

- | | | |
|--|---|---|
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Carrot, Orange | <input type="checkbox"/> Endive |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Carrot, Purple | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Carrot, White | <input type="checkbox"/> Hearts of Palm |
| <input type="checkbox"/> Bell Pepper | <input type="checkbox"/> Carrot, Yellow | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Bell Pepper, Green | <input type="checkbox"/> Cassava (see Tapioca | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Bell Pepper, Orange | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Kale, all types |
| <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Kelp/Dulse |
| <input type="checkbox"/> Bell Pepper, Yellow | <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"/> Chives | <input type="checkbox"/> Lettuce, all types |
| <input type="checkbox"/> Broccoli Sprouts | <input type="checkbox"/> Coconut (raw and | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Broccolini | <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Mushrooms, Button |
| <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Mushrooms, |
| <input type="checkbox"/> Burdock | <input type="checkbox"/> Corn (Gluten-free & | <input type="checkbox"/> Mushrooms, Maitake |
| <input type="checkbox"/> Cabbage, Chinese (see | <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Mushrooms, Shiitake |
| <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Corn, White | <input type="checkbox"/> Mustard Greens |
| <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Nori |
| <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Olives (without vinegar) |
| <input type="checkbox"/> Capsicum | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Onion, Green |

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

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

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

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

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

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

- | | | |
|--|--|--|
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Liquid Smoke gluten | <input type="checkbox"/> Pepper/Peppercorns, |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Pine Bark Extract |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mesquite | <input type="checkbox"/> Red Pepper Flake |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Mint | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Mustard Seeds (gluten | <input type="checkbox"/> Saw Plametto |
| <input type="checkbox"/> Guarana | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Onion | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Hickory | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Oregano | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Paprika | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Lemon Balm (Melissa | <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Parsley | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Black (see | <input type="checkbox"/> Uva Ursi |
| <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Valerian |
| <input type="checkbox"/> Liquid Smoke (can | <input type="checkbox"/> Pepper/Peppercorns | <input type="checkbox"/> Vanilla (gluten and |

- | | | |
|---|--|--|
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Cheese, Mozzarella | <input type="checkbox"/> Milk, Sheep |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Cheese, Muenster | <input type="checkbox"/> Mozzarella Cheese |
| <input type="checkbox"/> White Willow Bark | <input type="checkbox"/> Cheese, Parmesan | <input type="checkbox"/> Sour Cream, Raw and |
| <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Cheese, Pecorino | <input type="checkbox"/> Whey |
| <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Cheese, Raw and | <input type="checkbox"/> Yogurt (See Xanthan |
| <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Cheese, Ricotta | <input type="checkbox"/> Cheese, Feta |
| <input type="checkbox"/> Butter, Raw and | <input type="checkbox"/> Cheese, Romano | <input type="checkbox"/> Gluten-Free Grains |
| <input type="checkbox"/> Buttermilk | <input type="checkbox"/> Cheese, Provolone | <input type="checkbox"/> Almond Flour (gluten |
| <input type="checkbox"/> Casein | <input type="checkbox"/> Cheese, Sheep | <input type="checkbox"/> Amaranth |
| <input type="checkbox"/> Cheese, American | <input type="checkbox"/> Cheese, String | <input type="checkbox"/> Buckwheat |
| <input type="checkbox"/> Cheese, Asiago | <input type="checkbox"/> Cheese, Swiss | <input type="checkbox"/> Buckwheat Flour |
| <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Cheese, Brie | <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Coconut Flour (gluten |
| <input type="checkbox"/> Cheese, Cheddar | <input type="checkbox"/> Cream, Raw and | <input type="checkbox"/> Coconut Meal (gluten |
| <input type="checkbox"/> Cheese, Cottage | <input type="checkbox"/> Ghee (Pasture-Raised, | <input type="checkbox"/> Corn (Gluten-free & |
| <input type="checkbox"/> Cheese, Cream | <input type="checkbox"/> Goat Cheese | <input type="checkbox"/> Corn, Blue |
| <input type="checkbox"/> Cheese, Goat | <input type="checkbox"/> Goat Kefir | <input type="checkbox"/> Corn, White |
| <input type="checkbox"/> Cheese, Gorgonzola | <input type="checkbox"/> Kefir, Raw | <input type="checkbox"/> Corn Starch (gluten |
| <input type="checkbox"/> Cheese, Gouda | <input type="checkbox"/> Lactoalbumin | <input type="checkbox"/> Ener-G Brown Rice |
| <input type="checkbox"/> Cheese, Havarti | <input type="checkbox"/> Milk Chocolate | <input type="checkbox"/> Fava Bean Flour |
| <input type="checkbox"/> Cheese, Machego | <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Flax Meal |
| <input type="checkbox"/> Cheese, Marscapone | <input type="checkbox"/> Milk, Goat | <input type="checkbox"/> Garbanzo Flour |

