

☐ Beverages & Protein Powders

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

☐ Milk, Soy (Organic)

- ☐ Mineral Water
- ☐ Orange Juice
- ☐ Pea Protein
- ☐ Rice Protein Powder (gluten free)
- ☐ Soy Milk/Soy Cheese (Organic)
- ☐ Soy Protein (Organic)
- ☐ Sparkling Water, unflavored
- ☐ Tea, Black
- ☐ Tea, Chamomile
- ☐ Tea, Green
- ☐ Tea, Oolong
- ☐ Tea, Ramon
- ☐ Tea, Roobios
- ☐ Tea, unflavored/caffeine-free only
- ☐ Tea, White
- ☐ Teechino
- ☐ Water
- ☐ Wine, Red
- ☐ Wine, White (Champagne)
- ☐ Yerba Matte Tea (Organic/Pure)
- ☐ Coffee Bean, Organic

☐ Condiments

- ☐ Apple Cider Vinegar (Bragg's®)
- ☐ Balsamic Vinegar MiaBella NoCaramel/WineVinegar)
- ☐ Balsamic Vinegar (with Red Wine Vinegar)
- ☐ Balsamic Vinegar (Caramel/Red W. Vinegar)
- ☐ Barbeque Sauce, GF Annie's® Sweet & Spicy
- ☐ Carob
- ☐ Coconut Vinegar (Coconut Secret)
- ☐ Earth Balance® Coconut Spread
- ☐ Earth Balance® Avocado Oil Butter Spread
- ☐ Horseradish Sauce, Gluten-free (Annie's®)
- ☐ Hummus
- ☐ Ketchup (Organicville)
- ☐ Mayonnaise
- ☐ Mustard, Brown (Eden® gf mustard)
- ☐ Sauerkraut (Bubbies® Brand only)
- ☐ Ume Plum Vinegar
- ☐ Veganaise Soy-free (Follow Your Heart®)
- ☐ Vinegar
- ☐ Vinegar, Distilled
- ☐ Vinegar, Malt
- ☐ Vinegar, Red Wine

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Vinegar, Rice                                   | <input type="checkbox"/> Corn, White                             | <input type="checkbox"/> Corvina              |
| <input type="checkbox"/> Vinegar, White                                  | <input type="checkbox"/> Corn Gluten                             | <input type="checkbox"/> Crab                 |
| <input type="checkbox"/> Vinegar, White Wine                             | <input type="checkbox"/> Corn Meal (gluten free)                 | <input type="checkbox"/> Crayfish             |
| <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)         | <input type="checkbox"/> Corn Oil                                | <input type="checkbox"/> Flounder             |
| <input type="checkbox"/> Sriracha Sauce Organicville gluten-free         | <input type="checkbox"/> Corn Starch (gluten free)               | <input type="checkbox"/> Haddock              |
| <input type="checkbox"/> Tabasco Sauce                                   | <input type="checkbox"/> Erythritol (non-GMO)                    | <input type="checkbox"/> Hake                 |
| <input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil      | <input type="checkbox"/> Fructose                                | <input type="checkbox"/> Halibut              |
| <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard          | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)       | <input type="checkbox"/> Herring              |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil          | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)      | <input type="checkbox"/> Lobster              |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil | <input type="checkbox"/> Swerve® Xylitol                         | <input type="checkbox"/> Mackerel             |
| <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup         | <input type="checkbox"/> Vegetable Oil                           | <input type="checkbox"/> Mahi Mahi            |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup            | <input type="checkbox"/> Xanthan Gum                             | <input type="checkbox"/> Mussel               |
| <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise                  | <input type="checkbox"/> Yogurt (See Xanthan Gum)                | <input type="checkbox"/> Orange Roughy        |
|  | <input type="checkbox"/> Sriracha Sauce Organicville gluten-free | <input type="checkbox"/> Oyster               |
| <input type="checkbox"/> <b>Corn-Derived Foods</b>                       |  | <input type="checkbox"/> Perch                |
| <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy       | <input type="checkbox"/> <b>Fish &amp; Shellfish</b>             | <input type="checkbox"/> Red Snapper          |
| <input type="checkbox"/> Cheese, Cream                                   | <input type="checkbox"/> Anchovy                                 | <input type="checkbox"/> Salmon, wild (fresh) |
| <input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,Â....)     | <input type="checkbox"/> Bass                                    | <input type="checkbox"/> Sardines             |
| <input type="checkbox"/> Cheese, Soy (Organic) (see Soy)                 | <input type="checkbox"/> Catfish                                 | <input type="checkbox"/> Scallop              |
| <input type="checkbox"/> Chewing Gum (has gluten and corn)               | <input type="checkbox"/> Chilean Sea Bass                        | <input type="checkbox"/> Shrimp               |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO)                    | <input type="checkbox"/> Clam                                    | <input type="checkbox"/> Sole                 |
| <input type="checkbox"/> Corn, Blue                                      | <input type="checkbox"/> Cod/ Cod Liver Oil                      | <input type="checkbox"/> Squid                |

