

☐ 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, 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, Chamomile☐ Tea, Ramon☐ Tea, Roobios☐ Teechino☐ Water☐ Wine, Red☐ Wine, White (Champagne)☐ Yerba Matte Tea (Organic/Pure)☐ Coffee Bean, Organic☐ Bone Broth Protein, Beef☐ Tea, Hibiscus☐ Zevia Drinks☐ 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☐ Veganise Soy-free (Follow Your Heart®)☐ Vinegar☐ Vinegar, Distilled☐ Vinegar, Malt☐ Vinegar, Red Wine

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

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| <input type="checkbox"/> Fruits | <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"/> Mulberry |
| <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Grape, Red | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Grape, White | <input type="checkbox"/> Noni |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Orange, Blood |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Guava | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Cranberry | <input type="checkbox"/> Lemon | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Pear, Asian |
| <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Persimmons |
| <input type="checkbox"/> Date(s) | <input type="checkbox"/> Lime | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Elderberry | <input type="checkbox"/> Loganberry | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Fig | <input type="checkbox"/> Loquat | <input type="checkbox"/> Pomelo |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mango | <input type="checkbox"/> Prune |
| <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen | <input type="checkbox"/> Quince |

<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Bread	<input type="checkbox"/> Teechino
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Triticale
<input type="checkbox"/> Strawberry	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Tangelo	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Tangerine	<input type="checkbox"/> Couscous	<input type="checkbox"/> Wheat (All Types)
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Farro	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Gluten	<input type="checkbox"/> Maltodextrin (Can be barley-derived and contain
<input type="checkbox"/> Banana	<input type="checkbox"/> Graham (wheat)	
<input type="checkbox"/> Apricot	<input type="checkbox"/> Kamut	<input type="checkbox"/> Gluten-Free Grains
<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Malt	<input type="checkbox"/> Amaranth
<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Oats	<input type="checkbox"/> Basmati Rice (gluten free)
	<input type="checkbox"/> Orzo	<input type="checkbox"/> Buckwheat
<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Panko	<input type="checkbox"/> Buckwheat Flour
<input type="checkbox"/> Barley	<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive)	<input type="checkbox"/> Rye	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive)	<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Beer	<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Bran	<input type="checkbox"/> Spelt	<input type="checkbox"/> Corn, White

<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"/> Corn Meal (gluten free)
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Arrowroot Flour/powder
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker
<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"/> Herbs & Spices
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Allspice
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers	<input type="checkbox"/> Anise
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Oats	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Basil
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Teff	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Chili Powder
<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Chipotle Seasoning

<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Cloves	<input type="checkbox"/> Guarana	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Orange Peel/Rind
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Orange Salt
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Hickory	<input type="checkbox"/> Oregano
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cumin	<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pepper, Cayenne
<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Lavender	<input type="checkbox"/> Pepper/Peppercorns
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Pepper, Red
<input type="checkbox"/> Dill	<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Echinacea	<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Fennel	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Garlic	<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Saffron
<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Maca Root	<input type="checkbox"/> Sage
<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Saw Plametto
<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Ginger	<input type="checkbox"/> Mesquite	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mint	<input type="checkbox"/> Spearmint

<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Wormwood	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Sumac	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Thyme		<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Miso
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Peanut (Organic, Valencia)
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Soy Beans (must be organic)
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Soy Beans Oil (must be organic)
<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Bean, Navy/Ninja	<input type="checkbox"/> White Beans
<input type="checkbox"/> Onion	<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Shallots	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)	
<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	
<input type="checkbox"/> Paprika	<input type="checkbox"/> Edamame (must be organic)	

<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Duck	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactalbumin
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Mascapone	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Quail	<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized
	<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 sausage	<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"/> Buttermilk	<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Antimony
<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Baking Powder
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)

<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Tragacanth Gum
<input type="checkbox"/> Chewing Gum, Xylitew®	<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Skinny Crisps®(Plain Jane)
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Sherry Vinegar	<input type="checkbox"/> Red Food Dye
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Silver	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Rice Starch (if certified gluten free)
<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Tofu (Organic)	<input type="checkbox"/> Modified Food Starch
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Modified Food Starch (Tapioca-based)
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Inulin
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)	<input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)	<input type="checkbox"/> Maltodextrin (Can be barley-derived and contain
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)	<input type="checkbox"/> Vegetable Oil	
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Almond Yogurt, unsweetened
<input type="checkbox"/> Hops	<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,Â....)
<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Yeast, Baker's	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)	<input type="checkbox"/> Yeast, Brewer's	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> Yeast, Nutritional	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Lycopene	<input type="checkbox"/> Latex	<input type="checkbox"/> Modified Food Starch
<input type="checkbox"/> Malt	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Paleo Cheese (Julianbakery.com or

