

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cabbage, Chinese (see also Bok	<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, Green	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Endive
<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Fennel
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Garlic
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Jicama
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote	<input type="checkbox"/> Kombu
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Chives	<input type="checkbox"/> Leeks
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms

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|---|---|---|
| <input type="checkbox"/> Mushrooms, Button | <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Mushrooms, Maitake | <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Mushrooms, Shiitake | <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Sea Vegetables |
| <input type="checkbox"/> Nori | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Seaweed |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Onion, Green | <input type="checkbox"/> Pimento | <input type="checkbox"/> Spirulina |
| <input type="checkbox"/> Onion, Maui | <input type="checkbox"/> Potato, Fingerling | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Onion, Red | <input type="checkbox"/> Potato, Purple | <input type="checkbox"/> Squash, Acorn |
| <input type="checkbox"/> Onion, Sweet | <input type="checkbox"/> Potato, Red | <input type="checkbox"/> Squash, Butternut |
| <input type="checkbox"/> Onion, Yellow | <input type="checkbox"/> Potato, Russet | <input type="checkbox"/> Squash, Green |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Potato, Sweet | <input type="checkbox"/> Squash, Spaghetti |
| <input type="checkbox"/> Parsnip | <input type="checkbox"/> Potato, White | <input type="checkbox"/> Squash, Summer |
| <input type="checkbox"/> Pea, Black-Eyed | <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Squash, Winter |
| <input type="checkbox"/> Pea, Green | <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Squash, Yellow |
| <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Sweet Potato, Red |
| <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Radicchio | <input type="checkbox"/> Sweet Potatoes, White |
| <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Radish | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Tomatillo |

<input type="checkbox"/> Tomato Paste (gluten &	<input type="checkbox"/> Fruits	<input type="checkbox"/> Elderberry
<input type="checkbox"/> Tomato Sauce (gluten &	<input type="checkbox"/> Acai	<input type="checkbox"/> Fig
<input type="checkbox"/> Tomato	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Truffle	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Turnips	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Watercress	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Yucca	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lime
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime Juice

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

<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Tahini	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Almond	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Miso
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Split

☐ Peanut (Organic, Valencia)☐ Peanut Butter (Organic,☐ Peanut Oil (Organic)☐ Red Bean Paste☐ Soy Beans (must be organic)☐ Soy Beans Oil (must be organic)☐ Vanilla Bean☐ Vanilla Powder☐ White Beans☐ Fish & Shellfish☐ Anchovy☐ Bass☐ Catfish☐ Chilean Sea Bass☐ Clam☐ Cod/ Cod Liver Oil☐ Corvina☐ Crab☐ Crayfish☐ Flounder☐ Haddock☐ Hake☐ Halibut☐ Herring☐ Lobster☐ Mackerel☐ Mahi Mahi☐ Mussel☐ Orange Roughy☐ Oyster☐ Perch☐ 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 bacon☐ Applegate® organic black forest☐ Applegate® organic chicken☐ Applegate® organic ham☐ Applegate® organic herb roasted☐ Applegate® organic hot dogs☐ Applegate® organic roast beef☐ Applegate® organic andouille☐ Applegate® organic chicken/apple☐ Applegate® organic red pepper☐ Applegate® organic spinach & feta☐ Applegate® organic sausage sweet☐ Applegate® organic smoked☐ Applegate® organic smoked turkey☐ Applegate® organic turkey☐ Applegate® organic turkey bacon☐ Beef, Grass-fed only (organic)☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)

