

☐ **Beverages & Protein Powders**

- ☐ Almond Milk, unsweetened (no tapioca)
- ☐ Apple Juice
- ☐ Beer
- ☐ Bone Broth Protein, Beef
- ☐ Carrot Juice
- ☐ Coconut Kefir (No Tapioca, Carageenan)
- ☐ Coconut Milk(Native Forest or Natural Value)
- ☐ Coconut Water (low sugar)
- ☐ Coffee
- ☐ Coffee Bean, Organic
- ☐ Coffee, Instant (has gluten)
- ☐ Collagen Protein (Powder)
- ☐ Echinacea Tea
- ☐ Grapefruit Juice
- ☐ Green Tea
- ☐ Hemp Protein (Powder)
- ☐ Komboucha Tea
- ☐ Lemon Juice
- ☐ Licorice Tea
- ☐ Lime Juice
- ☐ Milk, Cow

- ☐ Milk, Goat
- ☐ Milk, Sheep
- ☐ Milk, Soy (Organic)
- ☐ Mineral Water
- ☐ Orange Juice
- ☐ Pea Protein
- ☐ Rice Protein Powder (gluten free)
- ☐ Soy Milk/Soy Cheese (Organic)
- ☐ Soy Protein (Organic)
- ☐ Sparkling Water, unflavored
- ☐ Tea, Black
- ☐ Tea, Chamomile
- ☐ Tea, Green
- ☐ Tea, Hibiscus
- ☐ Tea, Oolong
- ☐ Tea, Ramon
- ☐ Tea, Roobios
- ☐ Tea, unflavored/caffeine-free only
- ☐ Tea, White
- ☐ Teechino
- ☐ Water
- ☐ Wine, Red

- ☐ Wine, White (Champagne)
- ☐ Yerba Matte Tea (Organic/Pure)
- ☐ Zevia Drinks

☐ **Condiments**

- ☐ Apple Cider Vinegar (Bragg's®)
- ☐ Balsamic Vinegar (Caramel/Red W. Vinegar)
- ☐ Balsamic Vinegar (with Red Wine Vinegar)
- ☐ Balsamic Vinegar MiaBella NoCaramel/WineVinegar)
- ☐ Barbeque Sauce, GF Annie's® Sweet & Spicy
- ☐ BodyPro Almond Mayo Grade B Maple Syrup
- ☐ BodyPro Almond Mayo with Yacon Syrup
- ☐ BodyPro Avocado Oil Mayonnaise
- ☐ Carob
- ☐ Coconut Vinegar (Coconut Secret)
- ☐ Dressing, Primal Kitchen Greek Avocado Oil
- ☐ Dressing, Primal Kitchen Honey Mustard
- ☐ Earth Balance® Avocado Oil Butter Spread
- ☐ Earth Balance® Coconut Spread
- ☐ Harissa
- ☐ Horseradish Sauce, Gluten-free (Annie's®)
- ☐ Hummus

<input type="checkbox"/> Ketchup (Organicville)	<input type="checkbox"/> <b>Corn-Derived Foods</b>	<input type="checkbox"/> <b>Fish &amp; Shellfish</b>
<input type="checkbox"/> Mayonnaise	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Anchovy
<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Bass
<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, &....)	<input type="checkbox"/> Catfish
<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Chilean Sea Bass
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Corvina
<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Crayfish
<input type="checkbox"/> Ume Plum Vinegar	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Flounder
<input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®)	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Hake
<input type="checkbox"/> Vinegar	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Halibut
<input type="checkbox"/> Vinegar, Beet	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Herring
<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Mahi Mahi
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Fructose	<input type="checkbox"/> Mussel
<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Octopus
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Orange Roughy
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Oyster
<input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)	<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Perch
	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Red Snapper
	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Sardines
	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Squid

