

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Chives
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<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 Sprout	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Bean, Green	<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

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| <input type="checkbox"/> Leeks | <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Lettuce, all types | <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Pumpkin Powder |
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Mushrooms, Button | <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Rainbow Chard |
| <input type="checkbox"/> Mushrooms, Maitake | <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Mushrooms, Shiitake | <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Nori | <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Sea Vegetables |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Seaweed |
| <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Shallots |
| <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 Protein | <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Squash, Summer |
| <input type="checkbox"/> Pea, Black-Eyed | <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Squash, Winter |
| <input type="checkbox"/> Pea, Green | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Squash, Yellow |

<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Fig
<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Yucca	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Swiss Chard		<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Fruits	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato	<input type="checkbox"/> Acai	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Truffle	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Turnips	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lime
<input type="checkbox"/> Watercress	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Litchi (aka Lychee)

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

<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Fish & Shellfish
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Anchovy
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Bass
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Catfish
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Chilean Sea Bass
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Clam
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Cod/ Cod Liver Oil
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Corvina
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Crab
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tahini	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Crayfish
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Flounder
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Haddock
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Hake
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Halibut
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Herring
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Lobster
<input type="checkbox"/> Pumpkin Oil		<input type="checkbox"/> Mackerel
<input type="checkbox"/> Pumpkin Seed Oil		<input type="checkbox"/> Mahi Mahi
<input type="checkbox"/> Pumpkin Seeds		<input type="checkbox"/> Mussel
<input type="checkbox"/> Ramon Seeds		<input type="checkbox"/> Octopus
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)		<input type="checkbox"/> Orange Roughy

<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Quail
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic smoked turkey breast	
<input type="checkbox"/> Squid	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Swai	<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Almond Yogurt, unsweetened
<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Trout	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, &....)
<input type="checkbox"/> Tuna	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)
<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Duck	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®
<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Egg, Whites, Pasture-raised
<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Egg, Yolks Pasture-raised
<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Modified Food Starch

☐ Paleo Cheese
(Julianbakery.com or

☐ Mayonnaise

☐ Sweeteners

☐ Condiments

☐ Balsamic Vinegar
(Caramel/Red W. Vinegar)

☐ Mayonnaise, Primal Kitchen
Avocado Oil

☐ Agave Nectar

☐ Balsamic Vinegar (with Red
Wine Vinegar)

☐ Mayonnaise, Primal Kitchen
Chipotle Avocado Oil

☐ Aspartame/Nutrasweet

☐ Balsamic Vinegar MiaBella
NoCaramel/WineVinegar)

☐ Mustard, Brown (Eden® gf
mustard)

☐ BodyPro Almond Mayo Grade B
Maple Syrup

☐ Barbeque Sauce, GF Annie's®
Sweet & Spicy

☐ Sauerkraut (Bubbies® Brand
only)

☐ Brown Rice Syrup (contains
MSG/Gluten)

☐ BodyPro Almond Mayo Grade B
Maple Syrup

☐ Sriracha Sauce Organicville
gluten-free

☐ Cane Syrup

☐ BodyPro Almond Mayo with
Yacon Syrup

☐ Tabasco Sauce

☐ Chocolate, Dark

☐ BodyPro Avocado Oil
Mayonnaise

☐ Ume Plum Vinegar

☐ Chocolate, Milk

☐ Carob

☐ Veganaise Soy-free (Follow
Your Heart®)

☐ Chocolate, White

☐ Coconut Vinegar (Coconut
Secret)

☐ Vinegar

☐ Coconut Palm Sugar

☐ Dressing, Primal Kitchen Greek
Avocado Oil

☐ Vinegar, Beet

☐ Coconut Sugar

☐ Dressing, Primal Kitchen Honey
Mustard

☐ Vinegar, Distilled

☐ Date Sugar

☐ Earth Balance® Avocado Oil
Butter Spread

☐ Vinegar, Malt

☐ Erythritol (non-GMO)

☐ Earth Balance® Coconut
Spread

☐ Vinegar, Red Wine

☐ Fructose

☐ Harissa

☐ Vinegar, Rice

☐ Fruit Pectin

☐ Horseradish Sauce, Gluten-free
(Annie's®)

