

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Vegetables            | <input type="checkbox"/> Carrot Juice         | <input type="checkbox"/> Eggplant                 |
| <input type="checkbox"/> Aloe Vera             | <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 | <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     | <input type="checkbox"/> Lettuce, all types       |
| <input type="checkbox"/> Broccolini            | <input type="checkbox"/> Coconut Concentrate  | <input type="checkbox"/> Mushrooms                |
| <input type="checkbox"/> Brussels Sprout       | <input type="checkbox"/> Collard Greens       | <input type="checkbox"/> Mushrooms, Button        |
| <input type="checkbox"/> Burdock               | <input type="checkbox"/> Corn (Gluten-free &  | <input type="checkbox"/> Mushrooms,               |
| <input type="checkbox"/> Cabbage, Chinese (see | <input type="checkbox"/> Corn, Blue           | <input type="checkbox"/> Mushrooms, Maitake       |
| <input type="checkbox"/> Cabbage, Green        | <input type="checkbox"/> Corn, White          | <input type="checkbox"/> Mushrooms, Shiitake      |
| <input type="checkbox"/> Cabbage, Purple       | <input type="checkbox"/> Cucumber             | <input type="checkbox"/> Mustard Greens           |
| <input type="checkbox"/> Cactus (Nopales)      | <input type="checkbox"/> Daikon Radish        | <input type="checkbox"/> Nori                     |
| <input type="checkbox"/> Capers                | <input type="checkbox"/> Dandelion Greens     | <input type="checkbox"/> Okra                     |
| <input type="checkbox"/> Capsicum              | <input type="checkbox"/> Dandelion Root       | <input type="checkbox"/> Olives (without vinegar) |

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Onion, Green      | <input type="checkbox"/> Pimento               | <input type="checkbox"/> Spinach                |
| <input type="checkbox"/> Onion, Maui       | <input type="checkbox"/> Potato, Fingerling    | <input type="checkbox"/> Spirulina              |
| <input type="checkbox"/> Onion, Red        | <input type="checkbox"/> Potato, Purple        | <input type="checkbox"/> Squash                 |
| <input type="checkbox"/> Onion, Sweet      | <input type="checkbox"/> Potato, Red           | <input type="checkbox"/> Squash, Acorn          |
| <input type="checkbox"/> Onion, Yellow     | <input type="checkbox"/> Potato, Russet        | <input type="checkbox"/> Squash, Butternut      |
| <input type="checkbox"/> Parsley           | <input type="checkbox"/> Potato, Sweet         | <input type="checkbox"/> Squash, Green          |
| <input type="checkbox"/> Parsnip           | <input type="checkbox"/> Potato, White         | <input type="checkbox"/> Squash, Spaghetti      |
| <input type="checkbox"/> Pea, Black-Eyed   | <input type="checkbox"/> Potato, Yukon Gold    | <input type="checkbox"/> Squash, Summer         |
| <input type="checkbox"/> Pea, Green        | <input type="checkbox"/> Prickly Pear          | <input type="checkbox"/> Squash, Winter         |
| <input type="checkbox"/> Pea, Snap         | <input type="checkbox"/> Psyllium Husk         | <input type="checkbox"/> Squash, Yellow         |
| <input type="checkbox"/> Pea, Snow         | <input type="checkbox"/> Pumpkin               | <input type="checkbox"/> Sugar Beet             |
| <input type="checkbox"/> Pea, Split        | <input type="checkbox"/> Pumpkin Powder        | <input type="checkbox"/> Sweet Potato, Red      |
| <input type="checkbox"/> Pea Protein       | <input type="checkbox"/> Radicchio             | <input type="checkbox"/> Sweet Potatoes, White  |
| <input type="checkbox"/> Pepper, Anaheim   | <input type="checkbox"/> Radish                | <input type="checkbox"/> Swiss Chard            |