- | | | |
|--|---|---|
| <input type="checkbox"/> Glucomannon Flour | <input type="checkbox"/> Rice, Wild (Lundberg® - | <input type="checkbox"/> Coffee, Instant (has |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Rice Bran | <input type="checkbox"/> Couscous |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Rice Flour (gluten free) | <input type="checkbox"/> Durum Wheat |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Rice Protein Powder | <input type="checkbox"/> Farro |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Sorghum | <input type="checkbox"/> Gluten |
| <input type="checkbox"/> Konjac Glucomannon | <input type="checkbox"/> Sweet Potato Flour | <input type="checkbox"/> Graham (wheat) |
| <input type="checkbox"/> Millet | <input type="checkbox"/> Tapioca | <input type="checkbox"/> Kamut |
| <input type="checkbox"/> Oats | <input type="checkbox"/> Tapioca Flour (gluten | <input type="checkbox"/> Liquid Smoke (can |
| <input type="checkbox"/> Oats (Bob's Red Mill | <input type="checkbox"/> Tapioca Starch (gluten | <input type="checkbox"/> Oats |
| <input type="checkbox"/> Oat Grass (Not For | <input type="checkbox"/> Teff | <input type="checkbox"/> Orzo |
| <input type="checkbox"/> Potato Flour (gluten | <input type="checkbox"/> Tolerant Green Lentil & | <input type="checkbox"/> Panko |
| <input type="checkbox"/> Potato Starch (gluten | <input type="checkbox"/> Tolerant Red or Green | <input type="checkbox"/> Polish Wheat |
| <input type="checkbox"/> Quinoa (gluten free) | <input type="checkbox"/> Tortilla, Siete Almond | <input type="checkbox"/> Rye |
| <input type="checkbox"/> Quinoa, Black (gluten | <input type="checkbox"/> Tortilla, Siete Cassava | <input type="checkbox"/> Semolina |
| <input type="checkbox"/> Quinoa, Red (gluten | <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Soy Sauce |
| <input type="checkbox"/> Rice, Basmati (gluten | <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Spelt |
| <input type="checkbox"/> Rice, Black (gluten free) | <input type="checkbox"/> Bran | <input type="checkbox"/> Teriyaki Sauce |
| <input type="checkbox"/> Rice, Brown (gluten | <input type="checkbox"/> Bread | <input type="checkbox"/> Triticale |
| <input type="checkbox"/> Rice, Japonica (gluten | <input type="checkbox"/> Brown Rice Syrup | <input type="checkbox"/> Vinegar, White |
| <input type="checkbox"/> Rice, Purple (gluten | <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Wheat (All Types) |
| <input type="checkbox"/> Rice, Red (gluten free) | <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Wheat Grass (Is |
| <input type="checkbox"/> Rice, White (gluten | <input type="checkbox"/> Chewing Gum (has | <input type="checkbox"/> Crab, Immitation |