☐ Vinegar, White

☐ Honey, (Organic)

☐ Hummus

☐ Vinegar, White Wine

☐ Honey, Manuka

☐ Ketchup (Organicville)

☐ Worcestershire Sauce (The
Wizard's® GF)

☐ Honey, Wildflower from
Mahava®

☐ Liquid Smoke (can have gluten)

☐ Jerusalem Artichoke Syrup

☐ Liquid Smoke gluten free
(natural)

☐ Just Like Sugar®

☐ Lo Han

<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cramp Bark Extract
<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Allspice	<input type="checkbox"/> Cream of Tartar
<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Cumin
<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Anise	<input type="checkbox"/> Curcumin
<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Curry (must be GF)
<input type="checkbox"/> Molasses	<input type="checkbox"/> Astragalus	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Basil	<input type="checkbox"/> Dill
<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Dong Quai
<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Echinacea
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Fennel
<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garlic
<input type="checkbox"/> Splenda	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic Pepper
<input type="checkbox"/> Sucanat	<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Powder
<input type="checkbox"/> Sucralose	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Garlic Salt
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Ginger
<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Chipotle Seasoning	<input type="checkbox"/> Ginkgo Biloba
<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)
<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Goldenseal
<input type="checkbox"/> Tapioca Dextrose	<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapefruit Seed Extract
<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)	<input type="checkbox"/> Cloves	<input type="checkbox"/> Grapeseed Extract
<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Guarana
	<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Gymnema Silvestre

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| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Hickory | <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Oregano | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Paprika | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Sumac |
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Parsley | <input type="checkbox"/> Taco Seasoning |
| <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Sichuan | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper, Szechuan | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Pepper/Peppercorns | <input type="checkbox"/> Uva Ursi |
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Peppermint | <input type="checkbox"/> Valerian |
| <input type="checkbox"/> Mesquite | <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> Vanilla (gluten and corn-free) |
| <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> Vanilla Bean |
| <input type="checkbox"/> Mint | <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Vanilla Powder |
| <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Rose Hips | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Wintergreen |
| <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Saffron | <input type="checkbox"/> Wormwood |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sage | |
| <input type="checkbox"/> Onion | <input type="checkbox"/> Saw Plametto | |
| <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Sesame Seeds | |

<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey
<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Raw and Pasture-raised	
<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Romano	<input type="checkbox"/> Bean, Azuki
<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Bean, Black
<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Bean, Butter
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Fava Bean

<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Millet
<input type="checkbox"/> Miso	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Oats (Certified GF)
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Flour (gluten free)
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Potato Starch (gluten free)
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> ProGranola (Julian Bakery)
<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice Bran
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice Flour (gluten free)
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Basmati (gluten free)
<input type="checkbox"/> White Beans	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Black (gluten free)
	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Brown (gluten free)
	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Japonica (gluten free)
	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Purple (gluten free)
	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Red (gluten free)
	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice, White (gluten free)

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| <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Bran | <input type="checkbox"/> Semolina |
| <input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker | <input type="checkbox"/> Bread | <input type="checkbox"/> Soy Sauce |
| <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Spelt |
| <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers | <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Teechino |
| <input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers | <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Teriyaki Sauce |
| <input type="checkbox"/> Sorghum | <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Triticale |
| <input type="checkbox"/> Sweet Potato Flour (gluten free) | <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Tapioca | <input type="checkbox"/> Couscous | <input type="checkbox"/> Vinegar, Malt |
| <input type="checkbox"/> Tapioca Flour (gluten free) | <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Vinegar, White |
| <input type="checkbox"/> Tapioca Starch (gluten free) | <input type="checkbox"/> Durum Wheat | <input type="checkbox"/> Wheat (All Types) |
| <input type="checkbox"/> Teff | <input type="checkbox"/> Farro | <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated) |
| <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta | <input type="checkbox"/> Gluten | |
| <input type="checkbox"/> Tolerant Red or Green Lentil Pasta | <input type="checkbox"/> Graham (wheat) | <input type="checkbox"/> Corn-Derived Foods |
| <input type="checkbox"/> Tortilla, Siete Almond | <input type="checkbox"/> Kamut | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy |
| <input type="checkbox"/> Tortilla, Siete Cassava & Coconut | <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Cheese, Cream |
| <input type="checkbox"/> Tortilla, Siete Chia & Cassava | <input type="checkbox"/> Malt | <input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, etc.) |
| | <input type="checkbox"/> Maltodextrin (Barley-derived) | <input type="checkbox"/> Cheese, Soy (Organic) (see Soy) |
| <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Oats (Can be contaminated with gluten) | <input type="checkbox"/> Chewing Gum (has gluten and corn) |
| <input type="checkbox"/> Barley | <input type="checkbox"/> Orzo | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) |
| <input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive) | <input type="checkbox"/> Panko | <input type="checkbox"/> Corn Gluten |
| <input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive) | <input type="checkbox"/> Polish Wheat | <input type="checkbox"/> Corn Meal (gluten free) |
| <input type="checkbox"/> Beer | <input type="checkbox"/> Rye | <input type="checkbox"/> Corn Oil |

