

<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Ketchup (Organicville)
<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Mayonnaise
<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Mustard, Brown (EdenÂ® gf mustard)
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Sauerkraut (BubbiesÂ® Brand only)
<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Water	<input type="checkbox"/> Ume Plum Vinegar
<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> Veganaise Soy-free (Follow Your
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Vinegar, Distilled
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Echinacea Tea		<input type="checkbox"/> Vinegar, Red Wine
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> <b>Condiments</b>	<input type="checkbox"/> Vinegar, Rice
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Apple Cider Vinegar (Bragg'sÂ®)	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Balsamic Vinegar MiaBella	<input type="checkbox"/> Vinegar, White Wine
<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Balsamic Vinegar (with Red Wine	<input type="checkbox"/> Worcestershire Sauce (The
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Balsamic Vinegar (Caramel/Red W.	<input type="checkbox"/> Sriracha Sauce Organicville
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Barbeque Sauce, GF Annie'sÂ®	<input type="checkbox"/> Tabasco Sauce
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Carob	<input type="checkbox"/> Dressing, Primal Kitchen Greek
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Dressing, Primal Kitchen Honey
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Earth BalanceÂ® Coconut Spread	<input type="checkbox"/> Mayonnaise, Primal Kitchen
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Earth BalanceÂ® Avocado Oil Butter	<input type="checkbox"/> Mayonnaise, Primal Kitchen
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Horseradish Sauce, Gluten-free	<input type="checkbox"/> BodyPro Almond Mayo Grade B
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Hummus	<input type="checkbox"/> BodyPro Almond Mayo with Yacon

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| <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise    | <input type="checkbox"/> <b>Fish &amp; Shellfish</b> | <input type="checkbox"/> Red Snapper          |
|  | <input type="checkbox"/> Anchovy                     | <input type="checkbox"/> Salmon, wild (fresh) |
| <input type="checkbox"/> <b>Corn-Derived Foods</b>         | <input type="checkbox"/> Bass                        | <input type="checkbox"/> Sardines             |
| <input type="checkbox"/> Barbeque Sauce, GF Annie's®       | <input type="checkbox"/> Catfish                     | <input type="checkbox"/> Scallop              |
| <input type="checkbox"/> Cheese, Daiya                     | <input type="checkbox"/> Chilean Sea Bass            | <input type="checkbox"/> Shrimp               |
| <input type="checkbox"/> Cheese, Soy (Organic) (see Soy)   | <input type="checkbox"/> Clam                        | <input type="checkbox"/> Sole                 |
| <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Cod/ Cod Liver Oil          | <input type="checkbox"/> Squid                |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO)      | <input type="checkbox"/> Corvina                     | <input type="checkbox"/> Swai                 |
| <input type="checkbox"/> Corn, Blue                        | <input type="checkbox"/> Crab                        | <input type="checkbox"/> Swordfish            |
| <input type="checkbox"/> Corn, White                       | <input type="checkbox"/> Crayfish                    | <input type="checkbox"/> Tilapia (Non-farmed) |
| <input type="checkbox"/> Corn Gluten                       | <input type="checkbox"/> Flounder                    | <input type="checkbox"/> Trout                |
| <input type="checkbox"/> Corn Meal (gluten free)           | <input type="checkbox"/> Haddock                     | <input type="checkbox"/> Tuna                 |
| <input type="checkbox"/> Corn Oil                          | <input type="checkbox"/> Hake                        | <input type="checkbox"/> Walleye Pike         |
| <input type="checkbox"/> Corn Starch (gluten free)         | <input type="checkbox"/> Halibut                     | <input type="checkbox"/> Whitefish/Turbot     |
| <input type="checkbox"/> Erythritol (non-GMO)              | <input type="checkbox"/> Herring                     | <input type="checkbox"/> Crab, Immitation     |
| <input type="checkbox"/> Fructose                          | <input type="checkbox"/> Lobster                     |   |
| <input type="checkbox"/> GemWraps®, Sandwich Wrap          | <input type="checkbox"/> Mackerel                    | <input type="checkbox"/> <b>Fruits</b>        |
| <input type="checkbox"/> Maltodextrin (Corn-based,         | <input type="checkbox"/> Mahi Mahi                   | <input type="checkbox"/> Acai                 |
| <input type="checkbox"/> Swerve® Xylitol                   | <input type="checkbox"/> Mussel                      | <input type="checkbox"/> Apple (all types)    |
| <input type="checkbox"/> Vegetable Oil                     | <input type="checkbox"/> Orange Roughy               | <input type="checkbox"/> Apple Cider          |
| <input type="checkbox"/> Xanthan Gum                       | <input type="checkbox"/> Oyster                      | <input type="checkbox"/> Apple Juice          |
| <input type="checkbox"/> Sriracha Sauce Organicville       | <input type="checkbox"/> Perch                       | <input type="checkbox"/> Bilberry             |