☐ Chicken Broth (Imagine® gf/low☐ Chicken, free range (organic)☐ Deer (see also Venison)☐ Duck☐ Goat, Grass-fed only (organic)☐ Lamb (organic)☐ Lard (pork)☐ Ostrich☐ Pheasant☐ Pork, (organic)☐ Quail☐ Rabbit☐ Turkey (organic)☐ Veal (organic)☐ Venison (see also Deer)☐ Non-Dairy & Eggs☐ Almond Milk, unsweetened (no☐ Almond Yogurt, unsweetened☐ BodyPro Avocado Oil Mayonnaise☐ Cheese, Daiya☐ Cheese, Soy (Organic) (see Soy)☐ Coconut Kefir (No Tapioca,☐ Coconut Milk(Native Forest or☐ Egg, Pasture-raised (from a farmer)☐ Egg, Vital Farms® or Pasture☐ Egg, Whites, Pasture-raised☐ Egg, Yolks Pasture-raised☐ Milk, Soy (Organic)☐ Sriracha Sauce Organicville☐ Egg☐ Condiments☐ Apple Cider Vinegar (Bragg's®)☐ Balsamic Vinegar MiaBella☐ Balsamic Vinegar (with Red Wine☐ Balsamic Vinegar (Caramel/Red W.☐ Barbeque Sauce, GF Annie's®☐ BodyPro Almond Mayo Grade B☐ BodyPro Almond Mayo with Yacon☐ BodyPro Avocado Oil Mayonnaise☐ Carob☐ Coconut Vinegar (Coconut Secret)☐ Dressing, Primal Kitchen Greek☐ Dressing, Primal Kitchen Honey☐ Earth Balance® Coconut Spread☐ Earth Balance® Avocado Oil Butter☐ Horseradish Sauce, Gluten-free☐ Hummus☐ Ketchup (Organicville)☐ Mayonnaise☐ Mayonnaise, Primal Kitchen☐ Mayonnaise, Primal Kitchen☐ Mustard, Brown (Eden® gf mustard)☐ Sauerkraut (Bubbies® Brand only)☐ Sriracha Sauce Organicville☐ Ume Plum Vinegar☐ Veganaise Soy-free (Follow Your☐ Vinegar☐ Vinegar, Distilled☐ Vinegar, Malt☐ Vinegar, Red Wine☐ Vinegar, Rice☐ Vinegar, White☐ Vinegar, White Wine☐ Worcestershire Sauce (The

<input type="checkbox"/>	Sweeteners	<input type="checkbox"/>	Maple Syrup (Grade A Dark Amber	<input type="checkbox"/>	Black Cohosh
<input type="checkbox"/>	Agave Nectar	<input type="checkbox"/>	Molasses	<input type="checkbox"/>	Caramel Coloring
<input type="checkbox"/>	Aspartame/Nutrasweet	<input type="checkbox"/>	Monk Fruit	<input type="checkbox"/>	Caraway Seed
<input type="checkbox"/>	BodyPro Almond Mayo Grade B	<input type="checkbox"/>	NutrasweetÂ®	<input type="checkbox"/>	Cardamom
<input type="checkbox"/>	BodyPro Almond Mayo with Yacon	<input type="checkbox"/>	Rebiana Leaf (Stevia)	<input type="checkbox"/>	Celery Powder
<input type="checkbox"/>	Brown Rice Syrup (contains	<input type="checkbox"/>	Sorbitol	<input type="checkbox"/>	Chicory Root
<input type="checkbox"/>	Chocolate, Dark	<input type="checkbox"/>	Splenda	<input type="checkbox"/>	Chili Powder
<input type="checkbox"/>	Chocolate, Milk	<input type="checkbox"/>	Sucanat	<input type="checkbox"/>	Chipotle Seasoning
<input type="checkbox"/>	Chocolate, White	<input type="checkbox"/>	Sugar Beet	<input type="checkbox"/>	Cilantro/Coriander
<input type="checkbox"/>	Coconut Palm Sugar	<input type="checkbox"/>	Sugar Cane	<input type="checkbox"/>	Cinnamon
<input type="checkbox"/>	Date Sugar	<input type="checkbox"/>	SweetleafÂ® Stevia	<input type="checkbox"/>	Cinnamon, Ceylon
<input type="checkbox"/>	Erythritol (non-GMO)	<input type="checkbox"/>	SwerveÂ® Xylitol	<input type="checkbox"/>	Cloves
<input type="checkbox"/>	Fructose	<input type="checkbox"/>	Xyla (Birchwood Xylitol/non-corn	<input type="checkbox"/>	Cloves, Madagascar
<input type="checkbox"/>	Fruit Pectin	<input type="checkbox"/>	Yacon Syrup	<input type="checkbox"/>	Cloves, Penang
<input type="checkbox"/>	Honey, (Organic)	<input type="checkbox"/>	Herbs & Spices	<input type="checkbox"/>	Cramp Bark Extract
<input type="checkbox"/>	Honey, Manuka	<input type="checkbox"/>	Allspice	<input type="checkbox"/>	Cream of Tartar
<input type="checkbox"/>	Honey, Wildflower from MahavaÂ®	<input type="checkbox"/>	Almond Flavor natural, gluten free)	<input type="checkbox"/>	Cumin
<input type="checkbox"/>	Just Like SugarÂ®	<input type="checkbox"/>	Anise	<input type="checkbox"/>	Curcumin
<input type="checkbox"/>	Lo Han	<input type="checkbox"/>	Ashwaganda	<input type="checkbox"/>	Curry (must be GF)
<input type="checkbox"/>	Maltodextrin (Can be	<input type="checkbox"/>	Astragalus	<input type="checkbox"/>	Dandelion Root
<input type="checkbox"/>	Maltodextrin (Corn-based,	<input type="checkbox"/>	Basil	<input type="checkbox"/>	Dill
<input type="checkbox"/>	Maple Sugar	<input type="checkbox"/>	Bay Leaf	<input type="checkbox"/>	Dong Quai