<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Almond	<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Oil
<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Pumpkin Seed Oil
<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Pumpkin Seeds
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Ramon Seeds
<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Safflower/Safflower Seed Oil
<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sacha Inchi Seeds
<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seed Oil
<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Cashews	<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Butter
<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Lecithin
<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil
<input type="checkbox"/> Chestnut	<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds
<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Pecan	<input type="checkbox"/> Tahini
<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts
<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut (few)
<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut Oil

<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Maltodextrin (Can be barley-derived and contain
	<input type="checkbox"/> Sorbitol	
<input type="checkbox"/> Snacks	<input type="checkbox"/> Splenda	<input type="checkbox"/> Vegetables
<input type="checkbox"/> Date(s)	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Aloe Vera
<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Artichoke (not pickled)
	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Arugula
<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Asparagus
<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Avocado
<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)	<input type="checkbox"/> Avocado Oil
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Bamboo Shoot
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Sucralose	<input type="checkbox"/> Bean Sprout
<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Beet
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Beet Greens
<input type="checkbox"/> Fructose	<input type="checkbox"/> Maltitol	<input type="checkbox"/> Bell Pepper, Green
<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Tapioca Dextrose	<input type="checkbox"/> Bell Pepper, Red
<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Bok Choy
<input type="checkbox"/> Lo Han	<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Broccoli
<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Broccoli Rabe
<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Broccoli Sprouts
<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Broccolini
<input type="checkbox"/> Molasses	<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Brussels Sprout

<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Nori
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra
<input type="checkbox"/> Capers	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Parsley
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Endive	<input type="checkbox"/> Parsnip
<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Fennel	<input type="checkbox"/> Pea, Black-Eyed
<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Garlic	<input type="checkbox"/> Pea, Green
<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Jicama	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Pepper, Anaheim
<input type="checkbox"/> Celery	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pepper, Chili
<input type="checkbox"/> Chard	<input type="checkbox"/> Kombu	<input type="checkbox"/> Pepper, Green
<input type="checkbox"/> Chayote	<input type="checkbox"/> Leeks	<input type="checkbox"/> Pepper, Habanero
<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pepper, Jalapeño
<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Poblano
<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Red
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Serrano

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|---|---|--|
| <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Spirulina | <input type="checkbox"/> Tomato, Roma |
| <input type="checkbox"/> Pimento | <input type="checkbox"/> Squash | <input type="checkbox"/> Tomato, Sun-dried |
| <input type="checkbox"/> Potato, Fingerling | <input type="checkbox"/> Squash, Acorn | <input type="checkbox"/> Tomato, Yellow |
| <input type="checkbox"/> Potato, Purple | <input type="checkbox"/> Squash, Butternut | <input type="checkbox"/> Truffle |
| <input type="checkbox"/> Potato, Red | <input type="checkbox"/> Squash, Green | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Potato, Russet | <input type="checkbox"/> Squash, Spaghetti | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Potato, Sweet | <input type="checkbox"/> Squash, Summer | <input type="checkbox"/> Water Chestnut |
| <input type="checkbox"/> Potato, White | <input type="checkbox"/> Squash, Winter | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Squash, Yellow | <input type="checkbox"/> Yams, Garnett |
| <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Yams, Japanese |
| <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Sweet Potato, Red | <input type="checkbox"/> Yucca |
| <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Sweet Potatoes, White | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Radicchio | <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Alfalfa Sprouts |
| <input type="checkbox"/> Radish | <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | <input type="checkbox"/> Onion, Green |
| <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <input type="checkbox"/> Onion, Maui |
| <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Tomato | <input type="checkbox"/> Onion, Red |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Tomatoes, Big Beef | <input type="checkbox"/> Onion, Sweet |
| <input type="checkbox"/> Scallions | <input type="checkbox"/> Tomato, Cherry | <input type="checkbox"/> Onion, Yellow |
| <input type="checkbox"/> Sea Vegetables | <input type="checkbox"/> Tomato, Heirloom | <input type="checkbox"/> Chives |
| <input type="checkbox"/> Seaweed | <input type="checkbox"/> Tomato, Orange | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Tomato, Red | <input type="checkbox"/> Bell Pepper |

- ☐ Bell Pepper, Yellow
- ☐ Bell Pepper, Orange
- ☐ Artichoke, Jerusalem (not pickled)