- | | | |
|--|---|--|
| <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Beverarages & Protein Powders | <input type="checkbox"/> Milk, Soy (Organic) |
| <input type="checkbox"/> Cheese, Cream | <input type="checkbox"/> Almond Milk, | <input type="checkbox"/> Mineral Water |
| <input type="checkbox"/> Cheese, Soy (Organic) | <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Chewing Gum (has | <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Pea Protein |
| <input type="checkbox"/> Corn (Gluten-free & | <input type="checkbox"/> Coconut Kefir (No | <input type="checkbox"/> Rice Protein Powder |
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Coconut Milk(Native | <input type="checkbox"/> Soy Milk/Soy Cheese |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Coconut Water (low | <input type="checkbox"/> Soy Protein (Organic) |
| <input type="checkbox"/> Corn Gluten | <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Sparkling Water, |
| <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Coffee | <input type="checkbox"/> Tea, Black |
| <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Coffee, Instant (has | <input type="checkbox"/> Tea, Chamomile |
| <input type="checkbox"/> Corn Starch (gluten | <input type="checkbox"/> Collagen Protein | <input type="checkbox"/> Tea, Green |
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Tea, Oolong |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Tea, Ramon |
| <input type="checkbox"/> GemWrapsÂ®, Sandwich | <input type="checkbox"/> Green Tea | <input type="checkbox"/> Tea, Roobios |
| <input type="checkbox"/> Maltodextrin | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Tea, |
| <input type="checkbox"/> Sriracha Sauce | <input type="checkbox"/> Komboucha Tea | <input type="checkbox"/> Tea, White |
| <input type="checkbox"/> SwerveÂ® Xylitol | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Water |
| <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Wine, Red |
| <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Wine, White |
| <input type="checkbox"/> Yogurt (See Xanthan | <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Yerba Matte Tea |
| | <input type="checkbox"/> Milk, Goat | |
| | <input type="checkbox"/> Milk, Sheep | |

- | | | |
|--|---|---|
| <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Konjac Glucomannon | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Antimony | <input type="checkbox"/> Liquid Aminos | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Carrageenan Gum | <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Chewing Gum (has | <input type="checkbox"/> Lycopene | <input type="checkbox"/> Formaldehyde |
| <input type="checkbox"/> Chewing Gum, | <input type="checkbox"/> Palm Wax | <input type="checkbox"/> Acacia Gum |
| <input type="checkbox"/> Chicken Broth | <input type="checkbox"/> Pycnogenol | <input type="checkbox"/> Ispaghula/Psyllium |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Red Tomato Paste | |
| <input type="checkbox"/> Cocoa/Cacao (raw, | <input type="checkbox"/> Resveratrol | |
| <input type="checkbox"/> Coconut Aminos® | <input type="checkbox"/> Sherry Vinegar | |
| <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Silver | |
| <input type="checkbox"/> Collagen Protein | <input type="checkbox"/> Skinny Crisps®(Plain | |
| <input type="checkbox"/> GemWraps®, Sandwich | <input type="checkbox"/> Tagacanth Gum | |
| <input type="checkbox"/> GemWraps®, Sandwich | <input type="checkbox"/> Tamari (Wheat Free) | |
| <input type="checkbox"/> GemWraps®, Sandwich | <input type="checkbox"/> Tofu (Organic) | |
| <input type="checkbox"/> GemWraps®, Sandwich | <input type="checkbox"/> Tomato Paste (gluten & | |
| <input type="checkbox"/> Glucomannon Flour | <input type="checkbox"/> Tomato Sauce (gluten & | |
| <input type="checkbox"/> Great Lake's® Beef | <input type="checkbox"/> Vegetable Oil | |
| <input type="checkbox"/> Guar Gum | <input type="checkbox"/> Vegetable Shortening | |
| <input type="checkbox"/> Hops | <input type="checkbox"/> Vinegar, Red Wine | |
| <input type="checkbox"/> Julian Bakery Paleo | <input type="checkbox"/> Vinegar, Rice | |
| <input type="checkbox"/> Julian Bakery Coconut | <input type="checkbox"/> Vinegar, White Wine | |