| <input type="checkbox"/> Pepper, Chili     | <input type="checkbox"/> Rainbow Chard         | <input type="checkbox"/> Tomatillo              |
| <input type="checkbox"/> Pepper, Green     | <input type="checkbox"/> Rhubarb               | <input type="checkbox"/> Tomato Paste (gluten & |
| <input type="checkbox"/> Pepper, Habanero  | <input type="checkbox"/> Rutabaga              | <input type="checkbox"/> Tomato Sauce (gluten & |
| <input type="checkbox"/> Pepper, Jalapeño  | <input type="checkbox"/> Sauerkraut (Bubbies®) | <input type="checkbox"/> Tomato                 |
| <input type="checkbox"/> Pepper, Poblano   | <input type="checkbox"/> Scallions             | <input type="checkbox"/> Tomatoes, Big Beef     |
| <input type="checkbox"/> Pepper, Red       | <input type="checkbox"/> Sea Vegetables        | <input type="checkbox"/> Tomato, Cherry         |
| <input type="checkbox"/> Pepper, Serrano   | <input type="checkbox"/> Seaweed               | <input type="checkbox"/> Tomato, Heirloom       |
| <input type="checkbox"/> Pickles, Bubbies® | <input type="checkbox"/> Shallots              | <input type="checkbox"/> Tomato, Orange         |

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

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Noni                | <input type="checkbox"/> Tangelo                        | <input type="checkbox"/> Cottonseed/Cottonseed  |
| <input type="checkbox"/> Orange              | <input type="checkbox"/> Tangerine                      | <input type="checkbox"/> Flax Meal              |
| <input type="checkbox"/> Orange, Blood       | <input type="checkbox"/> Watermelon                     | <input type="checkbox"/> Flax Oil               |
| <input type="checkbox"/> Orange Juice        | <input type="checkbox"/> Wolfberry                      | <input type="checkbox"/> Flax Seed              |
| <input type="checkbox"/> Orange Peel/Rind    | <input type="checkbox"/> Youngberry                     | <input type="checkbox"/> Grapeseed Oil, Organic |
| <input type="checkbox"/> Papaya              | <input type="checkbox"/> <b>Nuts, Seeds, &amp; Oils</b> | <input type="checkbox"/> Hazelnut Flour         |
| <input type="checkbox"/> Passion Fruit       | <input type="checkbox"/> Almond Butter                  | <input type="checkbox"/> Hazelnut/Filbert       |
| <input type="checkbox"/> Peach               | <input type="checkbox"/> Almond Flavor natural,         | <input type="checkbox"/> Hemp Meal              |
| <input type="checkbox"/> Pear                | <input type="checkbox"/> Almond Flour (gluten           | <input type="checkbox"/> Hemp Protein (Powder)  |
| <input type="checkbox"/> Pear, Asian         | <input type="checkbox"/> Almond Meal (gluten            | <input type="checkbox"/> Hemp Seed              |
| <input type="checkbox"/> Persimmons          | <input type="checkbox"/> Almond, Marcona                | <input type="checkbox"/> Hydrogenated Oils      |
| <input type="checkbox"/> Pineapple           | <input type="checkbox"/> Annatto Seed                   | <input type="checkbox"/> Macadamia Nut Oil      |
| <input type="checkbox"/> Plum                | <input type="checkbox"/> Brazil Nut                     | <input type="checkbox"/> Macadamia Nuts         |
| <input type="checkbox"/> Pomegranate         | <input type="checkbox"/> Canola/Rapeseed Oil            | <input type="checkbox"/> Olive Leaf Extract     |
| <input type="checkbox"/> Pomelo              | <input type="checkbox"/> Caraway Seed                   | <input type="checkbox"/> Olive Oil, Virgin      |
| <input type="checkbox"/> Prune               | <input type="checkbox"/> Chestnut                       | <input type="checkbox"/> Palm Kernel Oil        |
| <input type="checkbox"/> Quince              | <input type="checkbox"/> Chia Seed (1/4 cup,            | <input type="checkbox"/> Pecan                  |