<input type="checkbox"/>	Swai	<input type="checkbox"/>	Cranberry Juice	<input type="checkbox"/>	Lemon
<input type="checkbox"/>	Tilapia (Non-farmed)	<input type="checkbox"/>	Currant	<input type="checkbox"/>	Lemon Juice
<input type="checkbox"/>	Trout	<input type="checkbox"/>	Date(s)	<input type="checkbox"/>	Lemon Rind/Peel
<input type="checkbox"/>	Walleye Pike	<input type="checkbox"/>	Dragon Fruit (Pitaya)	<input type="checkbox"/>	Lime
<input type="checkbox"/>	Whitefish/Turbot	<input type="checkbox"/>	Dried Fruit	<input type="checkbox"/>	Lime Juice
<input type="checkbox"/>		<input type="checkbox"/>	Elderberry	<input type="checkbox"/>	Litchi (aka Lychee)
<input type="checkbox"/>	Fruits	<input type="checkbox"/>	Fig	<input type="checkbox"/>	Loganberry
<input type="checkbox"/>	Acai	<input type="checkbox"/>	Goji Berry	<input type="checkbox"/>	Loquat
<input type="checkbox"/>	Apple (all types)	<input type="checkbox"/>	Golden Berry	<input type="checkbox"/>	Mango
<input type="checkbox"/>	Apple Cider	<input type="checkbox"/>	Gooseberry	<input type="checkbox"/>	Mangosteen
<input type="checkbox"/>	Apple Juice	<input type="checkbox"/>	Grape	<input type="checkbox"/>	Maqui
<input type="checkbox"/>	Apple Sauce	<input type="checkbox"/>	Grape, Green	<input type="checkbox"/>	Melon, Honeydew
<input type="checkbox"/>	Apricot	<input type="checkbox"/>	Grape, Purple	<input type="checkbox"/>	Monk Fruit (Pure)
<input type="checkbox"/>	Banana	<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"/>	Blackberry	<input type="checkbox"/>	Grapefruit	<input type="checkbox"/>	Noni
<input type="checkbox"/>	Blueberry	<input type="checkbox"/>	Grapefruit Juice	<input type="checkbox"/>	Orange
<input type="checkbox"/>	Boysenberry	<input type="checkbox"/>	Guava	<input type="checkbox"/>	Orange Juice
<input type="checkbox"/>	Cantaloupe	<input type="checkbox"/>	Huckleberry	<input type="checkbox"/>	Orange Peel/Rind
<input type="checkbox"/>	Cherry	<input type="checkbox"/>	Jack fruit	<input type="checkbox"/>	Orange, Blood
<input type="checkbox"/>	Clementine	<input type="checkbox"/>	Kiwi	<input type="checkbox"/>	Papaya
<input type="checkbox"/>	Cranberry	<input type="checkbox"/>	Kumquat	<input type="checkbox"/>	Passion Fruit

<input type="checkbox"/> Peach	<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Oats (Can be contaminated with gluten)
<input type="checkbox"/> Pear	<input type="checkbox"/> Barley	<input type="checkbox"/> Orzo
<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive)	<input type="checkbox"/> Panko
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive)	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Beer	<input type="checkbox"/> Rye
<input type="checkbox"/> Plantain	<input type="checkbox"/> Bran	<input type="checkbox"/> Semolina
<input type="checkbox"/> Plum	<input type="checkbox"/> Bread	<input type="checkbox"/> Soy Sauce
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Spelt
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Teechino
<input type="checkbox"/> Prune	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Quince	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Triticale
<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Couscous	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Strawberry	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Wheat (All Types)
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)
<input type="checkbox"/> Tangelo	<input type="checkbox"/> Gluten	
<input type="checkbox"/> Tangerine	<input type="checkbox"/> Graham (wheat)	
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Kamut	
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Liquid Smoke (can have gluten)	
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Malt	
	<input type="checkbox"/> Maltodextrin (Barley-derived)	

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

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

<input type="checkbox"/> Onion	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Azuki
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Shallots	<input type="checkbox"/> Bean, Black
<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Spearmint	<input type="checkbox"/> Bean, Butter
<input type="checkbox"/> Oregano	<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Paprika	<input type="checkbox"/> Sumac	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Parsley	<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Tarragon	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Saffron	<input type="checkbox"/> Wormwood	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Sage		<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Saw Plametto		<input type="checkbox"/> Garbanzo Flour

<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Mozzarella (Raw)
<input type="checkbox"/> Miso	<input type="checkbox"/> Quail	<input type="checkbox"/> Cheese, Muenster
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Cheese, Parmesan
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> Pea, Split		<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> White Beans	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Cream, Raw and Unpasteurized
	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Duck	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Milk, Goat