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|---|---|---|
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon) |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Pepper/Peppercorns |
| <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Pepper/Peppercorns, Szechuan |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Garlic Salt | <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 Chili Paste Thai Kitchen® |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Red Pepper Flake |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Mint | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Guarana | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Saw Plametto |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Onion | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Hickory | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Orange Salt | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Oregano | <input type="checkbox"/> Taco Seasoning |
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Paprika | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Parsley | <input type="checkbox"/> Thyme |

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|--|---|--|
| <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Cheese, Goat | <input type="checkbox"/> Goat Kefir |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Cheese, Gorgonzola | <input type="checkbox"/> Kefir, Raw |
| <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Cheese, Gouda | <input type="checkbox"/> Lactoalbumin |
| <input type="checkbox"/> Valerian | <input type="checkbox"/> Cheese, Havarti | <input type="checkbox"/> Milk Chocolate |
| <input type="checkbox"/> Vanilla (gluten and corn-free) | <input type="checkbox"/> Cheese, Machego | <input type="checkbox"/> Milk, Cow |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Cheese, Marscapone | <input type="checkbox"/> Milk, Goat |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Cheese, Mozzarella (Raw) | <input type="checkbox"/> Milk, Sheep |
| <input type="checkbox"/> White Willow Bark Extract | <input type="checkbox"/> Cheese, Muenster | <input type="checkbox"/> Mozzarella Cheese |
| <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Cheese, Parmesan | <input type="checkbox"/> Sour Cream, Raw and |
| <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Cheese, Pecorino | <input type="checkbox"/> Whey |
| <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Cheese, Raw and Pasture-raised | <input type="checkbox"/> Yogurt (See Xanthan Gum) |
| <input type="checkbox"/> Applegate® organic spinach & feta | <input type="checkbox"/> Cheese, Ricotta | <input type="checkbox"/> Cheese, Feta |
| <input type="checkbox"/> Butter, Raw and Pasture-raised | <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 free) |
| <input type="checkbox"/> Casein | <input type="checkbox"/> Cheese, Sheep | <input type="checkbox"/> Amaranth |
| <input type="checkbox"/> Cheese, American | <input type="checkbox"/> Cheese, String (Mozzarella) | <input type="checkbox"/> Arrowroot Flour/powder |
| <input type="checkbox"/> Cheese, Asiago | <input type="checkbox"/> Cheese, Swiss | <input type="checkbox"/> Basmati Rice (gluten free) |
| <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Buckwheat |
| <input type="checkbox"/> Cheese, Brie | <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Buckwheat Flour |
| <input type="checkbox"/> Cheese, Cheddar (Raw) | <input type="checkbox"/> Cream, Raw and Unpasteurized | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Cheese, Cottage | <input type="checkbox"/> Ghee (Pasture-Raised, Organic) | <input type="checkbox"/> Coconut Flour (gluten free) |
| <input type="checkbox"/> Cheese, Cream | <input type="checkbox"/> Goat Cheese | <input type="checkbox"/> Coconut Meal (gluten free) |