| <input type="checkbox"/> Raisin (unsulfured, | <input type="checkbox"/> Coconut Butter                 | <input type="checkbox"/> Pecan Flour            |
| <input type="checkbox"/> Raspberry           | <input type="checkbox"/> Coconut Oil                    | <input type="checkbox"/> Pepitas                |
| <input type="checkbox"/> Star Fruit          | <input type="checkbox"/> Coconut, shredded              | <input type="checkbox"/> Pili Nuts              |
| <input type="checkbox"/> Strawberry          | <input type="checkbox"/> Cola Nut (aka Kola Nut)        | <input type="checkbox"/> Pine Nut               |
| <input type="checkbox"/> Tamarind            | <input type="checkbox"/> Corn Oil                       | <input type="checkbox"/> Pistachios             |

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Poppy seeds             | <input type="checkbox"/> Walnut Oil              | <input type="checkbox"/> White Beans        |
| <input type="checkbox"/> Psyllium Husk           | <input type="checkbox"/> Walnut, Black (few)     | <input type="checkbox"/> Fish & Shellfish   |
| <input type="checkbox"/> Pumpkin Oil             | <input type="checkbox"/> Almond                  | <input type="checkbox"/> Anchovy            |
| <input type="checkbox"/> Pumpkin Seed Oil        | <input type="checkbox"/> Legumes & Pulses        | <input type="checkbox"/> Catfish            |
| <input type="checkbox"/> Pumpkin Seeds           | <input type="checkbox"/> Chickpea (see also      | <input type="checkbox"/> Chilean Sea Bass   |
| <input type="checkbox"/> Ramon Seeds             | <input type="checkbox"/> Edamame (must be        | <input type="checkbox"/> Clam               |
| <input type="checkbox"/> Rice, Wild (Lundberg® - | <input type="checkbox"/> Fava Bean               | <input type="checkbox"/> Cod/ Cod Liver Oil |
| <input type="checkbox"/> Safflower/Safflower     | <input type="checkbox"/> Fava Bean Flour         | <input type="checkbox"/> Corvina            |
| <input type="checkbox"/> Sacha Inchi Seeds       | <input type="checkbox"/> Garbanzo Bean           | <input type="checkbox"/> Crab               |
| <input type="checkbox"/> Sesame Seed Oil         | <input type="checkbox"/> Garbanzo Flour          | <input type="checkbox"/> Crayfish           |
| <input type="checkbox"/> Sesame Seeds            | <input type="checkbox"/> Lentil(s)               | <input type="checkbox"/> Flounder           |
| <input type="checkbox"/> Sesame Seeds, Black     | <input type="checkbox"/> Miso                    | <input type="checkbox"/> Hake               |
| <input type="checkbox"/> Sunflower Seed Butter   | <input type="checkbox"/> Pea, Snap               | <input type="checkbox"/> Halibut            |
| <input type="checkbox"/> Sunflower Seed          | <input type="checkbox"/> Pea, Snow               | <input type="checkbox"/> Herring            |
| <input type="checkbox"/> Sunflower Seed Oil      | <input type="checkbox"/> Pea, Split              | <input type="checkbox"/> Lobster            |
| <input type="checkbox"/> Sunflower Seeds         | <input type="checkbox"/> Peanut (Organic,        | <input type="checkbox"/> Mackerel           |
| <input type="checkbox"/> Tahini                  | <input type="checkbox"/> Peanut Butter (Organic, | <input type="checkbox"/> Mahi Mahi          |
| <input type="checkbox"/> Tea, Ramon              | <input type="checkbox"/> Peanut Oil (Organic)    | <input type="checkbox"/> Mussel             |
| <input type="checkbox"/> Tiger Nuts              | <input type="checkbox"/> Soy Beans (must be      | <input type="checkbox"/> Orange Roughy      |
| <input type="checkbox"/> Vegetable Oil           | <input type="checkbox"/> Soy Beans Oil (must be  | <input type="checkbox"/> Oyster             |