<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Papaya
<input type="checkbox"/> Blueberry	<input type="checkbox"/> Guava	<input type="checkbox"/> Passion Fruit
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Peach
<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Pear
<input type="checkbox"/> Cherry	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Pear, Asian
<input type="checkbox"/> Clementine	<input type="checkbox"/> Kumquat	<input type="checkbox"/> Persimmons
<input type="checkbox"/> Cranberry	<input type="checkbox"/> Lemon	<input type="checkbox"/> Plantain
<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Plum
<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Pomegranate
<input type="checkbox"/> Date(s)	<input type="checkbox"/> Lime	<input type="checkbox"/> Pomelo
<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Prune
<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Quince
<input type="checkbox"/> Elderberry	<input type="checkbox"/> Loganberry	<input type="checkbox"/> Raisin (unsulfured, organic)
<input type="checkbox"/> Fig	<input type="checkbox"/> Loquat	<input type="checkbox"/> Raspberry
<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Mango	<input type="checkbox"/> Star Fruit
<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Tamarind
<input type="checkbox"/> Grape	<input type="checkbox"/> Maqui	<input type="checkbox"/> Tangerine
<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Watermelon
<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Wolfberry
<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Mulberry	<input type="checkbox"/> Youngberry
<input type="checkbox"/> Grape, White	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Banana
<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Noni	<input type="checkbox"/> Apricot

<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Rye	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Bran	<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Bread	<input type="checkbox"/> Spelt	<input type="checkbox"/> <b>Ener-G Brown Rice Yeast-Free</b>
<input type="checkbox"/> Brown Rice Syrup (contains	<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Triticale	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> <b>Vinegar</b>	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> <b>Vinegar, Malt</b>	<input type="checkbox"/> Glucomannon Flour
<input type="checkbox"/> Couscous	<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat Grass (Is	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Gluten	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Kamut	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Millet
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Oats
<input type="checkbox"/> <b>Malt</b>	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free
<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Oat Grass (Not For Gluten
<input type="checkbox"/> Oats	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Flour (gluten free)
<input type="checkbox"/> Orzo	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Potato Starch (gluten free)
<input type="checkbox"/> Panko	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa (gluten free)
		<input type="checkbox"/> Quinoa, Black (gluten free)