☐ Corn (Gluten-free & Non-GMO)☐ Corn, Blue☐ Corn, White☐ Corn Starch (gluten free)☐ Ener-G Brown Rice Yeast-Free☐ Fava Bean Flour☐ Flax Meal☐ Garbanzo Flour☐ Glucomannon Flour☐ Hazelnut Flour☐ Hemp Meal☐ Hemp Protein (Powder)☐ Hemp Seed☐ Konjac Glucomannon Flour☐ Millet☐ Oats☐ Oats (Bob's Red Mill Gluten Free)☐ Oat Grass (Not For Gluten)☐ Potato Flour (gluten free)☐ Potato Starch (gluten free)☐ Quinoa (gluten free)☐ Quinoa, Black (gluten free)☐ Quinoa, Red (gluten free)☐ Rice, Basmati (gluten free)☐ Rice, Black (gluten free)☐ Rice, Brown (gluten free)☐ Rice, Japonica (gluten free)☐ Rice, Purple (gluten free)☐ Rice, Red (gluten free)☐ Rice, White (gluten free)☐ Rice, Wild (Lundberg® - not the☐ Rice Bran☐ Rice Flour (gluten free)☐ Rice Protein Powder (gluten free)☐ Simple Mills Grnd Sea Salt Almond☐ Simple Mills Rosemary & Sea Salt☐ Simple Mills Tomato & Basil Almond☐ Sorghum☐ Sweet Potato Flour (gluten free)☐ Tapioca☐ Tapioca Flour (gluten free)☐ Tapioca Starch (gluten free)☐ Teff☐ Tolerant Green Lentil & Pea Pasta☐ Tolerant Red or Green Lentil Pasta☐ Tortilla, Siete Almond☐ Tortilla, Siete Cassava & Coconut☐ Tortilla, Siete Chia & Cassava☐ Simple Mills☐ Corn Meal (gluten free)☐ Gluten-Containing Foods☐ Barley☐ Barley Greens (Not for☐ Barley Juice (Not for☐ Beer☐ Bran☐ Bread☐ Brown Rice Syrup (contains☐ Caramel Coloring☐ Cheese, Bleu☐ Chewing Gum (has gluten and corn☐ Coffee, Instant (has gluten)☐ Couscous☐ Durum Wheat☐ Farro☐ Gluten

<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Beverages & Protein Powders
<input type="checkbox"/> Kamut	<input type="checkbox"/> Barbeque Sauce, GF Annie's®	<input type="checkbox"/> Almond Milk, unsweetened (no
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Apple Juice
<input type="checkbox"/> Malt	<input type="checkbox"/> Cheese, Daiya	<input type="checkbox"/> Beer
<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Oats	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Coconut Kefir (No Tapioca,
<input type="checkbox"/> Orzo	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Coconut Milk(Native Forest or
<input type="checkbox"/> Panko	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Coconut Water (low sugar)
<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Rye	<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Coffee
<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Spelt	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Echinacea Tea
<input type="checkbox"/> Teechino	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Fructose	<input type="checkbox"/> Green Tea
<input type="checkbox"/> Triticale	<input type="checkbox"/> GemWraps®, Sandwich Wrap	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Vinegar	<input type="checkbox"/> Maltodextrin (Corn-based,	<input type="checkbox"/> Komboucha Tea
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Sriracha Sauce Organicville	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Wheat Grass (Is	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Milk, Goat

<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Antimony	<input type="checkbox"/> Hops
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Beef broth (Imagine® low	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Chewing Gum, Xylicew®	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Chicken Broth (Imagine® gf/low	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Malt
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Cocoa/Cacao (raw, pure, &	<input type="checkbox"/> Maltodextrin (Can be
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Tea, unflavored/caffeine-free only	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Red Chili Paste Thai Kitchen®
<input type="checkbox"/> Tea, White	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Teechino	<input type="checkbox"/> GemWraps®, Sandwich Wrap	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Water	<input type="checkbox"/> GemWraps®, Sandwich Wrap	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Wine, Red	<input type="checkbox"/> GemWraps®, Sandwich Wrap	<input type="checkbox"/> Silver
<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> GemWraps®, Sandwich Wrap	<input type="checkbox"/> Skinny Crisps®(Plain Jane)
<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Tagacanth Gum

- ☐ Tamari (Wheat Free)
- ☐ Tofu (Organic)
- ☐ Tomato Paste (gluten &
- ☐ Tomato Sauce (gluten &
- ☐ Tagacanth Gum
- ☐ Vegetable broth (ImagineÂ® Low
- ☐ Vegetable Oil
- ☐ Vegetable Shortening (SpectrumÂ®)
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White Wine
- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional
- ☐ Latex
- ☐ Formaldehyde
- ☐ Red Dye
- ☐ Ispaghula/Psyllium
- ☐ Acacia Gum