| <input type="checkbox"/> Vegetable Shortening    | <input type="checkbox"/> Vanilla Bean            | <input type="checkbox"/> Perch              |
| <input type="checkbox"/> Walnut (few)            | <input type="checkbox"/> Vanilla Powder          | <input type="checkbox"/> Red Snapper        |

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Salmon, wild (fresh)   | <input type="checkbox"/> Applegate® organic       | <input type="checkbox"/> Non-Dairy & Eggs      |
| <input type="checkbox"/> Sardines               | <input type="checkbox"/> Applegate® organic red   | <input type="checkbox"/> Almond Milk,          |
| <input type="checkbox"/> Scallop                | <input type="checkbox"/> Applegate® organic       | <input type="checkbox"/> Almond Yogurt,        |
| <input type="checkbox"/> Shrimp                 | <input type="checkbox"/> Applegate® organic       | <input type="checkbox"/> Cheese, Soy (Organic) |
| <input type="checkbox"/> Sole                   | <input type="checkbox"/> Applegate® organic       | <input type="checkbox"/> Coconut Kefir (No     |
| <input type="checkbox"/> Squid                  | <input type="checkbox"/> Applegate® organic       | <input type="checkbox"/> Coconut Milk(Native   |
| <input type="checkbox"/> Swai                   | <input type="checkbox"/> Beef, Grass-fed only     | <input type="checkbox"/> Egg, Pasture-raised   |
| <input type="checkbox"/> Swordfish              | <input type="checkbox"/> Bison (see also Buffalo) | <input type="checkbox"/> Egg, Vital Farms® or  |
| <input type="checkbox"/> Tilapia (Non-farmed)   | <input type="checkbox"/> Chicken Broth            | <input type="checkbox"/> Egg, Whites,          |
| <input type="checkbox"/> Trout                  | <input type="checkbox"/> Chicken, free range      | <input type="checkbox"/> Egg, Yolks            |
| <input type="checkbox"/> Tuna                   | <input type="checkbox"/> Deer (see also Venison)  | <input type="checkbox"/> Milk, Soy (Organic)   |
| <input type="checkbox"/> Walleye Pike           | <input type="checkbox"/> Duck                     | <input type="checkbox"/> Sriracha Sauce        |
| <input type="checkbox"/> Whitefish/Turbot       | <input type="checkbox"/> Goat, Grass-fed only     | <input type="checkbox"/> Egg                   |
| <input type="checkbox"/> Crab, Immitation       | <input type="checkbox"/> Lard (pork)              | <input type="checkbox"/> Condiments            |
| <input type="checkbox"/> Meat & Poultry         | <input type="checkbox"/> Ostrich                  | <input type="checkbox"/> Apple Cider Vinegar   |
| <input type="checkbox"/> Applegate® organic     | <input type="checkbox"/> Pheasant                 | <input type="checkbox"/> BodyPro Almond Mayo   |
| <input type="checkbox"/> Applegate® organic     | <input type="checkbox"/> Pork, (organic)          | <input type="checkbox"/> BodyPro Almond Mayo   |
| <input type="checkbox"/> Applegate® organic     | <input type="checkbox"/> Quail                    | <input type="checkbox"/> Carob                 |
| <input type="checkbox"/> Applegate® organic     | <input type="checkbox"/> Rabbit                   | <input type="checkbox"/> Coconut Vinegar       |
| <input type="checkbox"/> Applegate® organic hot | <input type="checkbox"/> Turkey (organic)         | <input type="checkbox"/> Earth Balance®        |
| <input type="checkbox"/> Applegate® organic     | <input type="checkbox"/> Veal (organic)           | <input type="checkbox"/> Horseradish Sauce,    |
| <input type="checkbox"/> Applegate® organic     | <input type="checkbox"/> Venison (see also Deer)  | <input type="checkbox"/> Hummus                |

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Ketchup (Organicville) | <input type="checkbox"/> Fruit Pectin           | <input type="checkbox"/> Herbs & Spices         |