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| <input type="checkbox"/> Quinoa, Red (gluten free)          | <input type="checkbox"/> Tolerant Red or Green Lentil Pasta  | <input type="checkbox"/> Chicory Root       |
| <input type="checkbox"/> Rice, Basmati (gluten free)        | <input type="checkbox"/> Tortilla, Siete Almond              | <input type="checkbox"/> Chili Powder       |
| <input type="checkbox"/> Rice, Black (gluten free)          | <input type="checkbox"/> Tortilla, Siete Cassava & Coconut   | <input type="checkbox"/> Chipotle Seasoning |
| <input type="checkbox"/> Rice, Brown (gluten free)          | <input type="checkbox"/> Tortilla, Siete Chia & Cassava      | <input type="checkbox"/> Cilantro/Coriander |
| <input type="checkbox"/> Rice, Japonica (gluten free)       | <input type="checkbox"/> Simple Mills                        | <input type="checkbox"/> Cinnamon           |
| <input type="checkbox"/> Rice, Purple (gluten free)         | <input type="checkbox"/> Corn Meal (gluten free)             | <input type="checkbox"/> Cinnamon, Ceylon   |
| <input type="checkbox"/> Rice, Red (gluten free)            | <input type="checkbox"/> Coconut Flour (gluten free)         | <input type="checkbox"/> Cloves             |
| <input type="checkbox"/> Rice, White (gluten free)          | <input type="checkbox"/> Arrowroot Flour/powder              | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Rice, Wild (Lundberg® - not the    |  | <input type="checkbox"/> Cloves, Penang     |
| <input type="checkbox"/> Rice Bran                          | <input type="checkbox"/> Herbs & Spices                      | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Rice Flour (gluten free)           | <input type="checkbox"/> Allspice                            | <input type="checkbox"/> Cream of Tartar    |
| <input type="checkbox"/> Rice Protein Powder (gluten free)  | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Cumin              |
| <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond  | <input type="checkbox"/> Anise                               | <input type="checkbox"/> Curcumin           |
| <input type="checkbox"/> Simple Mills Rosemary & Sea Salt   | <input type="checkbox"/> Ashwaganda                          | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Simple Mills Tomato & Basil Almond | <input type="checkbox"/> Astragalus                          | <input type="checkbox"/> Dandelion Root     |
| <input type="checkbox"/> Sorghum                            | <input type="checkbox"/> Basil                               | <input type="checkbox"/> Dill               |
| <input type="checkbox"/> Sweet Potato Flour (gluten free)   | <input type="checkbox"/> Bay Leaf                            | <input type="checkbox"/> Dong Quai          |
| <input type="checkbox"/> Tapioca                            | <input type="checkbox"/> Black Cohosh                        | <input type="checkbox"/> Echinacea          |
| <input type="checkbox"/> Tapioca Flour (gluten free)        | <input type="checkbox"/> Caramel Coloring                    | <input type="checkbox"/> Fennel             |
| <input type="checkbox"/> Tapioca Starch (gluten free)       | <input type="checkbox"/> Caraway Seed                        | <input type="checkbox"/> Garlic             |
| <input type="checkbox"/> Teff                               | <input type="checkbox"/> Cardamom                            | <input type="checkbox"/> Garlic Pepper      |
| <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta  | <input type="checkbox"/> Celery Powder                       | <input type="checkbox"/> Garlic Powder      |

<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Sage
<input type="checkbox"/> Ginger	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Saw Plametto
<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mesquite	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Mint	<input type="checkbox"/> Spearmint
<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> St. John's Wort
<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Taco Seasoning
<input type="checkbox"/> Guarana	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Tarragon
<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Thyme
<input type="checkbox"/> Hickory	<input type="checkbox"/> Oregano	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Parsley	<input type="checkbox"/> Turmeric
<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon	<input type="checkbox"/> Uva Ursi
<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Valerian
<input type="checkbox"/> Lavender	<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Vanilla (gluten and corn-free)
<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Peppermint	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> White Willow Bark Extract
<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Red Chili Paste Thai Kitchen®	<input type="checkbox"/> Wintergreen
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Rosemary	<input type="checkbox"/> Pepper, Sichuan
<input type="checkbox"/> Maca Root	<input type="checkbox"/> Saffron	<input type="checkbox"/> Pepper, Szechuan

<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> <b>Meat &amp; Poultry</b>
<input type="checkbox"/> Onion	<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Shallots	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Applegate® organic black forest
<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> Paprika	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Applegate® organic ham
	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Applegate® organic herb roasted
<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Miso	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Applegate® organic andouille
<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Applegate® organic red pepper
<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Applegate® organic smoked
<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Applegate® organic smoked turkey
<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Peanut Butter (Organic,	<input type="checkbox"/> Applegate® organic turkey
<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Applegate® organic turkey bacon
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Duck
<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Bean, Navy/Ninja	<input type="checkbox"/> White Beans	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Bean, Red (see also Bean, Kidney)		<input type="checkbox"/> Pheasant
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)		<input type="checkbox"/> Pork, (organic)

