

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

<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rhubarb
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Scallions
<input type="checkbox"/> Nori	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Sea Vegetables
<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<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"/> Pepper, Tabasco	<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"/> Paprika	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, White	<input type="checkbox"/> Squash, Summer
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Squash, Yellow
<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Swede
<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"/> Tabasco Sauce
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Taro

Teresa Thurin

11/14/2017

<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Fruits	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Tomato	<input type="checkbox"/> Acai	<input type="checkbox"/> Gooseberries
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Ground Cherries
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Cape Gooseberries	<input type="checkbox"/> Guava
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Carambola	<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"/> Wasabi Root	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Watercress	<input type="checkbox"/> Dates	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lime
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Yucca	<input type="checkbox"/> Durian Fruit	<input type="checkbox"/> Loganberry
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Longan Fruit
	<input type="checkbox"/> Fig	<input type="checkbox"/> Loquat
	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Lychee

<input type="checkbox"/> Mango	<input type="checkbox"/> Prune	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Quince	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Maqui	<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Rambutan	<input type="checkbox"/> Bean, Navy
<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Bean, Ninja
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Strawberry	<input type="checkbox"/> Bean, Red
<input type="checkbox"/> Noni	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Bean, White
<input type="checkbox"/> Orange	<input type="checkbox"/> Tangelo	<input type="checkbox"/> Beans
<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Oranges, Mandarin	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Papaya	<input type="checkbox"/> Legumes, Pods, & Pulses	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Peach	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Pear	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Kidney Bean
<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Plantain	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Plum	<input type="checkbox"/> Bean, Haricot	<input type="checkbox"/> Peanut (Organic, Valencia)
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)
<input type="checkbox"/> Pomelo		<input type="checkbox"/> Red Bean Paste

<input type="checkbox"/> Soybean oil(must be organic)	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Pecan Flour
<input type="checkbox"/> Almond	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Pecans
<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Pepitas
<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Duck Fat	<input type="checkbox"/> Pili Nuts
<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Fenugreek Seed	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Pistachios
<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Poppy seeds
<input type="checkbox"/> Almond Oil	<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Pumpkin Oil
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Pumpkin Seed Oil
<input type="checkbox"/> Borage Seed Oil	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Pumpkin Seeds
<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Ramon Seeds
<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Canola Oil, Non-GMO	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Rice Bran Oil
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sacha Inchi Seeds
<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Krill Oil	<input type="checkbox"/> Safflower/Safflower Seed Oil
<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Lard/Tallow (pork)	<input type="checkbox"/> Sesame Seed Oil
<input type="checkbox"/> Cashews	<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Chestnut	<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> MCT Oil	<input type="checkbox"/> Sunflower Seed Butter
	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Flour

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|---|---|---|
| <input type="checkbox"/> Sunflower Seed Lecithin | <input type="checkbox"/> Capsicum | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Sunflower Seed Oil | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Tahini | <input type="checkbox"/> Catnip | <input type="checkbox"/> Fennel Seed |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garam Masala |
| <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Celery Seed | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Truffle Oil | <input type="checkbox"/> Chaparral | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Truffle Oil, Black | <input type="checkbox"/> Chervil | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Garlic Salt |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginger Powder |
| <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginkgo Biloba |
| <input type="checkbox"/> Walnuts | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Walnuts, Black | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Clove Powder | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Grapeseed Extract |
| <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Guarana |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Comfrey | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Astragalus | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Cumin | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Curcumin | <input type="checkbox"/> Jamaican Jerk |
| <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Juniper Berry |
| <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lavender |
| | <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |

<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Tarragon
<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Thyme
<input type="checkbox"/> Maca Root	<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Peppermint	<input type="checkbox"/> Turmeric
<input type="checkbox"/> Marjoram	<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Uva Ursi
<input type="checkbox"/> Mesquite	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> Valerian
<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Red Clover	<input type="checkbox"/> Vanilla (gluten and corn-free)
<input type="checkbox"/> Mint	<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Rosemary	<input type="checkbox"/> White Willow Bark Extract
<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Saffron	<input type="checkbox"/> Wintergreen
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sage	<input type="checkbox"/> Wormwood
<input type="checkbox"/> Onion	<input type="checkbox"/> Sassafras	<input type="checkbox"/> Fish & Shellfish
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Savory	<input type="checkbox"/> Anchovy
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Bass
<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Catfish
<input type="checkbox"/> Oregano	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Chilean Sea Bass
<input type="checkbox"/> Paprika	<input type="checkbox"/> Shallots	<input type="checkbox"/> Clam
<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Spearmint	<input type="checkbox"/> Cod/ Cod Liver Oil
<input type="checkbox"/> Parsley	<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Corvina
<input type="checkbox"/> Pau D'arco	<input type="checkbox"/> Sumac	<input type="checkbox"/> Crab
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Crayfish
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Taco Seasoning	

<input type="checkbox"/> Flounder	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Haddock	<input type="checkbox"/> Trout	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Hake	<input type="checkbox"/> Tuna	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Halibut	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Herring	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Duck
<input type="checkbox"/> Krill	<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Lobster	<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Lox	<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Lamb
<input type="checkbox"/> Mackerel	<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Octopus	<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Quail
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Milk-Containing Foods
<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> No foods in this Category
<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic turkey	
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic turkey bacon	
<input type="checkbox"/> Sole	<input type="checkbox"/> Beef, Grass-fed only (organic)	
<input type="checkbox"/> Squid	<input type="checkbox"/> Bison (see also Buffalo)	
<input type="checkbox"/> Swai	<input type="checkbox"/> Buffalo (see also Bison)	
<input type="checkbox"/> Swordfish		

<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> ProGranola (Julian Bakery)
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast,)	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Basmati (gluten free)
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Rice, Black (gluten free)
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, Brown (gluten free)
<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Japonica (gluten free)
<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Purple (gluten free)
<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Red (gluten free)
<input type="checkbox"/> Egg Whites, Pasture-raised	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, White (gluten free)
<input type="checkbox"/> Egg Yolks, Pasture-raised	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran
<input type="checkbox"/> Paleo Cheese (Julianbakery.com or	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)
<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Cracked Black Pepper Almond Crackers
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Mikey's Pizza crust	<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers
<input type="checkbox"/> Avenin (Gluten-free)	<input type="checkbox"/> Mikey's Sliced Bread Loaf	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers
<input type="checkbox"/> Brown Rice Flour	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Sunflower Seed Flour
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Sweet Potato Flour (gluten free)
	<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca

<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Condiments, Spreads & Sauces
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)
<input type="checkbox"/> Teff	<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,....)	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy
<input type="checkbox"/> Teff Flour	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup
<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Citric Acid (can be corn-derived)	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup
<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Carob
<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Cocoa Butter
<input type="checkbox"/> Udi's White Sandwich Bread	<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Udi's Whole Grain Bread	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)
<input type="checkbox"/> Barley	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Daiya - Medium Cheddar Block
<input type="checkbox"/> Bran	<input type="checkbox"/> Corn Syrup	<input type="checkbox"/> Distilled White Vinegar
<input type="checkbox"/> Gluten	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread
<input type="checkbox"/> Malt	<input type="checkbox"/> Fructose	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Oats	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Harissa
<input type="checkbox"/> Rye	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Hummus
<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Lactic Acid (corn-derived)	<input type="checkbox"/> Ketchup (Organicville)
	<input type="checkbox"/> Maize	<input type="checkbox"/> Kosher Salt
	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)
	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Liquid Smoke gluten free (natural)
	<input type="checkbox"/> Swerve® Sweetener	<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil
	<input type="checkbox"/> Vodka, Corn	<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil
	<input type="checkbox"/> Xanthan Gum	