| <input type="checkbox"/> Mayonnaise             | <input type="checkbox"/> Honey, (Organic)       | <input type="checkbox"/> Allspice               |
| <input type="checkbox"/> Mustard, Brown (Eden®) | <input type="checkbox"/> Honey, Manuka          | <input type="checkbox"/> Almond Flavor natural, |
| <input type="checkbox"/> Sauerkraut (Bubbies®)  | <input type="checkbox"/> Honey, Wildflower from | <input type="checkbox"/> Anise                  |
| <input type="checkbox"/> Sriracha Sauce         | <input type="checkbox"/> Just Like Sugar®       | <input type="checkbox"/> Black Cohosh           |
| <input type="checkbox"/> Ume Plum Vinegar       | <input type="checkbox"/> Lo Han                 | <input type="checkbox"/> Caramel Coloring       |
| <input type="checkbox"/> Veganaise Soy-free     | <input type="checkbox"/> Maltodextrin           | <input type="checkbox"/> Caraway Seed           |
| <input type="checkbox"/> Vinegar, Distilled     | <input type="checkbox"/> Maple Sugar            | <input type="checkbox"/> Cardamom               |
| <input type="checkbox"/> Vinegar, Red Wine      | <input type="checkbox"/> Maple Syrup (Grade A   | <input type="checkbox"/> Celery Powder          |
| <input type="checkbox"/> Vinegar, Rice          | <input type="checkbox"/> Molasses               | <input type="checkbox"/> Chicory Root           |
| <input type="checkbox"/> Vinegar, White         | <input type="checkbox"/> Monk Fruit             | <input type="checkbox"/> Chili Powder           |
| <input type="checkbox"/> Vinegar, White Wine    | <input type="checkbox"/> Rebiana Leaf (Stevia)  | <input type="checkbox"/> Chipotle Seasoning     |
| <input type="checkbox"/> Worcestershire Sauce   | <input type="checkbox"/> Sorbitol               | <input type="checkbox"/> Cilantro/Coriander     |
| <input type="checkbox"/> Sweeteners             | <input type="checkbox"/> Splenda                | <input type="checkbox"/> Cinnamon               |
| <input type="checkbox"/> Agave Nectar           | <input type="checkbox"/> Sucanat                | <input type="checkbox"/> Cinnamon, Ceylon       |
| <input type="checkbox"/> BodyPro Almond Mayo    | <input type="checkbox"/> Sugar Beet             | <input type="checkbox"/> Cloves                 |
| <input type="checkbox"/> BodyPro Almond Mayo    | <input type="checkbox"/> Sugar Cane             | <input type="checkbox"/> Cloves, Madagascar     |
| <input type="checkbox"/> Brown Rice Syrup       | <input type="checkbox"/> Sweetleaf® Stevia      | <input type="checkbox"/> Cloves, Penang         |
| <input type="checkbox"/> Coconut Palm Sugar     | <input type="checkbox"/> Swerve® Xylitol        | <input type="checkbox"/> Cramp Bark Extract     |
| <input type="checkbox"/> Date Sugar             | <input type="checkbox"/> Xyla (Birchwood        | <input type="checkbox"/> Cream of Tartar        |
| <input type="checkbox"/> Erythritol (non-GMO)   | <input type="checkbox"/> Yacon Syrup            | <input type="checkbox"/> Cumin                  |
| <input type="checkbox"/> Fructose               |   | <input type="checkbox"/> Curcumin               |

- |  |  |   |
|--|--|---|
| <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   | <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   |
| <input type="checkbox"/> Fennel                  | <input type="checkbox"/> Licorice Root         | <input type="checkbox"/> Pepper, Cayenne      |
| <input type="checkbox"/> Garlic                  | <input type="checkbox"/> Liquid Smoke (can     | <input type="checkbox"/> Pepper/Peppercorns   |
| <input type="checkbox"/> Garlic Pepper           | <input type="checkbox"/> Liquid Smoke gluten   | <input type="checkbox"/> Pepper/Peppercorns,  |
| <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 |
| <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 | <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         |