<input type="checkbox"/> Quail	<input type="checkbox"/> GemWraps®®, Sandwich Wrap	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Rabbit	<input type="checkbox"/> GemWraps®®, Sandwich Wrap	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> GemWraps®®, Sandwich Wrap	<input type="checkbox"/> Silver
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> GemWraps®®, Sandwich Wrap	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tomato Paste (gluten &
<input type="checkbox"/> Antimony	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Tomato Sauce (gluten &
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Hops	<input type="checkbox"/> Vegetable broth (Imagine® Low
<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Beef broth (Imagine® low	<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Vinegar, Red Wine
<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Vinegar, Rice
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Vinegar, White Wine
<input type="checkbox"/> Chewing Gum, Xylite®	<input type="checkbox"/> Liquid Aminos (Bragg's®)(has Soy)	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> Yeast, Baker's
<input type="checkbox"/> Cocoa/Cacao (raw, pure, &	<input type="checkbox"/> Lycopene	<input type="checkbox"/> Yeast, Brewer's
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Malt	<input type="checkbox"/> Yeast, Nutritional
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Latex
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Acacia Gum
	<input type="checkbox"/> Red Chili Paste Thai Kitchen®	<input type="checkbox"/> Tragacanth Gum
	<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Blue Food Dye



<input type="checkbox"/> Skinny Crisps®(Plain Jane)	<input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b>	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Almond	<input type="checkbox"/> Flax Oil
<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Flax Seed
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Grapeseed Oil, Organic
	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Cheese, Daiya	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Macadamia Nut Oil
<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Cashews	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Egg, Vital Farms® or Pasture	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Chestnut	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Pecan
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pecan Flour
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pepitas
	<input type="checkbox"/> Coconut, shredded (raw,	<input type="checkbox"/> Pili Nuts
	<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Pine Nut
	<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"/> Molasses
<input type="checkbox"/> Pumpkin Oil		<input type="checkbox"/> Monk Fruit
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Snacks	<input type="checkbox"/> Nutrasweet®
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Rebiana Leaf (Stevia)
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Simple Mills Chocolate Chip	<input type="checkbox"/> Sorbitol
<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Splenda
<input type="checkbox"/> Safflower/Safflower Seed Oil		<input type="checkbox"/> Sucanat
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Sugar Cane
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Brown Rice Syrup (contains	<input type="checkbox"/> Sweetleaf® Stevia
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Swerve® Xylitol
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Yacon Syrup
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> BodyPro Almond Mayo Grade B
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Fructose	<input type="checkbox"/> Sucralose
<input type="checkbox"/> Tahini	<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Agave Nectar
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Coconut Sugar
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Lo Han	
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Maltodextrin (Can be	
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Maltodextrin (Corn-based,	
<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Maple Sugar	
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber	

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

<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Nori	<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Okra	<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Squash, Summer
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, White	<input type="checkbox"/> Squash, Yellow
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Sweet Potato, Red
<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Sweet Potatoes, White
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radish	<input type="checkbox"/> Tomato Paste (gluten &
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomato Sauce (gluten &
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomatoes, Big Beef
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tomato, Cherry
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Scallions	<input type="checkbox"/> Tomato, Heirloom
<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Tomato, Orange
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Seaweed	<input type="checkbox"/> Tomato, Red
<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Spirulina	<input type="checkbox"/> Tomato, Roma
<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Squash	<input type="checkbox"/> Tomato, Sun-dried
<input type="checkbox"/> Pimento	<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Tomato, Yellow
<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Truffle

- ☐ Turnip Greens
- ☐ Turnips
- ☐ Water Chestnut
- ☐ Watercress
- ☐ Yams, Garnett
- ☐ Yams, Japanese
- ☐ Yucca
- ☐ Zucchini
- ☐ Alfalfa Sprouts
- ☐ Psyllium Husk
- ☐ Onion, Green
- ☐ Onion, Maui
- ☐ Onion, Red
- ☐ Onion, Sweet
- ☐ Onion, Yellow
- ☐ Chives
- ☐ Shallots
- ☐ Bell Pepper
- ☐ Bell Pepper, Yellow
- ☐ Bell Pepper, Orange