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

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

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

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

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

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Miso                                   | <input type="checkbox"/> Applegate® organic roast beef             | <input type="checkbox"/> Pork, (organic)                           |
| <input type="checkbox"/> Pea, Snap                              | <input type="checkbox"/> Applegate® organic andouille sausage      | <input type="checkbox"/> Quail                                     |
| <input type="checkbox"/> Pea, Snow                              | <input type="checkbox"/> Applegate® organic chicken/apple sausage  | <input type="checkbox"/> Rabbit                                    |
| <input type="checkbox"/> Pea, Split                             | <input type="checkbox"/> Applegate® organic red pepper sausage     | <input type="checkbox"/> Turkey (organic)                          |
| <input type="checkbox"/> Peanut (Organic, Valencia)             | <input type="checkbox"/> Applegate® organic spinach & feta sausage | <input type="checkbox"/> Veal (organic)                            |
| <input type="checkbox"/> Peanut Butter (Organic, Maranatha®)    | <input type="checkbox"/> Applegate® organic sausage sweet italian  | <input type="checkbox"/> Venison (see also Deer)                   |
| <input type="checkbox"/> Peanut Oil (Organic)                   | <input type="checkbox"/> Applegate® organic smoked chicken breast  |  |
| <input type="checkbox"/> Red Bean Paste                         | <input type="checkbox"/> Applegate® organic smoked turkey breast   | <input type="checkbox"/> <b>Milk-Containing Foods</b>              |
| <input type="checkbox"/> Soy Beans (must be organic)            | <input type="checkbox"/> Applegate® organic turkey                 | <input type="checkbox"/> Applegate® organic spinach & feta sausage |
| <input type="checkbox"/> Soy Beans Oil (must be organic)        | <input type="checkbox"/> Applegate® organic turkey bacon           | <input type="checkbox"/> Butter, Raw and Pasture-raised            |
| <input type="checkbox"/> Vanilla Bean                           | <input type="checkbox"/> Beef, Grass-fed only (organic)            | <input type="checkbox"/> Buttermilk                                |
| <input type="checkbox"/> Vanilla Powder                         | <input type="checkbox"/> Bison (see also Buffalo)                  | <input type="checkbox"/> Casein                                    |
| <input type="checkbox"/> White Beans                            | <input type="checkbox"/> Buffalo (see also Bison)                  | <input type="checkbox"/> Cheese, American                          |
| <input type="checkbox"/> Coffee Bean, Organic                   | <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)    | <input type="checkbox"/> Cheese, Asiago                            |
|   | <input type="checkbox"/> Chicken, free range (organic)             | <input type="checkbox"/> Cheese, Bleu                              |
| <input type="checkbox"/> <b>Meat &amp; Poultry</b>              | <input type="checkbox"/> Deer (see also Venison)                   | <input type="checkbox"/> Cheese, Brie                              |
| <input type="checkbox"/> Applegate® organic bacon               | <input type="checkbox"/> Duck                                      | <input type="checkbox"/> Cheese, Cheddar (Raw)                     |
| <input type="checkbox"/> Applegate® organic black forest ham    | <input type="checkbox"/> Goat, Grass-fed only (organic)            | <input type="checkbox"/> Cheese, Cottage                           |
| <input type="checkbox"/> Applegate® organic chicken             | <input type="checkbox"/> Lamb (organic)                            | <input type="checkbox"/> Cheese, Cream                             |
| <input type="checkbox"/> Applegate® organic ham                 | <input type="checkbox"/> Lard (pork)                               | <input type="checkbox"/> Cheese, Goat                              |
| <input type="checkbox"/> Applegate® organic herb roasted turkey | <input type="checkbox"/> Ostrich                                   | <input type="checkbox"/> Cheese, Gorgonzola                        |
| <input type="checkbox"/> Applegate® organic hot dogs            | <input type="checkbox"/> Pheasant                                  | <input type="checkbox"/> Cheese, Gouda                             |



<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)
<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)
<input type="checkbox"/> Cheese, Raw and Pasture-raised	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)
<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Cheese, Romano		<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> <b>Miscellaneous</b>	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Antimony	<input type="checkbox"/> Hops
<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)
<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Chewing Gum, Xylitew®	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Malt
<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)

<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b>
<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Almond
<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> Almond Butter (Artisana®)
<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Skinny Crisps®(Plain Jane)	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Sherry Vinegar	<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> Silver	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Tofu (Organic)		<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Cashews
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,Â....)	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Yeast, Baker's	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Yeast, Brewer's	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Cola Nut (aka Kola Nut)
<input type="checkbox"/> Yeast, Nutritional	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Latex	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Cottonseed/Cottonseed Oil