| <input type="checkbox"/> Herbs De Provence       | <input type="checkbox"/> Onion                 | <input type="checkbox"/> Sesame Seeds, Black  |
| <input type="checkbox"/> Hickory                 | <input type="checkbox"/> Onion Powder          | <input type="checkbox"/> Shallots             |
| <input type="checkbox"/> Himalayan Salt          | <input type="checkbox"/> Orange Peel/Rind      | <input type="checkbox"/> Spearmint            |
| <input type="checkbox"/> Jamaican Jerk           | <input type="checkbox"/> Orange Salt           | <input type="checkbox"/> St. John's Wort      |



- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Taco Seasoning               | <input type="checkbox"/> Goat Kefir                | <input type="checkbox"/> Glucomannon Flour         |
| <input type="checkbox"/> Tamari (Wheat Free)          | <input type="checkbox"/> Lactoalbumin              | <input type="checkbox"/> Hazelnut Flour            |
| <input type="checkbox"/> Tarragon                     | <input type="checkbox"/> Milk, Goat                | <input type="checkbox"/> Hemp Meal                 |
| <input type="checkbox"/> Thyme                        | <input type="checkbox"/> Milk, Sheep               | <input type="checkbox"/> Hemp Protein (Powder)     |
| <input type="checkbox"/> Tomatillo                    | <input type="checkbox"/> Whey                      | <input type="checkbox"/> Hemp Seed                 |
| <input type="checkbox"/> Turmeric                     | <input type="checkbox"/> Cheese, Feta              | <input type="checkbox"/> Konjac Glucomannon        |
| <input type="checkbox"/> Uva Ursi                     | <input type="checkbox"/> <b>Gluten-Free Grains</b> | <input type="checkbox"/> Millet                    |
| <input type="checkbox"/> Valerian                     | <input type="checkbox"/> Almond Flour (gluten      | <input type="checkbox"/> Oats                      |
| <input type="checkbox"/> Vanilla (gluten and          | <input type="checkbox"/> Amaranth                  | <input type="checkbox"/> Oats (Bob's Red Mill      |
| <input type="checkbox"/> Vanilla Bean                 | <input type="checkbox"/> Buckwheat                 | <input type="checkbox"/> Oat Grass (Not For        |
| <input type="checkbox"/> Vanilla Powder               | <input type="checkbox"/> Buckwheat Flour           | <input type="checkbox"/> Potato Flour (gluten      |
| <input type="checkbox"/> White Willow Bark            | <input type="checkbox"/> Chicory Root              | <input type="checkbox"/> Potato Starch (gluten     |
| <input type="checkbox"/> Wintergreen                  | <input type="checkbox"/> Coconut Flour (gluten     | <input type="checkbox"/> Quinoa (gluten free)      |
| <input type="checkbox"/> Rose Hips                    | <input type="checkbox"/> Coconut Meal (gluten      | <input type="checkbox"/> Quinoa, Black (gluten     |
| <input type="checkbox"/> <b>Milk-Containing Foods</b> | <input type="checkbox"/> Corn (Gluten-free &       | <input type="checkbox"/> Quinoa, Red (gluten       |
| <input type="checkbox"/> Applegate® organic           | <input type="checkbox"/> Corn, Blue                | <input type="checkbox"/> Rice, Basmati (gluten     |
| <input type="checkbox"/> Cheese, Goat                 | <input type="checkbox"/> Corn, White               | <input type="checkbox"/> Rice, Black (gluten free) |
| <input type="checkbox"/> Cheese, Machego              | <input type="checkbox"/> Corn Starch (gluten       | <input type="checkbox"/> Rice, Brown (gluten       |
| <input type="checkbox"/> Cheese, Pecorino             | <input type="checkbox"/> Ener-G Brown Rice         | <input type="checkbox"/> Rice, Japonica (gluten    |