<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Maltodextrin (Barley-derived)
<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Modified Food Starch
<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Modified Food Starch (Tapioca-based)
<input type="checkbox"/> Whey	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Pycnogenol
	<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Red Food Dye
<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Mango/Chi.)	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Tomato)	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice Starch (if certified gluten free)
<input type="checkbox"/> Antimony	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Silver
<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Hops	<input type="checkbox"/> Skinny Crisps®®(Plain Jane)
<input type="checkbox"/> Baking Soda (Arm & Hammer®®)	<input type="checkbox"/> Inulin	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Beef broth (Imagine®® low sodium/GF)	<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tragacanth Gum
<input type="checkbox"/> Chewing Gum, Xylitechew®®	<input type="checkbox"/> Latex	<input type="checkbox"/> Vegetable broth (Imagine®® Low Sodium)
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Liquid Aminos (Braggs®®)(has Soy)	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> Vegetable Shortening (Spectrum®®)
<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Lycopene	<input type="checkbox"/> Vinegar, Red Wine
<input type="checkbox"/> Coconut Aminos®®	<input type="checkbox"/> Malt	<input type="checkbox"/> Vinegar, Rice

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Vinegar, White Wine                          | <input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b> | <input type="checkbox"/> Flax Meal              |
| <input type="checkbox"/> Xanthan Gum                                  | <input type="checkbox"/> Almond                                | <input type="checkbox"/> Flax Oil               |
| <input type="checkbox"/> Yeast, Baker's                               | <input type="checkbox"/> Almond Butter (Artisana®)             | <input type="checkbox"/> Flax Seed              |
| <input type="checkbox"/> Yeast, Brewer's                              | <input type="checkbox"/> Almond Flavor natural, gluten free)   | <input type="checkbox"/> Grapeseed Oil, Organic |
| <input type="checkbox"/> Yeast, Nutritional                           | <input type="checkbox"/> Almond Flour (gluten free)            | <input type="checkbox"/> Hazelnut Flour         |
|   | <input type="checkbox"/> Almond Meal (gluten free)             | <input type="checkbox"/> Hazelnut/Filbert       |
| <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>                  | <input type="checkbox"/> Almond, Marcona                       | <input type="checkbox"/> Hemp Meal              |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)        | <input type="checkbox"/> Annatto Seed                          | <input type="checkbox"/> Hemp Protein (Powder)  |
| <input type="checkbox"/> Almond Yogurt, unsweetened                   | <input type="checkbox"/> Brazil Nut                            | <input type="checkbox"/> Hemp Seed              |
| <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise               | <input type="checkbox"/> Canola/Rapeseed Oil                   | <input type="checkbox"/> Hydrogenated Oils      |
| <input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,Â....)  | <input type="checkbox"/> Caraway Seed                          | <input type="checkbox"/> Macadamia Nut Oil      |
| <input type="checkbox"/> Cheese, Soy (Organic) (see Soy)              | <input type="checkbox"/> Cashew Butter                         | <input type="checkbox"/> Macadamia Nuts         |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)       | <input type="checkbox"/> Cashew Meal                           | <input type="checkbox"/> Olive Leaf Extract     |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Cashews                               | <input type="checkbox"/> Olive Oil, Virgin      |
| <input type="checkbox"/> Egg, Pasture-raised (from a farmer)          | <input type="checkbox"/> Chestnut                              | <input type="checkbox"/> Palm Kernel Oil        |
| <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®          | <input type="checkbox"/> Chia Seed (1/4 cup, max)              | <input type="checkbox"/> Pecan                  |
| <input type="checkbox"/> Egg, Whites, Pasture-raised                  | <input type="checkbox"/> Coconut Butter                        | <input type="checkbox"/> Pecan Flour            |
| <input type="checkbox"/> Egg, Yolks Pasture-raised                    | <input type="checkbox"/> Coconut Oil                           | <input type="checkbox"/> Pepitas                |
| <input type="checkbox"/> Milk, Soy (Organic)                          | <input type="checkbox"/> Coconut, shredded (raw, unsweetened)  | <input type="checkbox"/> Pili Nuts              |
| <input type="checkbox"/> Modified Food Starch                         | <input type="checkbox"/> Cola Nut (aka Kola Nut)               | <input type="checkbox"/> Pine Nut               |
| <input type="checkbox"/> Paleo Cheese (Julianbakery.com or            | <input type="checkbox"/> Corn Oil                              | <input type="checkbox"/> Pistachios             |
|   | <input type="checkbox"/> Cottonseed/Cottonseed Oil             | <input type="checkbox"/> Poppy seeds            |