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| <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Sorbitol |
| <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Splenda |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> Coconut Sugar | <input type="checkbox"/> Sucanat |
| <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Corn Syrup | <input type="checkbox"/> Sucralose |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> Sriracha Sauce Organicville gluten-free | <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Sugar Cane |
| <input type="checkbox"/> Tabasco Sauce | <input type="checkbox"/> Fructose | <input type="checkbox"/> Sweetleaf® Stevia |
| <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Swerve® Sweetener |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> Tapioca Dextrose |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <input type="checkbox"/> Honey, Manuka | <input type="checkbox"/> Tapioca Syrup |
| <input type="checkbox"/> Ume Plum Vinegar | <input type="checkbox"/> Honey, Wildflower from Mahava® | <input type="checkbox"/> Xyla (Birchwood Xylitol) |
| <input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®) | <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Xylitol |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Yacon Syrup |
| <input type="checkbox"/> Vinegar, Beet | <input type="checkbox"/> Lo Han | <input type="checkbox"/> Beverages & Protein Powders |
| <input type="checkbox"/> Vinegar, Distilled | <input type="checkbox"/> Malt | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) |
| <input type="checkbox"/> Vinegar, Rice | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) | <input type="checkbox"/> Apple Cider |
| <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) | <input type="checkbox"/> Maltodextrin (Tapioca-based) | <input type="checkbox"/> Apple Juice |
| <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Bone Broth Protein, Beef |
| <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Carrot Juice |
| <input type="checkbox"/> Aspartame | <input type="checkbox"/> Molasses | <input type="checkbox"/> Cocoa |
| <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup | <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) |
| <input type="checkbox"/> Brown Sugar | <input type="checkbox"/> Monk Fruit Extract | <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) |
| <input type="checkbox"/> Cane Syrup | <input type="checkbox"/> Nutrasweet® | <input type="checkbox"/> Coconut Water (low sugar) |
| | <input type="checkbox"/> Rebiana Leaf (Stevia) | |

<input type="checkbox"/> Coffee (Brewed and Not Instant)	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Komboucha	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle)
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Unflavored	<input type="checkbox"/> Hops
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Latex
<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Vodka, Corn	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Vodka, Potato	<input type="checkbox"/> Modified Food Starch (Tapioca-based)
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Water	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Milk, Rice	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Rice Starch (if certified gluten free)
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Silver
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Antimony	<input type="checkbox"/> Tobacco
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Yeast, Baker's
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Bone Broth, Beef	<input type="checkbox"/> Yeast, Brewer's
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Cacao (Raw, Pure, & Unsweetened)	<input type="checkbox"/> Yeast, Nutritional
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Cocoa	
<input type="checkbox"/> Tea, Chicory Root		

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| <input type="checkbox"/> Snacks | <input type="checkbox"/> Palm Wax |
| <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Pea Protein Isolate |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Pea Starch |
| <input type="checkbox"/> Simple Mills Chocolate Chip Cookies | <input type="checkbox"/> Potato Protein |
| <input type="checkbox"/> Simple Mills Cracked Black Pepper Almond Crackers | <input type="checkbox"/> Red Food Dye |
| <input type="checkbox"/> Skinny Crisps® (Plain Jane) | <input type="checkbox"/> Sodium Alginate |
| <input type="checkbox"/> Food Additives | <input type="checkbox"/> Tragacanth Gum |
| <input type="checkbox"/> Acacia Gum | <input type="checkbox"/> Tricalcium Phosphate |
| <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Vegan Enzyme |
| <input type="checkbox"/> Annatto Coloring | <input type="checkbox"/> Vegan Natural Flavors (no MSG) |
| <input type="checkbox"/> Arabic Gum | <input type="checkbox"/> Vegan Natural Flavors (with MSG) |
| <input type="checkbox"/> Asafoetida Powder | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Blue Food Dye | |
| <input type="checkbox"/> Carrageenan Gum | |
| <input type="checkbox"/> Chicory Root | |
| <input type="checkbox"/> Citric Acid (can be corn-derived) | |
| <input type="checkbox"/> Formaldehyde | |
| <input type="checkbox"/> Guar Gum | |
| <input type="checkbox"/> Inulin | |
| <input type="checkbox"/> Lactic Acid (beet-derived) | |
| <input type="checkbox"/> Lactic Acid (corn-derived) | |
| <input type="checkbox"/> Locust Bean Gum | |
| <input type="checkbox"/> MSG/MonosodiumGlutamate | |