| <input type="checkbox"/> Cheese, Ricotta              | <input type="checkbox"/> Fava Bean Flour           | <input type="checkbox"/> Rice, Purple (gluten      |
| <input type="checkbox"/> Cheese, Sheep                | <input type="checkbox"/> Flax Meal                 | <input type="checkbox"/> Rice, Red (gluten free)   |
| <input type="checkbox"/> Goat Cheese                  | <input type="checkbox"/> Garbanzo Flour            | <input type="checkbox"/> Rice, White (gluten       |

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Rice, Wild (Lundberg® -        | <input type="checkbox"/> Gluten                    | <input type="checkbox"/> Erythritol (non-GMO)         |
| <input type="checkbox"/> Rice Bran                      | <input type="checkbox"/> Kamut                     | <input type="checkbox"/> Fructose                     |
| <input type="checkbox"/> Rice Flour (gluten free)       | <input type="checkbox"/> Liquid Smoke (can         | <input type="checkbox"/> GemWraps®, Sandwich          |
| <input type="checkbox"/> Rice Protein Powder            | <input type="checkbox"/> Oats                      | <input type="checkbox"/> Maltodextrin                 |
| <input type="checkbox"/> Simple Mills Grnd Sea          | <input type="checkbox"/> Polish Wheat              | <input type="checkbox"/> Sriracha Sauce               |
| <input type="checkbox"/> Simple Mills Rosemary          | <input type="checkbox"/> Rye                       | <input type="checkbox"/> Swerve® Xylitol              |
| <input type="checkbox"/> Sorghum                        | <input type="checkbox"/> Soy Sauce                 | <input type="checkbox"/> Vegetable Oil                |
| <input type="checkbox"/> Sweet Potato Flour             | <input type="checkbox"/> Spelt                     | <input type="checkbox"/> Xanthan Gum                  |
| <input type="checkbox"/> Tapioca                        | <input type="checkbox"/> Teriyaki Sauce            | <input type="checkbox"/> <b>Verages &amp; Protein</b> |
| <input type="checkbox"/> Tapioca Flour (gluten          | <input type="checkbox"/> Triticale                 | <input type="checkbox"/> Almond Milk,                 |
| <input type="checkbox"/> Tapioca Starch (gluten         | <input type="checkbox"/> Vinegar, White            | <input type="checkbox"/> Apple Juice                  |
| <input type="checkbox"/> Tolerant Green Lentil &        | <input type="checkbox"/> Crab, Immitation          | <input type="checkbox"/> Carrot Juice                 |
| <input type="checkbox"/> Tolerant Red or Green          | <input type="checkbox"/> <b>Corn-Derived Foods</b> | <input type="checkbox"/> Coconut Kefir (No            |
| <input type="checkbox"/> Tortilla, Siete Almond         | <input type="checkbox"/> Cheese, Soy (Organic)     | <input type="checkbox"/> Coconut Milk(Native          |
| <input type="checkbox"/> Tortilla, Siete Cassava        | <input type="checkbox"/> Chewing Gum (has          | <input type="checkbox"/> Coconut Water (low           |
| <input type="checkbox"/> Simple Mills Everything        | <input type="checkbox"/> Corn (Gluten-free &       | <input type="checkbox"/> Coffee Bean, Organic         |
| <input type="checkbox"/> Corn Meal (gluten free)        | <input type="checkbox"/> Corn, Blue                | <input type="checkbox"/> Coffee                       |
| <input type="checkbox"/> <b>Gluten-Containing Foods</b> | <input type="checkbox"/> Corn, White               | <input type="checkbox"/> Coffee, Instant (has         |
| <input type="checkbox"/> Brown Rice Syrup               | <input type="checkbox"/> Corn Gluten               | <input type="checkbox"/> Collagen Protein             |
| <input type="checkbox"/> Caramel Coloring               | <input type="checkbox"/> Corn Meal (gluten free)   | <input type="checkbox"/> Echinacea Tea                |