<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Honey, (Organic)
<input type="checkbox"/> Pumpkin Oil		<input type="checkbox"/> Honey, Manuka
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Snacks	<input type="checkbox"/> Honey, Wildflower from Mahava®
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Jerusalem Artichoke Syrup
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Just Like Sugar®
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Simple Mills Chocolate Chip Cookies	<input type="checkbox"/> Lo Han
<input type="checkbox"/> Sacha Inchi Seeds		<input type="checkbox"/> Maltitol
<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Maltodextrin (Barley-derived)
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Maltodextrin (Tapioca-based)
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Maple Sugar
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Molasses
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Monk Fruit (Pure)
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Monk Fruit Extract
<input type="checkbox"/> Tahini	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Nutrasweet®
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Rebiana Leaf (Stevia)
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Sorbitol
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Splenda
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Sucanat
<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Fructose	<input type="checkbox"/> Sucralose
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Sugar Beet

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|---|---|--|
| <input type="checkbox"/> Sugar Cane                               | <input type="checkbox"/> Bell Pepper, Green                   | <input type="checkbox"/> Cassava (see Tapioca and Yucca) |
| <input type="checkbox"/> Sweetleaf® Stevia                        | <input type="checkbox"/> Bell Pepper, Orange                  | <input type="checkbox"/> Cauliflower                     |
| <input type="checkbox"/> Swerve® Xylitol                          | <input type="checkbox"/> Bell Pepper, Red                     | <input type="checkbox"/> Cauliflower, Purple             |
| <input type="checkbox"/> Tapioca Dextrose                         | <input type="checkbox"/> Bell Pepper, Yellow                  | <input type="checkbox"/> Celery                          |
| <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source) | <input type="checkbox"/> Bok Choy                             | <input type="checkbox"/> Chard                           |
| <input type="checkbox"/> Yacon Syrup                              | <input type="checkbox"/> Broccoli                             | <input type="checkbox"/> Chayote                         |
|   | <input type="checkbox"/> Broccoli Rabe                        | <input type="checkbox"/> Chives                          |
| <input type="checkbox"/> <b>Vegetables</b>                        | <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"/> Horseradish	<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Sweet
<input type="checkbox"/> Jicama	<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, White
<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Potato, Yukon Gold
<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Kombu	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Leeks	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Radish
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rhubarb
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pepper, JalapeÃ±o	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Scallions
<input type="checkbox"/> Nori	<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

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|---|---|
| <input type="checkbox"/> Squash, Green                        | <input type="checkbox"/> Turnip Greens  |
| <input type="checkbox"/> Squash, Spaghetti                    | <input type="checkbox"/> Turnips        |
| <input type="checkbox"/> Squash, Summer                       | <input type="checkbox"/> Water Chestnut |
| <input type="checkbox"/> Squash, Winter                       | <input type="checkbox"/> Watercress     |
| <input type="checkbox"/> Squash, Yellow                       | <input type="checkbox"/> Yams, Garnett  |
| <input type="checkbox"/> Sugar Beet                           | <input type="checkbox"/> Yams, Japanese |
| <input type="checkbox"/> Sweet Potato, Red                    | <input type="checkbox"/> Yucca          |
| <input type="checkbox"/> Sweet Potatoes, White                | <input type="checkbox"/> Zucchini       |
| <input type="checkbox"/> Swiss Chard                          |   |
| <input type="checkbox"/> Tomatillo                            |   |
| <input type="checkbox"/> Tomato                               |   |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |   |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |   |
| <input type="checkbox"/> Tomato, Cherry                       |   |
| <input type="checkbox"/> Tomato, Heirloom                     |   |
| <input type="checkbox"/> Tomato, Orange                       |   |
| <input type="checkbox"/> Tomato, Red                          |   |
| <input type="checkbox"/> Tomato, Roma                         |   |
| <input type="checkbox"/> Tomato, Sun-dried                    |   |
| <input type="checkbox"/> Tomato, Yellow                       |   |
| <input type="checkbox"/> Tomatoes, Big Beef                   |   |
| <input type="checkbox"/> Truffle                              |   |