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Flax Meal              | <input type="checkbox"/> Psyllium Husk                          | <input type="checkbox"/> Walnut, Black (few)                    |
| <input type="checkbox"/> Flax Oil               | <input type="checkbox"/> Pumpkin Oil                            |   |
| <input type="checkbox"/> Flax Seed              | <input type="checkbox"/> Pumpkin Seed Oil                       | <input type="checkbox"/> <b>Snacks</b>                          |
| <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Pumpkin Seeds                          | <input type="checkbox"/> Date(s)                                |
| <input type="checkbox"/> Hazelnut Flour         | <input type="checkbox"/> Ramon Seeds                            | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies    |
| <input type="checkbox"/> Hazelnut/Filbert       | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Apple Sauce                            |
| <input type="checkbox"/> Hemp Meal              | <input type="checkbox"/> Safflower/Safflower Seed Oil           |   |
| <input type="checkbox"/> Hemp Protein (Powder)  | <input type="checkbox"/> Sacha Inchi Seeds                      | <input type="checkbox"/> <b>Sweeteners</b>                      |
| <input type="checkbox"/> Hemp Seed              | <input type="checkbox"/> Sesame Seed Oil                        | <input type="checkbox"/> Aspartame/Nutrasweet                   |
| <input type="checkbox"/> Hydrogenated Oils      | <input type="checkbox"/> Sesame Seeds                           | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) |
| <input type="checkbox"/> Macadamia Nut Oil      | <input type="checkbox"/> Sesame Seeds, Black                    | <input type="checkbox"/> Chocolate, Dark                        |
| <input type="checkbox"/> Macadamia Nuts         | <input type="checkbox"/> Sunflower Seed Butter                  | <input type="checkbox"/> Chocolate, Milk                        |
| <input type="checkbox"/> Olive Leaf Extract     | <input type="checkbox"/> Sunflower Seed Lecithin                | <input type="checkbox"/> Chocolate, White                       |
| <input type="checkbox"/> Olive Oil, Virgin      | <input type="checkbox"/> Sunflower Seed Oil                     | <input type="checkbox"/> Coconut Palm Sugar                     |
| <input type="checkbox"/> Palm Kernel Oil        | <input type="checkbox"/> Sunflower Seeds                        | <input type="checkbox"/> Date Sugar                             |
| <input type="checkbox"/> Pecan                  | <input type="checkbox"/> Tahini                                 | <input type="checkbox"/> Erythritol (non-GMO)                   |
| <input type="checkbox"/> Pecan Flour            | <input type="checkbox"/> Tea, Ramon                             | <input type="checkbox"/> Fructose                               |
| <input type="checkbox"/> Pepitas                | <input type="checkbox"/> Tiger Nuts                             | <input type="checkbox"/> Fruit Pectin                           |
| <input type="checkbox"/> Pili Nuts              | <input type="checkbox"/> Vegetable Oil                          | <input type="checkbox"/> Honey, (Organic)                       |
| <input type="checkbox"/> Pine Nut               | <input type="checkbox"/> Vegetable Shortening (Spectrum®)       | <input type="checkbox"/> Honey, Manuka                          |
| <input type="checkbox"/> Pistachios             | <input type="checkbox"/> Walnut (few)                           | <input type="checkbox"/> Honey, Wildflower from Mahava®         |
| <input type="checkbox"/> Poppy seeds            | <input type="checkbox"/> Walnut Oil                             | <input type="checkbox"/> Just Like Sugar®                       |

<input type="checkbox"/> Lo Han	<input type="checkbox"/> <b>Vegetables</b>	<input type="checkbox"/> Cabbage, Green
<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cabbage, Purple
<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cactus (Nopales)
<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Arugula	<input type="checkbox"/> Capers
<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Molasses	<input type="checkbox"/> Avocado	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Carrot, Orange
<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Carrot, Purple
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, White
<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot, Yellow
<input type="checkbox"/> Splenda	<input type="checkbox"/> Beet	<input type="checkbox"/> Cassava (see Tapioca and Yucca)
<input type="checkbox"/> Sucanat	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cauliflower, Purple
<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Celery
<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard
<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote
<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Sucralose	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Corn, White

<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Potato, Fingerling
<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Nori	<input type="checkbox"/> Potato, Purple
<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra	<input type="checkbox"/> Potato, Red
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Potato, Russet
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Sweet
<input type="checkbox"/> Endive	<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, White
<input type="checkbox"/> Fennel	<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Potato, Yukon Gold
<input type="checkbox"/> Garlic	<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Horseradish	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Jicama	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Radish
<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rhubarb
<input type="checkbox"/> Kombu	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Leeks	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Scallions
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Sea Vegetables
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Seaweed
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Spinach
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pimento	<input type="checkbox"/> Squash

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