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| <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Tea, Chamomile |
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Tea, Green |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Tea, Hibiscus |
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Tea, Oolong |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Green Tea | <input type="checkbox"/> Tea, Ramon |
| <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Tea, Roobios |
| <input type="checkbox"/> Sriracha Sauce Organicville gluten-free | <input type="checkbox"/> Komboucha Tea | <input type="checkbox"/> Tea, unflavored/caffeine-free only |
| <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Tea, White |
| <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Teechino |
| <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Water |
| <input type="checkbox"/> Yogurt (See Xanthan Gum) | <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Wine, Red |
| | <input type="checkbox"/> Milk, Goat | <input type="checkbox"/> Wine, White (Champagne) |
| <input type="checkbox"/> Beverages & Protein Powders | <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> Yerba Matte Tea (Organic/Pure) |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) | <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Zevia Drinks |
| <input type="checkbox"/> Beer | <input type="checkbox"/> Mineral Water | |
| <input type="checkbox"/> Bone Broth Protein, Beef | <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Miscellaneous |
| <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Acacia Gum |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Agar Gum |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Soy Milk/Soy Cheese (Organic) | <input type="checkbox"/> Arabic Gum |
| <input type="checkbox"/> Coconut Water (low sugar) | <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Baking Powder |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Sparkling Water, unflavored | <input type="checkbox"/> Baking Soda (Arm & Hammer®) |
| <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Tea, Black | <input type="checkbox"/> Beef broth (Imagine® low sodium/GF) |

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| <input type="checkbox"/> Blue Food Dye | <input type="checkbox"/> Julian Bakery Paleo Wraps | <input type="checkbox"/> Tofu (Organic) |
| <input type="checkbox"/> Bone Broth, Beef | <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |
| <input type="checkbox"/> Carrageenan Gum | <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Latex | <input type="checkbox"/> Tragacanth Gum |
| <input type="checkbox"/> Chewing Gum, Xylitew® | <input type="checkbox"/> Liquid Aminos (Brags®)(has Soy) | <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium) |
| <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium) | <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Lycopene | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Cocoa Butter | <input type="checkbox"/> Malt | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened) | <input type="checkbox"/> Maltodextrin (Barley-derived) | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Coconut Aminos® | <input type="checkbox"/> Modified Food Starch | <input type="checkbox"/> Vinegar, White Wine |
| <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Modified Food Starch (Tapioca-based) | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Palm Wax | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Formaldehyde | <input type="checkbox"/> Pycnogenol | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.) | <input type="checkbox"/> Red Food Dye | |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Great Lake's® Beef Gelatin | <input type="checkbox"/> Resveratrol | <input type="checkbox"/> Date(s) |
| <input type="checkbox"/> Guar Gum | <input type="checkbox"/> Rice Starch (if certified gluten free) | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Hops | <input type="checkbox"/> Sherry Vinegar | |
| <input type="checkbox"/> Inulin | <input type="checkbox"/> Silver | |
| <input type="checkbox"/> Julian Bakery Almond Bread | <input type="checkbox"/> Skinny Crisps®(Plain Jane) | |
| <input type="checkbox"/> Julian Bakery Coconut Bread | <input type="checkbox"/> Tamari (Wheat Free) | |