| <input type="checkbox"/> Chewing Gum (has               | <input type="checkbox"/> Corn Oil                  | <input type="checkbox"/> Grapefruit Juice             |
| <input type="checkbox"/> Coffee, Instant (has           | <input type="checkbox"/> Corn Starch (gluten       | <input type="checkbox"/> Green Tea                    |

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Tea, White            | <input type="checkbox"/> Great Lake's® Beef     |
| <input type="checkbox"/> Komboucha Tea         | <input type="checkbox"/> Water                 | <input type="checkbox"/> Guar Gum               |
| <input type="checkbox"/> Lemon Juice           | <input type="checkbox"/> Wine, Red             | <input type="checkbox"/> Hops                   |
| <input type="checkbox"/> Licorice Tea          | <input type="checkbox"/> Wine, White           | <input type="checkbox"/> Julian Bakery Paleo    |
| <input type="checkbox"/> Lime Juice            | <input type="checkbox"/> Yerba Matte Tea       | <input type="checkbox"/> Julian Bakery Coconut  |
| <input type="checkbox"/> Milk, Goat            | <input type="checkbox"/> <b>Miscellaneous</b>  | <input type="checkbox"/> Konjac Glucomannon     |
| <input type="checkbox"/> Milk, Sheep           | <input type="checkbox"/> Agar Gum              | <input type="checkbox"/> Lard (pork)            |
| <input type="checkbox"/> Milk, Soy (Organic)   | <input type="checkbox"/> Antimony              | <input type="checkbox"/> Liquid Aminos          |
| <input type="checkbox"/> Mineral Water         | <input type="checkbox"/> Beef broth (Imagine®) | <input type="checkbox"/> Locust Bean Gum        |
| <input type="checkbox"/> Orange Juice          | <input type="checkbox"/> Carrageenan Gum       | <input type="checkbox"/> Lycopene               |
| <input type="checkbox"/> Pea Protein           | <input type="checkbox"/> Chewing Gum (has      | <input type="checkbox"/> Palm Wax               |
| <input type="checkbox"/> Rice Protein Powder   | <input type="checkbox"/> Chewing Gum,          | <input type="checkbox"/> Pycnogenol             |
| <input type="checkbox"/> Soy Milk/Soy Cheese   | <input type="checkbox"/> Chicken Broth         | <input type="checkbox"/> Red Chili Paste Thai   |
| <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Chicory Root          | <input type="checkbox"/> Red Tomato Paste       |
| <input type="checkbox"/> Sparkling Water,      | <input type="checkbox"/> Coconut Aminos®       | <input type="checkbox"/> Resveratrol            |
| <input type="checkbox"/> Tea, Black            | <input type="checkbox"/> Coconut Cream         | <input type="checkbox"/> Sherry Vinegar         |
| <input type="checkbox"/> Tea, Chamomile        | <input type="checkbox"/> Collagen Protein      | <input type="checkbox"/> Silver                 |
| <input type="checkbox"/> Tea, Green            | <input type="checkbox"/> GemWraps®, Sandwich   | <input type="checkbox"/> Skinny Crisps®(Plain   |
| <input type="checkbox"/> Tea, Oolong           | <input type="checkbox"/> GemWraps®, Sandwich   | <input type="checkbox"/> Tagacanth Gum          |
| <input type="checkbox"/> Tea, Ramon            | <input type="checkbox"/> GemWraps®, Sandwich   | <input type="checkbox"/> Tamari (Wheat Free)    |
| <input type="checkbox"/> Tea, Roobios          | <input type="checkbox"/> GemWraps®, Sandwich   | <input type="checkbox"/> Tofu (Organic)         |
| <input type="checkbox"/> Tea,                  | <input type="checkbox"/> Glucomannon Flour     | <input type="checkbox"/> Tomato Paste (gluten & |

- ☐ Tomato Sauce (gluten &
- ☐ Tragacanth Gum
- ☐ Vegetable broth
- ☐ Vegetable Oil
- ☐ Vegetable Shortening
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White Wine
- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional
- ☐ Latex
- ☐ Ispaghula/Psyllium
- ☐ Formaldehyde
- ☐ Red Dye
- ☐ Acacia Gum