       | <input type="checkbox"/> Tagacanth Gum                    |
| <input type="checkbox"/> Julian Bakery Coconut Bread      | <input type="checkbox"/> Vegetable broth (Imagine® Low    |
| <input type="checkbox"/> Konjac Glucomannon Flour         | <input type="checkbox"/> Vegetable Oil                    |
| <input type="checkbox"/> Lard (pork)                      | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy) | <input type="checkbox"/> Vinegar, Red Wine                |
| <input type="checkbox"/> Locust Bean Gum                  | <input type="checkbox"/> Vinegar, Rice                    |
| <input type="checkbox"/> Lycopene                         | <input type="checkbox"/> Vinegar, White Wine              |
| <input type="checkbox"/> Malt                             | <input type="checkbox"/> Xanthan Gum                      |
| <input type="checkbox"/> Maltodextrin (Can be             | <input type="checkbox"/> Yeast, Baker's                   |
| <input type="checkbox"/> Palm Wax                         | <input type="checkbox"/> Yeast, Brewer's                  |
| <input type="checkbox"/> Pycnogenol                       | <input type="checkbox"/> Yeast, Nutritional               |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen®    | <input type="checkbox"/> Latex                            |
| <input type="checkbox"/> Red Tomato Paste (gluten free)   | <input type="checkbox"/> Formaldehyde                     |
| <input type="checkbox"/> Resveratrol                      | <input type="checkbox"/> Red Dye                          |
| <input type="checkbox"/> Sherry Vinegar                   | <input type="checkbox"/> Acacia Gum                       |
| <input type="checkbox"/> Silver                           | <input type="checkbox"/> Ispaghula/Psyllium               |
| <input type="checkbox"/> Skinny Crisps®(Plain Jane)       |   |
| <input type="checkbox"/> Tagacanth Gum                    |   |